

# International Pole and Aerial Sports Federation

## Aerial Pole Sports Championships

### *Code of Points 2021-2022*



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## Introduction

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

### Divisions

- Amateur
- Professional
- Elite

### Categories

- Novice (Mixed)
- Junior (Mixed)
- Senior Women 18+
- Senior Men 18+
- Master 40+ (Mixed)

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

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

### Technical Bonus

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

### Technical Deduction

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

### Artistic and Choreography

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

### Compulsory

- Seven (Amateurs & Novice) or nine (all other categories) compulsory elements are required for the athlete's division and category.

### Head Judge Penalties

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

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

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

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

## Technical Bonus

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

### ***SINGLES - SINGULAR BONUS POINTS (AWARDED PER TIME):***

The cumulative total of all singular bonus points indicated on the Technical Bonus Form must not be more than 12.0.

#### **Acrobatic catches: AC (Max 1.0 pts)**

Acrobatic catches are defined as a release of all contact from the aerial pole, so there is no contact by any part of the body for a brief moment and re-gripping ("catching") the aerial pole. An athlete may either move up or down the aerial pole and/or change directions/positions when performing an acrobatic catch. **+0.5**

#### **Combining spins with other spins: SP (Max 3.0 pts)**

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

Three spins can be combined for this technical bonus. When combining three spins for a point value of 1.0, each spin must be in a fixed position and rotate 720°; the code to use is **SP/SP. +1.0**

#### **Dynamic combinations on aerial pole: DC (Max 3.0 pts)**

Dynamic combinations refer to a combination of two separate dynamic movements (see definition of dynamic movement) where the body is in a powerful control of momentum. The athlete must demonstrate a high level of control of centripetal force where at least one part of the body releases from the aerial pole. Dynamic movements can include acrobatic catches, jump-outs, contact flips, etc. They should be executed in quick succession with no pause between the two dynamic movements to be awarded this bonus. **+0.5**

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

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

#### **Contact Flip: CF (Max 1.0 pts)**

A contact flip refers to a flip that is performed from a starting position on the aerial pole, flipping backwards, forwards or sideways ending in a position on the aerial pole. The contact flip must fully rotate, with head over heels, in a dynamic manner while maintaining contact with the aerial pole. The contact flip must be executed forwards, backwards or sideways. Twists are prohibited (see penalties). **+0.5**

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

A floor-based pole flip with contact refers to a flip that is performed on the pole, starting and/or ending on the floor, flipping backwards, forwards or sideways. In this flip, the athlete should have contact with both the floor and the pole. The flip must fully rotate, with head over heels (i.e., a full 360° rotation), in a dynamic manner while maintaining contact with the pole. A flip should not change directions – e.g., if facing forwards at the start of the flip, the athlete should end the flip facing forwards as well. Twists are prohibited (see penalties). **+0.3**

### ***SINGLES - OVERALL BONUS POINTS (AWARDED ONE TIME):***

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

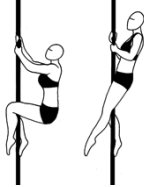


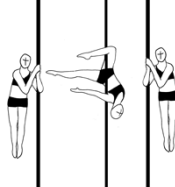


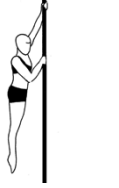

Please note: Athletes will be awarded points based on the average LOD of the elements in the routine.

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

#### **Climbs (Max +2.0)**

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

## Climb Examples

Climb Example				
	Basic climb	Side climb	Caterpillar climb	Outside leg hang climb
Level of Difficulty	Simple		Simple - Moderate	
Climb Example				
	Seated climb	Walking climb	Hands only climb	Hop-up climb
Level of Difficulty	Difficult - Very Difficult		Very Difficult – Extremely Difficult	

### Flexibility movements (Max +2.0)

Flexibility refers to the flexibility of the legs, back, hips and shoulders. In order to display the highest LOD to the judges, the athlete should perform movements, combinations, and transitions with full extension and mobility.

### Pole transitions (Max +2.0)

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

### Spins (Max +2.0)

The position of each spin must be held in a fixed position for a rotation of 720°. The transition in and out of the spin will not count towards the required minimum rotation.

### Strength elements (Max +2.0)

Strength refers to strength of the arms, core, and legs. In order to display the highest LOD to the judges, the athlete should perform both upper-body and core strength elements and combinations. Holding and controlling a strength element such as a flag for two (2) seconds or more will display a higher LOD.

### Dynamic movements/combinations (Max +2.0)

Dynamic movements and combinations refer to acrobatic catches, flips, changes of grip in movement and other dynamic elements, showing high control of the body and good acrobatic skills. In order to display the highest LOD, the athlete has to show variety of dynamic moves that requires extreme body control.

### SINGLES - ADDITIONAL BONUS POINTS:

Singles will be awarded a bonus point for:

- An athlete will be awarded a bonus if he/she manages to use the pole in a pendulum movement twice during the routine. See glossary for the definition of pendulum movement. **+1.0**

### DEDUCTIONS:

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

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

## Technical Deductions

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

### ***SINGLES - SINGULAR DEDUCTIONS (DEDUCTED PER TIME):***

#### **Fall**

A definition of a fall is a sudden rapid uncontrolled drop onto the floor. This can be from any position on or off the aerial pole. **-3.0**

#### **Poor execution and incorrect lines**

Execution of aerial pole elements must have the following:

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

#### **Poor presentation of the element**

This refers to elements executed with poor positioning or a poor angle to the judges, so that the element cannot be seen fully. This also refers to elements presented showing an unfavourable part of the body. **-0.5**

#### **Poor transitions in and out of elements and on and off the aerial pole**

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

#### **Slip or loss of balance**

A definition of a slip or loss of balance is when an athlete performs a movement and they temporarily and unintentionally lose control of their equilibrium or positioning of their body or part of their body on or off the aerial pole. This is a rapid and uncontrolled movement. This must be only for a brief moment and the athlete is able to correct their positioning almost instantly (see Fall). **-1.0**

#### **Touching the rigging or truss system during the routine**

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

### ***SINGLES - OVERALL DEDUCTIONS (DEDUCTED ONE TIME):***

#### **Failing to use the aerial pole on spinning**

The athlete will be penalised for not spinning the aerial pole at least twice (2 x 720° rotations with momentum) (see definition of using the aerial pole on spinning) during their routine. **-2.0**

#### **Failing to use the aerial pole in orbit**

Athletes will be penalised for not using the aerial pole in orbit at least twice (2x 720° orbit rotations) (see the definition of using the aerial pole in orbit) during their routine. Body must be in a fixed position while orbiting. **-2.0**

#### **Using less than the full height of the pole**

All athletes will incur a deduction if they fail to use the full height of the aerial pole a minimum of two (2) times during their routine. Full height refers to using the aerial pole from its lowest point to no less than 10cm below the anchor point. Athletes intending to use the full height of the aerial pole must ensure that they have contact with the aerial pole or reaches with any part of the body up to this point (without contact with the aerial pole). Athletes must descend fully in between the 2 ascents (i.e., an athlete cannot be at the full height, descend one meter, and then ascend to full height again and have this count as using the full height twice). Novice athletes only need to reach 50% of the height of the aerial pole twice. **-2.0**



## Artistic and Choreography Presentation

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

All work where the athlete is not in contact with the aerial pole, must be limited to a maximum of 40 seconds for the total length of the routine. Note: see Head Judge's penalties.

### ***SINGLES - ARTISTIC BONUSES:***

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

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

0 = poor	Almost non-existent, less than 20% of routine
0.5 = slight	A small amount, between 20% -40% of routine
1.0 = good	Fair amount, between 40% - 60% of routine
1.5 = very good	A large amount, between 60% - 80% of routine
2.0 = extreme	Over 80% of routine

### **Balance (Max +2.0)**

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

### **Confidence (Max +2.0)**

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

### **Flow (Max +2.0)**

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

### **Interpretation (Max +2.0)**

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

### **Originality of the overall presentation (Max +2.0)**

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



**Originality of Elements (Max +2.0)**

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

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

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

**Stage presence and charisma (Max +2.0)**

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

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

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

**Originality of Floor work (Max +2.0)**

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

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

The definition of vocals includes talking, cueing, grunting, whooping, cheering, and mouthing words as it causes a distraction. **-1.0**

**Costume malfunction or distraction**

The definition of a costume malfunction is when a part of the costume accidentally falls down, falls off, becomes revealing, or distracting to the athlete's performance (this does not refer to decorations coming loose during the performance for example diamantes, beads, sequins, or feathers falling off the costumes). This should not be confused with the wilful removal of clothing, which is a direct violation of the IPSF rule of non-removal of clothing and can result in instant disqualification from the competition. **-1.0**

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

Drying or wiping hands on costume, body, aerial pole, or floor and/or wiping hair away from face or neck, pulling at or fixing costume. **-1.0**

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

It is important that the athlete edits their music so that it corresponds with both the start and finish of the choreography. There should be a logical beginning and end to the routine that fits to the music. Athletes must begin and end their performance in a position on the stage, visible to the judges. They should start their routine when the music starts and stop when the music ends. **-1.0**

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

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

## Compulsory

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

### Compulsory Code Key

**F** = Flexibility element

**S** = Strength element

**DL/ADL** = Dead lift / Aerial dead lift

#### *Elite*

##### **Senior, Junior, and Master 40+**

Athletes must select 9 elements:

- four (4) flexibility elements
- four (4) strength elements
- one (1) aerial dead lift (ADL)

#### **Novice**

Athletes must select 7 elements:

- three (3) flexibility elements
- three (3) strength elements
- one (1) dead lift (DL)\*\*

#### *Professional\**

##### **Senior and Master 40+**

Athletes must select 9 elements:

- four (4) flexibility elements
- four (4) strength elements
- one (1) aerial dead lift (ADL)

**\*Please Note: no Novice or Junior category.**

#### *Amateur*

##### **Senior, Junior, Novice and Master 40+**

Athletes must select 7 elements:

- three (3) flexibility elements
- three (3) strength elements
- one (1) dead lift (DL)\*\*

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

Please note: athletes must not choose the same element twice, even if executed at different split or body tolerances.

## CATEGORY BREAKDOWN

### Senior and Master 40+:

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

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

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

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

### Novice and Junior:

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

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

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

## COMPULSORY POINT REQUIREMENTS

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

### Elite Division Compulsory Point Requirements

**Senior:** must have a total value of from 7.0 to 9.0 points on their compulsory form

**Master 40+:** must have a total value of from 6.0 to 9.0 points on their compulsory form

**Junior:** must have a total value of from 6.0 to 8.0 points on their compulsory form

**Novice:** must have a total value of from 3.5 to 5.5 points their compulsory form

### Professional Division Compulsory Point Requirement

**All categories:** athletes must have a total value of from 5.0 to 7.0 points on their compulsory form

### Amateur Division Compulsory Point Requirements

**All categories:** athletes must have a total value of from 1.0 to 3.5 points on their compulsory form.

Division	Category	Amount of compulsory moves	Permitted range of the compulsory elements	Permitted range of the total value
Amateur	all categories (Novice, Junior, Senior, Master 40+)	7	between +0.1 and +0.5	from 1.0 to 3.5
Professional	all categories (Senior, Master 40+)	9	between +0.3 and +0.8	from 5.0 to 7.0
Elite	Novice	7	between +0.3 and +0.8	from 3.5 to 5.5
Elite	Junior	9	between +0.3 and +0.8	from 6.0 to 8.0
Elite	Senior	9	between +0.5 and +1.0	from 7.0 to 9.0
Elite	Master 40+	9	between +0.5 and +1.0	from 6.0 to 9.0

## COMPULSORY DEDUCTIONS

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

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

### An athlete may also incur the following additional deductions

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

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

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

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




## Compulsory Minimum Requirement Definitions

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

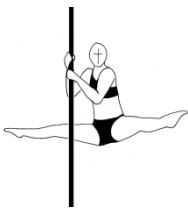
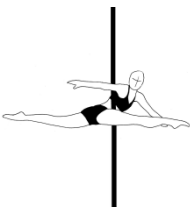





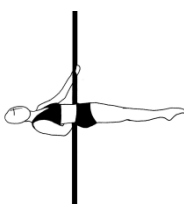
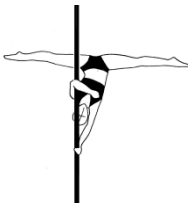


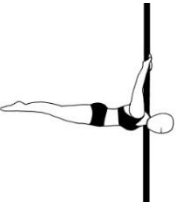

### Body positions:

- Inside leg/foot/arm/hand and outside leg/foot/arm/hand
- Front, behind, backwards, and forwards




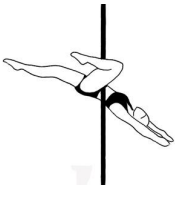

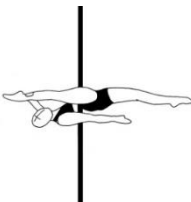


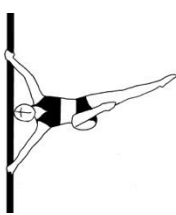

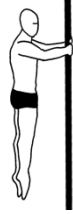
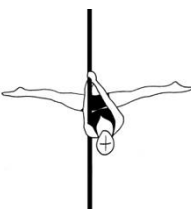
### Hand positions – thumbs up, thumbs down, cup grip

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




## Arm positions & Grips:

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

**Leg positions:**

	<p><b>Attitude</b> Both legs are bent at 90° and parallel to the floor</p>		<p><b>Scissor</b> Legs are extended and open, on the same plane with no more than 90° angle being formed from the front of one knee to the back of the other.</p>
	<p><b>Chair</b> Both legs bent at a 90° angle (both hips and knees must be bent at 90°), and closed</p>		<p><b>Split – Half Split</b> Both legs are open in a split position of the given degree, with one leg to the front of the body, and the other to the back. One leg is fully extended, while the other leg is bent.</p>
	<p><b>Diamond</b> The legs form a triangle with the knees apart and toes touching</p>		<p><b>Split – Frontal Split / Side Split / Front Split</b> The legs are extended and open. Front leg is positioned in front of the upper body and back legs are behind the upper body, legs in a split position of the given degree</p>
	<p><b>Fang</b> Both legs bent backwards, feet to back of head</p>		<p><b>Split – Middle Split / Box split</b> The legs are extended and open. Legs are positioned to the sides away from the upper body, legs in a split position of the given degree</p>
	<p><b>Passé</b> One leg bent at 90° at the hip while the other leg is straight</p>		<p><b>Stag</b> Both legs are bent and open in split position (minimum 90°)</p>
	<p><b>Pencil</b> Legs are extended and closed, body and legs are in a straight line without bending the hips</p>		<p><b>Straddle</b> Both legs stretched, extended and open</p>

**Leg positions:**

	<b>Pike</b> Both legs are extended and closed and next to each other in front of the body, hips at an angle		<b>Tuck</b> Knees tucked into the chest and closed
	<b>Ring</b> When one leg is bent backward towards the head, either touching the head, or over the head		

**Prohibited movements and penalties**

- All work, where the athlete is not in contact with the aerial pole, must be limited to a maximum of 40 seconds of the total length of the performance.
- Twisting saltos and two or more consecutive saltos without aerial pole contact are prohibited. A twist is defined as a change of the direction of the body while mid-salto, i.e., the athlete rotates on two axes instead of one.
- No rotation movements including jumps, pivots, and pirouettes with more than 720° on one point are allowed.
- For an additional list of prohibited movements, refer to Addendum 1.

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



## Head Judge Penalties

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

Criteria	Limitations	Penalty
Exceeding maximum time permitted without contact with the aerial pole	40 seconds	-5
Prohibited elements	On and off the aerial pole	-5 per occurrence
Compulsory forms/Technical bonus forms submitted past given deadline	Between 1 – 5 days late	-1 per day per form
	Over 5 days late but more than 48 hours before competition date	-5 per form
	Forms received within 48 hours of competition date	Disqualification for either form
Music submitted past given deadline	Between 1-5 days late	-1 per day
	Over 5 days late but more than 48 hours before competition date	-5
	Music received within 48 hours of competition date	Disqualification
Music not in accordance with Rules and Regulations	See Rules	-3
Providing false or inaccurate information on the application form	False or inaccurate piece of information provided	-5 per occurrence
	False information about age, division, or category	Disqualification
Arriving late to the stage when announced	Up to 60 seconds late	-1
	Athlete doesn't arrive within 1 minute	Disqualification
Performance time	5 seconds or less outside permitted time	-3
	More than 5 seconds outside permitted time	-5
Disruptions	Athletes interacting with the audience (such as gestures, talking to the spectators etc) while on stage performing	-1 per athlete and occurrence
	Athletes caught being cued from off-stage during their performance	-1 per occurrence
	Athletes and/or their coaches/representatives approaching the Judges' table and/or room or obstructing judges' view at any point during the competition	-3 per occurrence
Not starting or ending routine on stage	Not starting or ending routine on stage	-1 per occurrence
Grip aids	Applying grip aid directly on the aerial pole	- 5
	Using prohibited grips aids	Disqualification
Presence of jewellery and props not in accordance with Rules and Regulations	Presence of jewellery/piercings (excluding stud earrings/plain coloured plugs)	-3 per athlete
	Use of a prop or item which assists in the performance	-5 per athlete

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

### **Injury during a routine**

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

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


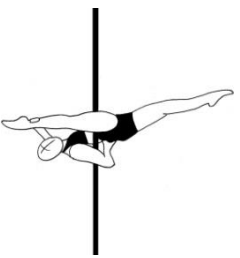



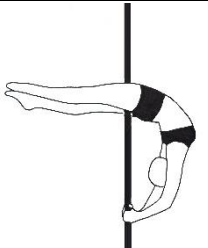




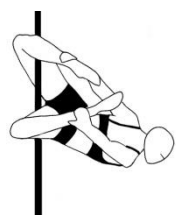

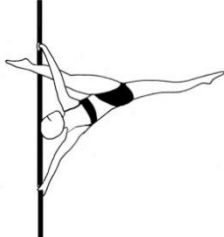


## COMPULSORY SINGLES



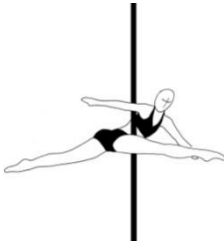
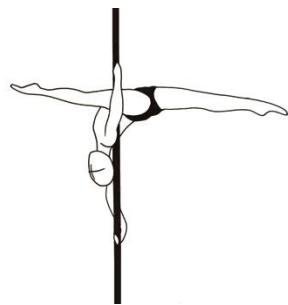
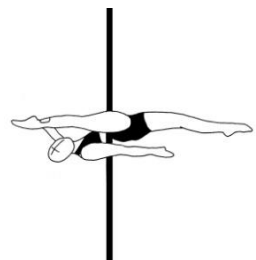
Please note that the drawings are to be used only as a guide.  
It is important to follow the minimum requirements under criteria.




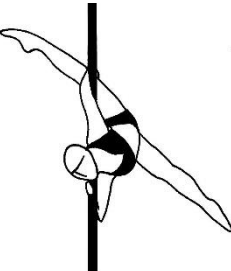
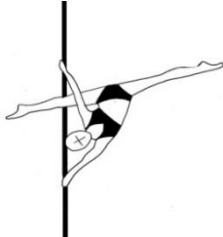

### FLEXIBILITY ELEMENTS

Code No.	Name	Element	Tech. Value	Criteria
F1	Helix		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of knee of outside leg, hand of inside arm, inside arm (optional), waist</li> <li>- <b>Arm position:</b> inside hand holds pole from behind outside knee, outside hand holds inside foot</li> <li>- <b>Leg position:</b> outside leg grips the pole in the crook of the knee, inside leg is bent</li> <li>- <b>Body position:</b> inverted</li> </ul>
F2	Inside Leg Hang 1		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg, side of torso, back of the arm</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice, no hands have contact with the pole</li> <li>- <b>Leg position:</b> inside leg is wrapped, outside leg is bent backwards</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> minimum of 160°</li> </ul>
F3	Ballerina Sit		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside underarm, side of torso, inside leg</li> <li>- <b>Arm position/grip:</b> inside arm holds outside foot, outside arm is in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> inside leg is wrapped, outside leg is bent backwards</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> minimum of 160°</li> </ul>
F4	Inside Leg Hang 2		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg, side of torso, back of the arm</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice, no hands have contact to the pole</li> <li>- <b>Leg position:</b> inside leg is wrapped, outside leg is bent backwards</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> minimum of 180°</li> </ul>
F5	Allegra Split 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm hand, thigh of inside leg, side of torso/ lower back</li> <li>- <b>Arm position/grip:</b> inside hand grips pole, above the inside leg, outside arm is extended in a fixed position of choice</li> <li>- <b>Leg position:</b> frontal split position with both legs fully extended</li> <li>- <b>Body position:</b> back arch, facing away from the pole</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>


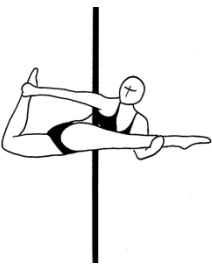



Code No.	Name	Element	Tech. Value	Criteria
F6	Front Split		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> legs, hands, forearms (optional), heel of front leg, top of foot of lower leg</li> <li>- <b>Arm position/grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> minimum of 180°</li> </ul>
F7	Hip Hold Split 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> thigh of inside leg, side of torso, back of inside arm</li> <li>- <b>Arm position/grip:</b> inside arm has contact with the pole. No hands have contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position and the front leg is in contact with the torso</li> <li>- <b>Body position:</b> facing upwards</li> <li>- <b>Angle of split:</b> minimum of 160°</li> </ul>
F8	Pole Straddle 1		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands, legs, ankles (not the arch of the foot), glutes (optional)</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in middle split position</li> <li>- <b>Body position:</b> upper body must be at a 90° angle to the pole</li> </ul>
F9	Allegra Half Split 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm hand, thigh of inside leg, outside arm, side/ lower back</li> <li>- <b>Arm position/grip:</b> inside hand grips pole, above the inside leg, outside arm is extended and hand is holding the ankle/shin of the outside leg</li> <li>- <b>Leg position:</b> split position with inside leg fully extended, outside leg bent backwards</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F10	Allegra Split 2		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm hand, thigh of inside leg, side of torso/ lower back</li> <li>- <b>Arm position/grip:</b> inside hand grips pole, above the inside leg, outside arm is extended in a fixed position of choice</li> <li>- <b>Leg position:</b> frontal split position with both legs fully extended</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F11	Bridge		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inner thighs</li> <li>- <b>Arm position/grip:</b> grip of choice, arms are fully extended</li> <li>- <b>Leg position:</b> both legs are at 90° to the pole and closed</li> <li>- <b>Body position:</b> back arched and inverted</li> </ul>

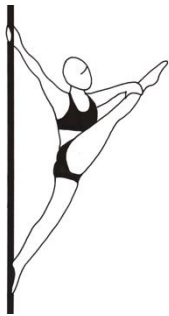




Code No.	Name	Element	Tech. Value	Criteria
F12	Capezio 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm of back arm, back, thigh of inside leg</li> <li>- <b>Arm position/grip:</b> no hands have contact with the pole, the same arm holds the ankle/shin of back leg and is fully extended, the opposite arm holds front leg</li> <li>- <b>Leg position:</b> split position with front leg fully extended, back leg bent</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F13	Cross Bow Elbow Hold		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> ankles (not the arch of the foot), elbows, torso (optional)</li> <li>- <b>Arm position/grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs fully extended in straddle position</li> <li>- <b>Body position:</b> upper body must be at a 90° angle to the pole</li> </ul>
F14	Outside Knee Hang Closed Fang		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one knee and one thigh</li> <li>- <b>Arm position/grip:</b> both hands hold the legs at ankle/shin level</li> <li>- <b>Leg position:</b> fang position</li> <li>- <b>Body position:</b> inverted</li> </ul>
F15	Pole Straddle 2		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> feet, legs, glutes/pelvis, hands</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in middle split position</li> <li>- <b>Body position:</b> upper body must be at 90° angle to the pole</li> </ul>
F16	Split Grip Leg Through Split		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one calf/ankle</li> <li>- <b>Arm position/grip:</b> grip of choice, bottom arm is fully extended</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F17	Superman Crescent		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inner thighs</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are 90° to the pole and closed</li> <li>- <b>Body position:</b> back arch</li> </ul>
F18	Underarm Hold Pike		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm and/or hand, torso</li> <li>- <b>Arm position/grip:</b> underarm and/or hand</li> <li>- <b>Leg position:</b> both legs are fully extended and parallel to the pole with feet above the head</li> <li>- <b>Body position:</b> upper body is upright</li> </ul>


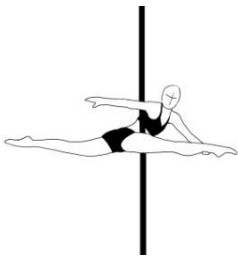
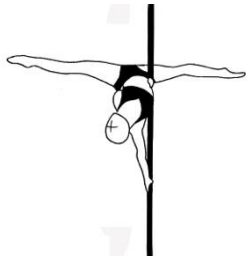


Code No.	Name	Element	Tech. Value	Criteria
F19	Yogini 1		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm, side of torso</li> <li>- <b>Arm position/grip:</b> arms are fully extended, inside arm is in underarm grip, hands holding legs at the ankle/shin level</li> <li>- <b>Leg position:</b> both legs are bent, and knees are at the same level as the hips or higher than hips</li> <li>- <b>Body position:</b> upper body is upright, hips facing downwards</li> </ul>
F20	Allegra Half Split 2		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm hand, thigh of inside leg, outside arm, side of torso/lower back</li> <li>- <b>Arm position/grip:</b> inside hand grips pole above the inside leg, outside arm is extended and holding the ankle/shin of outside leg</li> <li>- <b>Leg position:</b> inside leg is fully extended, outside leg is bent backwards</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F21	Chopsticks 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm, side of torso, upper thigh, bicep</li> <li>- <b>Arm position/grip:</b> underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside arm holding ankle of inside leg. No hand contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F22	Handspring Split		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands, back shoulder of inside arm, inner thigh of inside leg</li> <li>- <b>Arm position:</b> split arm position: Inside forearm wraps around inside leg and holds the pole. Outside hand holds pole above head</li> <li>- <b>Grip:</b> grip of choice.</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F23	Hip Hold Split 2		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> thigh of inside leg, side of torso, back of inside arm</li> <li>- <b>Arm position/grip:</b> inside arm has contact with the pole. No hands have contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in front split position, 90° with the pole, and the front leg is in contact with the torso</li> <li>- <b>Body position:</b> facing upwards</li> <li>- <b>Angle of split:</b> 180°</li> </ul>


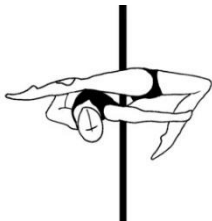



Code No.	Name	Element	Tech. Value	Criteria
F24	Inside Leg Hang Back Split 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg, side of torso, shoulder, head (optional)</li> <li>- <b>Arm position/grip:</b> no hands have contact with the pole, arms are extended over the head and holding the foot of the outside leg</li> <li>- <b>Leg position:</b> inside leg is wrapped, both legs are bent and in ring position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F25	Inverted Front Split		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, both hands, top of back foot, heel/ankle of front foot (optional)</li> <li>- <b>Arm position/grip:</b> basic or cup grip, holding the pole at the hips</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F26	Lux		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one leg, hips</li> <li>- <b>Arm position:</b> arms are fully extended</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> legs are in position of choice, on the same side of the pole as the body</li> <li>- <b>Body position:</b> upper body is in back arch with the head at the same level or higher than the hips</li> </ul>
F27	Pegasus Split Facing Floor 1		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> elbow of back arm, back of shoulders/neck, forearm, and hand of lower arm</li> <li>- <b>Arm position:</b> top arm is holding the thigh of the back leg around the pole, bottom arm is in holding onto the pole</li> <li>- <b>Grip:</b> top arm is in elbow grip, bottom arm is in forearm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a frontal split position</li> <li>- <b>Body position:</b> hips are rotated downwards</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F28	Split Grip Leg Through Split		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and inside leg</li> <li>- <b>Arm position/grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position of choice</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F29	Allegra		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm hand, thigh of inside leg, outside arm, side of torso/lower back</li> <li>- <b>Arm position/grip:</b> inside hand grips pole above the inside leg, outside arm is extended and holding the ankle/shin of the outside leg</li> <li>- <b>Leg position:</b> both legs are fully extended in a frontal split position</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>











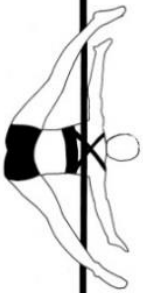

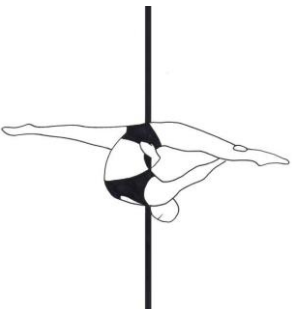
Code No.	Name	Element	Tech. Value	Criteria
F30	Capezio 2		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm of back arm, back, thigh of inside leg</li> <li>- <b>Arm position/grip:</b> no hands have contact with the pole, the same arm holds the ankle/shin of the back leg and is fully extended, the opposite arm holds the front leg</li> <li>- <b>Leg position:</b> split position with front leg fully extended and the back leg bent</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F31	Chopsticks Half Split		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside underarm, side of torso, thigh of inside leg, bicep</li> <li>- <b>Arm position/grip:</b> underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended and holding foot or ankle opposite leg. Outside arm holding ankle of inside leg. No hand contact with the pole</li> <li>- <b>Leg position:</b> split position with inside leg fully extended and the back leg bent</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F32	Cocoon 1		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of knee, thigh, torso</li> <li>- <b>Arm position/grip:</b> arms are fully extended above the head and holding back leg</li> <li>- <b>Leg position:</b> split position with front leg gripping the pole at the knee, back leg is extended</li> <li>- <b>Body position:</b> inverted, back arch</li> <li>- <b>Angle of split:</b> a minimum of 160°</li> </ul>
F33	Eagle 1		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> front leg, side of torso, back of shoulder</li> <li>- <b>Arm position/grip:</b> arms can be bent, no hands have contact with the pole, hands are holding foot/ankle of back leg</li> <li>- <b>Leg position:</b> front leg is wrapped around the pole, back leg and foot must be stretched over the head or in a ring position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F34	Inverted Front Split		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs and both hands</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> torso is at least at a 45° angle from the pole and is facing downwards</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

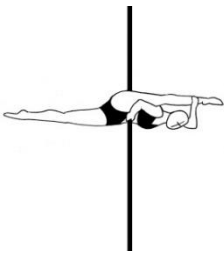


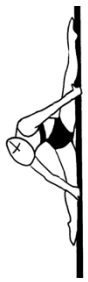
Code No.	Name	Element	Tech. Value	Criteria
F35	One Hand Flying Split		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, foot of the opposite leg</li> <li>- <b>Arm position:</b> inside arm is fully extended and holds the pole. Outside hand holds opposite ankle.</li> <li>- <b>Leg position:</b> in a frontal split / oversplit position. Front leg has no contact with the pole, and both legs are fully extended.</li> <li>- <b>Body position:</b> upright, facing away from the pole</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F36	Yogini 2		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm, side of torso</li> <li>- <b>Arm position/grip:</b> underarm grip, hands holding legs at the knee</li> <li>- <b>Leg position:</b> both legs are fully extended with feet above the head</li> <li>- <b>Body position:</b> upper body is upright</li> </ul>
F37	Back Split to Pole Ring Position		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs and both hands</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> split position with front leg fully extended, back leg bent, foot must touch head</li> <li>- <b>Body position:</b> back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F38	Bird of Paradise Inverted		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> thigh, side of torso, back, back of neck, outside arm, crook of outside elbow, back of outside shoulder</li> <li>- <b>Arm position/grip:</b> both arms are bent and above the head, hands are clasped behind the head</li> <li>- <b>Leg position:</b> both legs are fully extended in a diagonal split</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F39	Brass Monkey Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside armpit and hand, outside elbow</li> <li>- <b>Arm position/grip:</b> outside hand has no contact with the pole and is holding the opposite leg</li> <li>- <b>Grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position, with back foot held directly above the hips</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F40	Capezio Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm of back arm, back, thigh of inside leg</li> <li>- <b>Arm position/grip:</b> no hands to have contact with the pole, the inside arm holds the back leg at ankle/shin level and is fully extended. The outside arm holds the front leg</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F41	Chopsticks 2		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm, side of torso, upper thigh, bicep</li> <li>- <b>Arm position/grip:</b> underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside arm holding ankle of inside leg. No hand contact with the pole</li> <li>- <b>Leg position:</b> both legs fully extended in split position, with front leg at 90° to the pole</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F42	Dragon Tail Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, side of torso, upper thigh</li> <li>- <b>Arm position/grip:</b> inside arm is fully extended and the hand is in contact with the pole, the hand of the outside arm holds the pole behind the back</li> <li>- <b>Leg position:</b> both legs fully extended in front split position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F43	Elbow Bracket Split 1		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of elbow of one arm, hand of other arm</li> <li>- <b>Arm position:</b> upper arm holds pole in the crook of the elbow, and the hand holds upper leg. Lower arm is fully extended and holds the pole</li> <li>- <b>Grip:</b> elbow grip.</li> <li>- <b>Leg position:</b> both legs extended in split position</li> <li>- <b>Body position:</b> upright, facing the pole</li> <li>- <b>Angle of split:</b> minimum of 180°</li> </ul>
F44	Elbow Hold Frontal Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> shoulder, neck, crook of elbow, back (optional), bicep (optional)</li> <li>- <b>Arm position/grip:</b> no hands have contact with the pole, elbow grip hand holding ankle of opposite leg, free arm is in fixed position of choice and has no contact with the pole</li> <li>- <b>Leg position:</b> both legs fully extended in a frontal split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>


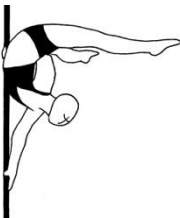

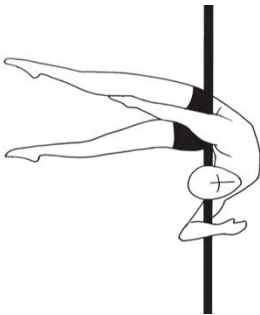
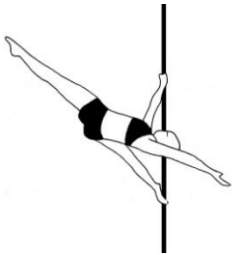

Code No.	Name	Element	Tech. Value	- Criteria
F45	Forearm Grip Leg Through Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hand of upper arm, hand and forearm of lower arm, thigh of inside leg, chest (optional)</li> <li>- <b>Arm position:</b> both arms are bent, outside arm is around the inside leg and holds the pole above the inside leg</li> <li>- <b>Grip:</b> upper hand in cup grip, lower arm is in forearm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a diagonal split position and at a 45° angle to the pole</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F46	Hip Hold Half Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg thigh, side of torso, back of inside arm</li> <li>- <b>Arm position/grip:</b> underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended and holding foot or ankle opposite leg. Outside hand is holding ankle/shin of inside leg. No hand contact with the pole</li> <li>- <b>Leg position:</b> frontal split position with front leg fully extended, 90° to the pole and in contact with the torso, back leg is bent</li> <li>- <b>Body position:</b> facing upwards</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F47	Inside Leg Hang Back Split 2		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg, side of torso, shoulder, one arm, head (optional)</li> <li>- <b>Arm position/grip:</b> no hands have contact with the pole, arms are fully extended above the head and holding the foot of the outside leg</li> <li>- <b>Leg position:</b> both legs are bent and in ring position, back foot is over the head</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F48	Inverted Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both legs, inside arm, back of shoulder of inside arm, feet (optional)</li> <li>- <b>Arm position/grip:</b> outside arm in fixed position of choice. No hand contact with the pole. inside arm wraps around pole and leg</li> <li>- <b>Leg position:</b> both legs are fully extended in split position in alignment with the pole</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F49	Oversplit on Pole		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> feet, glutes, back leg, both hands</li> <li>- <b>Arm position/grip:</b> basic or cup grip</li> <li>- <b>Leg position:</b> split position with front leg bent, back leg fully extended</li> <li>- <b>Body position:</b> inverted, back arch</li> <li>- <b>Angle of split:</b> a minimum of 190°</li> </ul>


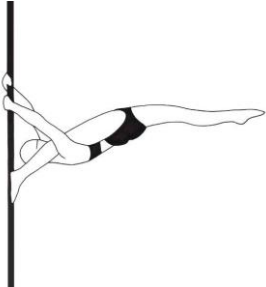
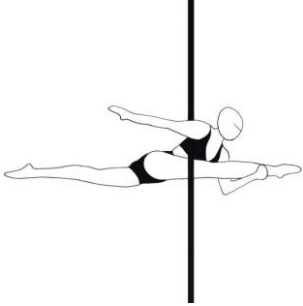

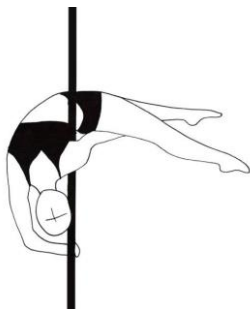
Code No.	Name	Element	Tech. Value	- Criteria
F50	Pegasus Split Facing Upwards		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> lower forearm, lower hand, neck, shoulders, crook of upper elbow, upper bicep/triceps (optional)</li> <li>- <b>Arm position/grip:</b> arm holding upper leg is in an elbow grip, lower arm holds pole in forearm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a diagonal split</li> <li>- <b>Body position:</b> hips are rotating upwards</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F51	Reverse Butterfly Extension		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm, shoulder, foot and the inside ankle, shin, head (optional)</li> <li>- <b>Arm position/grip:</b> inside arm is fully extended and holding the pole, and the outside arm is holding the outside leg</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F52	Split Grip Leg Through Frontal Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and thigh of inside leg</li> <li>- <b>Arm position/grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upper body (torso and head) is at 90° to the pole</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F53	Superman V		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both thighs, one arm</li> <li>- <b>Arm position/grip:</b> both arms are extended, same hand holds same leg at shin level (between ankle and knee), no hands have contact with the pole</li> <li>- <b>Leg position:</b> back leg is fully extended, other leg is in passé</li> <li>- <b>Body position:</b> upright V-shape must be formed</li> </ul>
F54	Underarm Hold Split		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm of inside arm, ankles to the pole (not the arch of the foot)</li> <li>- <b>Arm position:</b> no hand contact with the pole. Both arms should be extended.</li> <li>- <b>Grip:</b> underarm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> upper body (torso and head) must be at a 90° angle to the pole, chest facing upwards</li> </ul>
F55	Bird of Paradise Upright		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of outside elbow, thigh of front leg, side of torso, back, back of neck, back of outside shoulder</li> <li>- <b>Arm position/grip:</b> both arms are bent, hands are clasped behind the head</li> <li>- <b>Leg position:</b> both legs are fully extended in a diagonal split position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

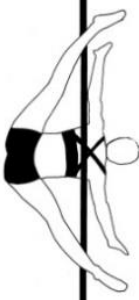
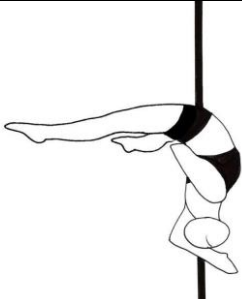

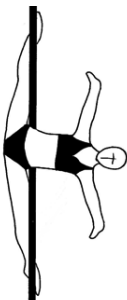

Code No.	Name	Element	Tech. Value	Criteria
F56	Cobra		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, knee and shin of upper leg, thigh of lower leg</li> <li>- <b>Arm position/grip:</b> arms are fully extended in wide basic grip. Upper hand grips the pole above the same leg at shin level. Lower hand grips the pole below the lower leg at thigh level.</li> <li>- <b>Leg position:</b> legs are fully extended</li> <li>- <b>Body position:</b> in back arch position</li> </ul>
F57	Cocoon 2		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of knee, thigh, torso</li> <li>- <b>Arm position/grip:</b> arms are fully extended above the head in ring position and holding back leg</li> <li>- <b>Leg position:</b> split position with front leg gripping the pole at the knee, back leg fully extended</li> <li>- <b>Body position:</b> inverted, back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F58	Crossbow 1		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both ankles, back of shoulders (no neck contact), arms (no hand contact)</li> <li>- <b>Arm position/grip:</b> both arms are fully extended and open with no hand contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position with ankles to the pole (not the arch of the foot)</li> <li>- <b>Body position:</b> torso is at a 90° angle to the pole</li> </ul>
F59	Dragon Tail Fang		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, forearm (optional)</li> <li>- <b>Arm position/grip:</b> inside arm is fully extended and hand is in contact with the pole, hand of the outside arm holds the pole behind the back</li> <li>- <b>Leg position:</b> fang position with both legs bent back, toes touch the shoulder or the crown of head</li> <li>- <b>Body position:</b> inverted</li> </ul>
F60	Iguana Elbow Hold Split No Hands		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> back of shoulder, arm, elbow of inside arm, neck (optional), back, glutes, thigh of back leg</li> <li>- <b>Arm position:</b> one arm is holding the pole behind the body at the elbow. the other arm is fully extended and holding back leg at shin level (between knee and ankle)</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended in frontal split position</li> <li>- <b>Body position:</b> inverted</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>

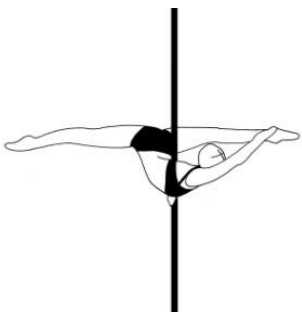



Code No.	Name	Element	Tech. Value	Criteria
F61	Machine Gun		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, side of torso, one thigh</li> <li>- <b>Arm position:</b> both arms are bent, one hand holds pole, other hand holds opposite leg extended to the front at the ankle or calf</li> <li>- <b>Grip:</b> of choice</li> <li>- <b>Leg position:</b> both legs are fully extended in split position, in a straight line</li> <li>- <b>Body position:</b> at a 90° angle to the pole</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F62	Russian Split Elbow Lock		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of the inside elbow and the sole of one foot</li> <li>- <b>Arm position/grip:</b> both arms are bent and one hand is holding the opposite hand/wrist, only top arm has contact with the pole, other arm is wrapped around the lower leg</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a frontal split position, in a straight line</li> <li>- <b>Body position:</b> inverted, downward diagonal, hips away from pole</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F63	Vertical Jade		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hand of outside arm, underarm of inside arm, glutes, outside leg, foot of outside leg</li> <li>- <b>Arm position:</b> outside arm wraps around the inside leg and holds the pole at the ankle of opposite foot, inside arm is around the pole and leg, with the underarm in contact with the pole</li> <li>- <b>Grip:</b> inside arm: underarm grip outside arm: basic or cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a frontal split position, foot of outside leg should be holding the pole from behind. The front leg is the inside leg, the back leg is the outside leg.</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F64	Back Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, full length of both legs</li> <li>- <b>Arm position:</b> both hands hold the pole behind the legs</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upper body is in a back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>



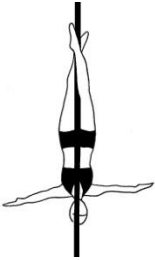

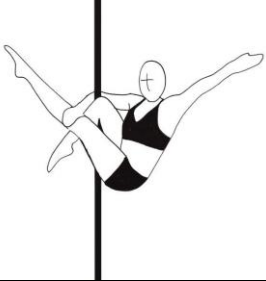
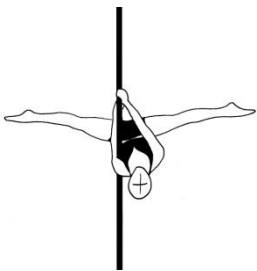
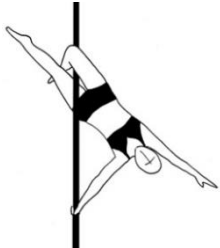

Code No.	Name	Element	Tech. Value	Criteria
F65	Back Split Overhead Hold on Pole		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, both legs</li> <li>- <b>Arm position/grip:</b> both arms are fully extended and hands hold the pole above the head at ankle/calf height</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> upright with back arch</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F66	Dragon Tail Back Bend 1		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position/grip:</b> inside arm is fully extended and hand is in contact with the pole, hand of the outside arm holds the pole behind the back</li> <li>- <b>Leg position:</b> both legs are fully extended and open, with the feet at the same level as the hips</li> <li>- <b>Body position:</b> inverted</li> </ul>
F67	Eagle 2		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> front leg, side of torso, back of shoulder</li> <li>- <b>Arm position/grip:</b> no hands have contact with the pole, arms are fully extended and hands are holding foot/ankle of back leg</li> <li>- <b>Leg position:</b> front leg is wrapped around the pole, back leg and foot must be stretched over the head or in a ring position</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F68	Elbow Grip Horizontal Back Bend		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both arms, upper back, back of the head.</li> <li>- <b>Arm position:</b> top arm is in underarm grip, hand is holding onto top leg; bottom arm is wrapped around pole at elbow. No hands in contact with the pole.</li> <li>- <b>Grip:</b> underarm grip (top arm) and elbow grip (bottom arm)</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> body is wrapped around the pole with a back arch position.</li> </ul>
F69	Flying K		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside hand, inside foot</li> <li>- <b>Arm position/grip:</b> both arms are fully extended, one hand is holding the pole, the other is fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> downward diagonal</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>
F70	Half Back Split on Pole		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, upper leg, pelvis, thigh of the lower leg</li> <li>- <b>Arm position/grip:</b> both arms are fully extended and hold the pole above the head at ankle height</li> <li>- <b>Leg position:</b> back leg is extended, lower leg is in passé</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> a minimum of 180°</li> </ul>






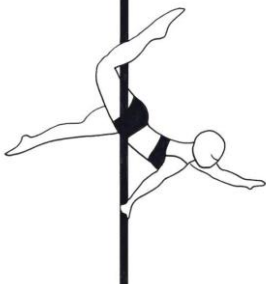
Code No.	Name	Element	Tech. Value	Criteria
F71	Rainbow Marchenko Back Bend Scissor		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm, hand of inside arm, side of torso, and thighs</li> <li>- <b>Arm position:</b> inside arm is in flag grip, outside arm is fully extended and holding the inside leg at ankle/calf</li> <li>- <b>Grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended on the same side as the body</li> <li>- <b>Body position:</b> inverted, back bend, chest is facing downwards</li> </ul>
F72	Russian Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> sole of one foot, both hands</li> <li>- <b>Arm position/grip:</b> basic or cup grip, arms are fully extended</li> <li>- <b>Leg position:</b> both legs are fully extended in split position.</li> <li>- <b>Angle of split:</b> a minimum of 190°</li> </ul>
F73	Underarm Grip Chopsticks		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm, back of thigh of inside leg, bicep</li> <li>- <b>Arm position/grip:</b> underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside arm holding ankle/calf of inside leg. No hand contact with the pole</li> <li>- <b>Leg position:</b> both legs fully extended in split position, with front leg at 90° to the pole</li> <li>- <b>Body position:</b> upright</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F45	Vertical Half Split		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of both elbows, back of neck, shoulders, biceps/triceps (optional)</li> <li>- <b>Arm position:</b> upper hand holds opposite foot, bottom hand holds opposite, lower ankle. Both arms wrapped around the pole</li> <li>- <b>Grip:</b> upper arm in elbow grip</li> <li>- <b>Leg position:</b> legs are in split position. Upper leg is bent, bottom leg is fully extended.</li> <li>- <b>Body position:</b> inverted with the chest facing downwards.</li> </ul> <p><b>Angle of split:</b> a minimum of 180°</p>
F75	Bui Bend		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, opposite arm, waist, underarm, side of torso, shoulder (optional)</li> <li>- <b>Arm position/grip:</b> inside arm is extended and holding the same leg. Outside arm is bent and holding the pole at / above the head.</li> <li>- <b>Leg position:</b> both legs are fully extended. Feet should be at a level between the hips and the shoulders.</li> </ul> <p><b>Body position:</b> inverted, in a back arch</p>

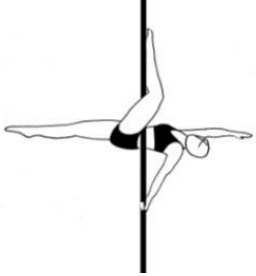





Code No.	Name	Element	Tech. Value	- Criteria
F76	Crossbow 2		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both ankles, back of shoulders (no neck contact)</li> <li>- <b>Arm position/grip:</b> both arms are fully extended and open with no hand contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position with ankles to the pole (not the arch of the foot)</li> <li>- <b>Body position:</b> torso is at a 90° angle to the pole</li> </ul>
F77	Dragon Tail Back Bend 2		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> outside hand, forearm of inside arm, inside shoulder, torso, neck (optional)</li> <li>- <b>Arm position/grip:</b> inside arm is bent and forearm is in contact with the pole, outside arm holds the pole behind the back</li> <li>- <b>Leg position:</b> both legs are fully extended, closed, and feet are at the same level as the hips</li> <li>- <b>Body position:</b> inverted</li> </ul>
F78	Elbow Bracket Split 2		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, chest, one arm, one foot (optional)</li> <li>- <b>Arm position:</b> upper arm holds the upper leg at ankle/shin level above the head. Lower arm is fully extended and holds the pole.</li> <li>- <b>Grip:</b> wrap grip (upper arm)</li> <li>- <b>Leg position:</b> legs are in frontal split position and extended</li> <li>- <b>Body position:</b> upright, facing the pole</li> <li>- <b>Angle of split:</b> minimum of 180°</li> </ul>
F79	Low Back Crossbow		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> arch of both feet, lower back/glutes</li> <li>- <b>Arm position/grip:</b> both arms are in a fixed position of choice with no hand contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> torso is at a 90° angle to the pole</li> </ul>
F80	Rainbow Marchenko Back Bent Pencil		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm and hand of inside arm, side of torso, thighs</li> <li>- <b>Arm position:</b> inside arm is in flag grip, outside arm is fully extended and holding the inside leg at ankle/shin</li> <li>- <b>Grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended and at 90° to the pole</li> <li>- <b>Body position:</b> inverted, chest is facing downwards</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
F81	Rainbow Marchenko Split		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm and hand of inside arm, side of torso, back of one thigh</li> <li>- <b>Arm position:</b> inside arm is in flag grip, outside arm is fully extended and holding the inside leg at ankle/shin</li> <li>- <b>Grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position, at 90° to the pole</li> <li>- <b>Body position:</b> inverted, chest is facing downwards</li> <li>- <b>Angle of split:</b> 180°</li> </ul>
F82	Superman Crescent		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both thighs, one calf, pelvis</li> <li>- <b>Arm position/grip:</b> arms are fully extended above the head, hands holding top foot</li> <li>- <b>Leg position:</b> both legs are bent</li> <li>- <b>Body position:</b> upright, upper body is in back arch</li> </ul>
F83	Vertical Marchenko Split		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside of the foot and shin of inside leg, back, glutes (optional), elbow of inside arm</li> <li>- <b>Arm position:</b> outside arm is fully extended holding outside leg.</li> <li>- <b>Grip:</b> inside arm in elbow grip.</li> <li>- <b>Leg position:</b> both legs are fully extended in split position.</li> <li>- <b>Body position:</b> wrapped around the pole.</li> <li>- <b>Angle of split:</b> minimum 180°</li> </ul>
F84	Vertical Split No Hands		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside leg, inside of foot of inside leg, hips/glutes, foot, and shin of outside leg</li> <li>- <b>Arm position/grip:</b> arms in position of choice with no contact with the pole or the body.</li> <li>- <b>Leg position:</b> both legs are fully extended in split position.</li> <li>- <b>Body position:</b> shoulders must be at the same level as the hips.</li> <li>- <b>Angle of split:</b> minimum 180°</li> </ul>

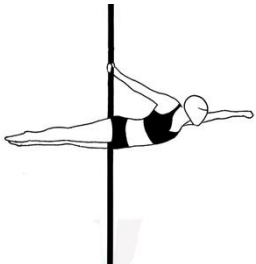


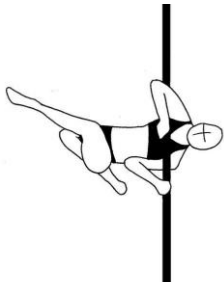
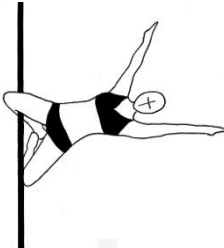

## STRENGTH ELEMENTS

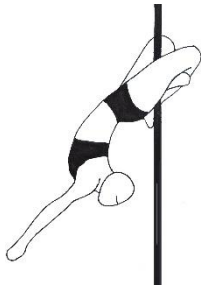

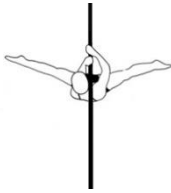



Code No.	Name	Element	Tech. Value	Criteria
S1	Basic Invert No Hands		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> full lengths of both legs, torso (optional)</li> <li>- <b>Arm position/grip:</b> fixed position of choice, hands have no contact with the pole</li> <li>- <b>Leg position:</b> both legs are holding the pole</li> <li>- <b>Body position:</b> inverted</li> </ul>
S2	Chair		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Grip:</b> wide basic grip</li> <li>- <b>Leg position:</b> chair position at 90° angle</li> <li>- <b>Body position:</b> upright</li> </ul>
S3	Elbow Grip Seat		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of elbow of inside arm, back of knee of inside leg, back of thighs, glutes</li> <li>- <b>Arm position/grip:</b> inside arm is in elbow grip, outside arm in fixed position of choice</li> <li>- <b>Leg position:</b> inside leg is hooked, outside leg is fully extended, both legs are on the same side of the pole</li> </ul>
S4	Inverted Straddle		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inside arm, torso, one thigh (optional)</li> <li>- <b>Arm position:</b> both arms are extended, holding the pole</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> inverted</li> </ul>
S5	Outside Knee Hook, Passé		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hand of inside arm, top of one thigh, crook of knee of opposite/outside leg</li> <li>- <b>Arm position/grip:</b> Inside arm extended, pushing away from pole, outside arm in fixed position of choice</li> <li>- <b>Leg position:</b> front leg is around the pole in passé, back leg is fully extended behind</li> <li>- <b>Body position:</b> inverted and at an angle away from the pole</li> </ul>
S6	Pole Hug Pencil		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both elbows, torso</li> <li>- <b>Arm position:</b> arms wrapped around pole, with the pole in the crook of the elbow</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> upright</li> </ul>





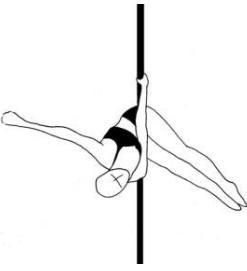

Code No.	Name	Element	Tech. Value	Criteria
S7	Stargazer		0.1	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of knee/calf of upper leg, top of foot, shin and knee of lower leg, thighs (optional)</li> <li>- <b>Arm position/grip:</b> one hand is holding the opposite leg (which is bent around the pole) at any point, other arm is in a fixed position of choice. No hand contact with the pole</li> <li>- <b>Leg position:</b> one leg is bent around the pole and crossed in front of the other leg</li> <li>- <b>Body position:</b> back is arched</li> </ul>
S8	Basic Brass Monkey		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, forearm of outside arm (optional), underarm of inside arm, side of torso, inside leg knee and back of thigh</li> <li>- <b>Arm position/grip:</b> flag grip</li> <li>- <b>Leg position:</b> fang position, inside leg hooked on pole</li> <li>- <b>Body position:</b> inverted</li> </ul>
S9	Butterfly Split Grip		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one leg, (torso optional)</li> <li>- <b>Arm position/grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are bent, one leg is hooked on pole</li> <li>- <b>Body position:</b> inverted</li> </ul>
S10	Cupid		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside knee of inside leg, foot of outside leg</li> <li>- <b>Arm position/grip:</b> both arms are in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> inside leg is hooked to the pole at the knee, outside leg is fully extended with the sole of the foot in contact with the pole</li> <li>- <b>Body position:</b> upright and extended away from the pole</li> </ul>
S11	Elbow Hold Hang		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> side of torso, crook of elbow, upper arm (optional)</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Arm position:</b> inside arm is in elbow grip, outside arm is in a closed fixed position of choice. No hands have contact with the pole.</li> <li>- <b>Leg position:</b> both legs are in a fixed position of choice with no contact with the pole</li> <li>- <b>Body position:</b> upright</li> </ul>
S12	Extended Brass Monkey		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside hand, outside hand (optional). Crook of knee, calf, back and side of thigh of inside leg</li> <li>- <b>Arm position/grip:</b> both arms are fully extended</li> <li>- <b>Leg position:</b> inside leg is hooked on pole, outside leg is extended in a fixed position of choice</li> <li>- <b>Body position:</b> inverted, shoulders are pushed away from the pole</li> </ul>

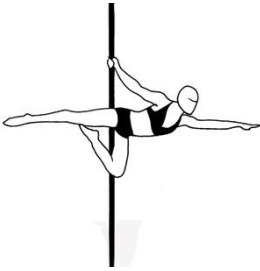

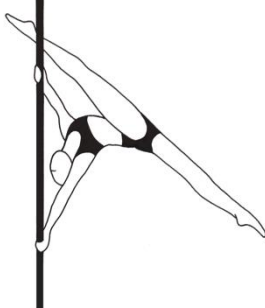


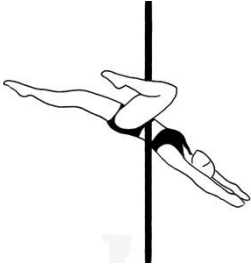
Code No.	Name	Element	Tech. Value	Criteria
S13	Inside Leg Hang Flatline		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hand of inside arm, side of torso, inside leg (no foot contact)</li> <li>- <b>Arm position/grip:</b> Inside arm extended, pushing away from pole, outside arm in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> inside leg is hooked to the pole, outside leg is fully extended and 90° to the pole</li> <li>- <b>Body position:</b> upper body is 90° to the pole</li> </ul>
S14	Layback Crossed Knee Release		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both thighs, calf of one leg, glutes</li> <li>- <b>Arm position/grip:</b> both arms are in fixed position of choice with no contact with the pole.</li> <li>- <b>Leg position:</b> one leg is fully extended, other leg is bent around the pole and crossed in front of the other leg.</li> <li>- <b>Body position:</b> inverted layback</li> </ul>
S15	Outside Knee Hang		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> outside leg, side of torso, back of inside arm shoulder, armpit (optional)</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice with no contact with the pole.</li> <li>- <b>Leg position:</b> outside leg is bent and wrapped around the pole, inside leg is fully extended and at 90° to the pole.</li> <li>- <b>Body position:</b> inverted</li> </ul>
S16	Pencil Forearm Grip		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one forearm</li> <li>- <b>Arm position:</b> one arm in forearm grip, other arm fully extended and in contact with the pole above the other hand.</li> <li>- <b>Grip:</b> forearm grip</li> <li>- <b>Leg position:</b> both legs are fully extended and closed in pencil position, parallel to the pole.</li> <li>- <b>Body position:</b> upright</li> </ul>
S17	Pole Straddle Split Grip		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended,</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position (in line with the hips or higher)</li> <li>- <b>Body position:</b> upright</li> </ul>
S18	Split Grip Diamond		0.2	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> diamond</li> <li>- <b>Body position:</b> upright</li> </ul>

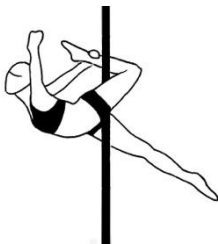
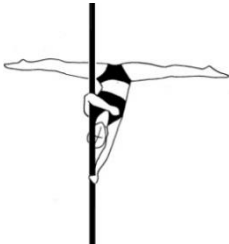
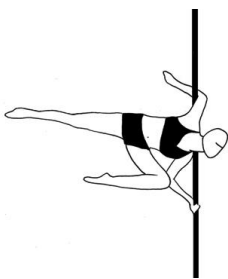
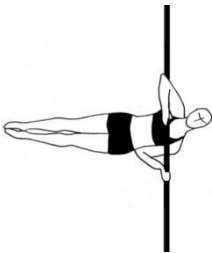
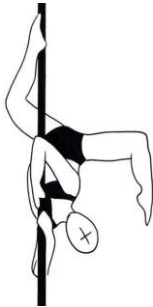
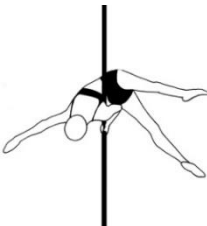


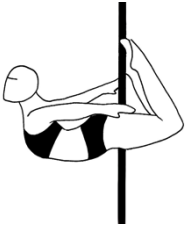
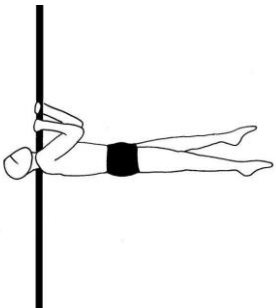
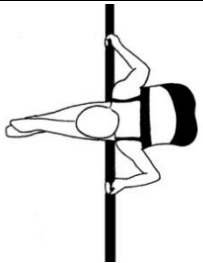
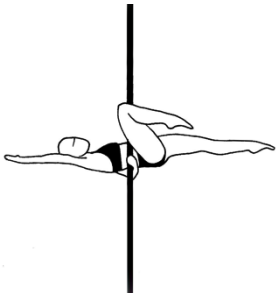
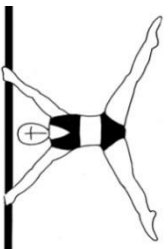
Code No.	Name	Element	Tech. Value	Criteria
S19	Basic Superman		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both inner thighs, one hand</li> <li>- <b>Arm position/grip:</b> both arms are fully extended, only one hand holds pole</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> legs are 90° to the pole, hips are the facing downwards</li> </ul>
S20	Butterfly Extension		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and one heel</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> grip/position of choice</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted</li> </ul>
S21	Elbow Grip Diamond		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one elbow and one hand</li> <li>- <b>Arm position:</b> upper elbow holds the pole, lower arm is fully extended and in contact with the pole</li> <li>- <b>Grip:</b> elbow grip</li> <li>- <b>Leg position:</b> diamond</li> <li>- <b>Body position:</b> upright</li> </ul>
S22	Flag Grip Side		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both arms, both hands, and front of chest</li> <li>- <b>Arm position/grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are horizontal, one leg is bent forward and one leg is bent backwards</li> </ul>
S23	Knee Hold		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both knees</li> <li>- <b>Arm position/grip:</b> both arms are in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are bent, upper knee holds around the pole, lower knee pushes against the pole, feet may touch each other</li> <li>- <b>Body position:</b> extended away from the pole</li> </ul>
S24	Layback Crossed Ankle Release		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both inner thighs, glutes</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended and closed with ankles crossed</li> <li>- <b>Body position:</b> inverted, layback</li> </ul>

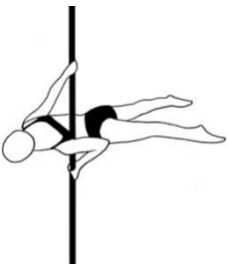
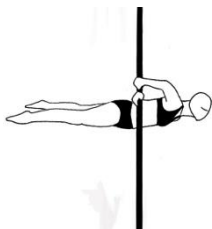

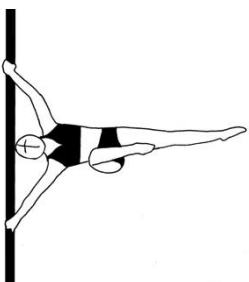

Code No.	Name	Element	Tech. Value	Criteria
S25	Remi Layback		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of top knee and top of bottom legs' foot</li> <li>- <b>Arm position:</b> both arms fully extended</li> <li>- <b>Leg position:</b> legs are crossed around the pole: one leg grips the pole in the crook of the knee and while the foot of the other leg is in contact with the pole</li> <li>- <b>Body position:</b> inverted, facing away from the pole</li> </ul>
S26	Shoulder Mount Pencil		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one shoulder, (neck optional)</li> <li>- <b>Arm position:</b> arms are bent</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> pencil</li> <li>- <b>Body position:</b> inverted</li> </ul>
S27	Shoulder Mount Straddle		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one shoulder, (neck optional)</li> <li>- <b>Arm position:</b> arms are bent</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> straddle</li> <li>- <b>Body position:</b> hips are at the same level as the head</li> </ul>
S28	Underarm Hold Hang		0.3	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside underarm, side of torso</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice with no contact with the pole</li> <li>- <b>Grip:</b> underarm grip</li> <li>- <b>Leg position:</b> legs in position of choice, without contact with the pole</li> <li>- <b>Body position:</b> upright</li> </ul>
S29	Back Support Split		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> back/side (no hip contact), outside hand and inside arm</li> <li>- <b>Arm position:</b> inside arm holds inside leg around the pole</li> <li>- <b>Grip:</b> back support grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position, with inside arm holding the calf of the inside leg</li> <li>- <b>Body position:</b> upright</li> </ul>
S30	Back Support Tuck		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm, side of torso, hands</li> <li>- <b>Arm position/grip:</b> back support</li> <li>- <b>Leg position:</b> knees on chest</li> <li>- <b>Body position:</b> back is at 90° to the pole</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
S31	Butterfly Twist One Hand		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, one leg, torso - optional (but no hip contact)</li> <li>- <b>Arm position/grip:</b> both arms are fully extended; one hand holds the opposite foot, while the other hand holds the pole</li> <li>- <b>Leg position:</b> both legs are bent in stag position, one is hooked around the pole in the back of the knee, the other is extended to the back, being held by the opposite hand</li> <li>- <b>Body position:</b> inverted</li> </ul>
S32	Extended Hang		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position/grip:</b> both arms are fully extended</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> chest and hips are facing away from the pole</li> </ul>
S33	Handspring Straddle		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position/grip:</b> position of choice</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> inverted</li> </ul>
S34	Hip Hold Straddle		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> underarm of inside arm, torso, thighs</li> <li>- <b>Arm position/grip:</b> both arms are fully extended, outside arm is in a fixed position of choice, inside arm is in underarm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a straddle position</li> <li>- <b>Body position:</b> inverted</li> </ul>
S35	Meathook Pike		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand and arm, shoulder (optional), thighs, hips, torso</li> <li>- <b>Arm position/grip:</b> inside arm is fully extended and holding pole, outside arm is in a fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended and closed in a pike position</li> <li>- <b>Body position:</b> wrapped around the pole</li> </ul>
S36	Russian Layback		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands, crook of knee and back of one thigh, ankle/calf/shin of other leg, glutes</li> <li>- <b>Arm position:</b> both arms are extended and holding the pole above the head</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> one leg grips the pole in the crook of the knee and along the back of the thigh, the other leg is crossed over the first leg</li> <li>- <b>Body position:</b> inverted, facing away from the pole</li> </ul>

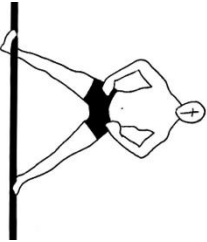
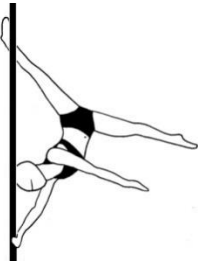
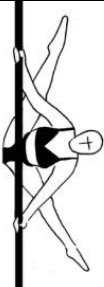
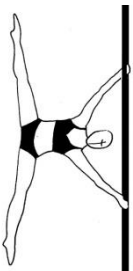
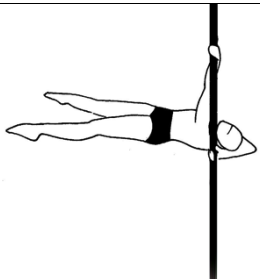
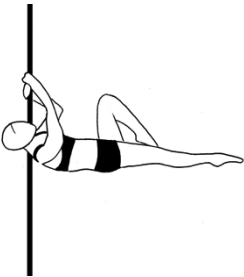
Code No.	Name	Element	Tech. Value	Criteria
S37	Superman One Side		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, inside knee, both upper thighs, glutes (optional)</li> <li>- <b>Arm position/grip:</b> one hand is holding the pole; the other arm is fully extended.</li> <li>- <b>Leg position:</b> inside leg is in passé, outside leg is fully extended and at 90° to the pole, both legs are on same side of the pole.</li> <li>- <b>Body position:</b> hips are facing downwards</li> </ul>
S38	Thinker		0.4	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands and feet, glutes (optional)</li> <li>- <b>Arm position:</b> arms can be bent and hold the pole behind the body.</li> <li>- <b>Grip:</b> cup grip</li> <li>- <b>Leg position:</b> both legs are bent and thighs are in contact with the torso.</li> <li>- <b>Body position:</b> head is lower than hips</li> </ul>
S39	Butterfly Reverse Extension		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands and one heel</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> top hand is in cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in split position</li> <li>- <b>Body position:</b> inverted. Heel of leg opposite to the top hand is on the pole, creating a twist in the hips</li> </ul>
S40	Flag Grip Side Passé		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both arms, both hands, chest</li> <li>- <b>Arm position/grip:</b> flag grip</li> <li>- <b>Leg position:</b> upper leg is fully extended, lower leg is in passé</li> <li>- <b>Body position:</b> upper body and leg are horizontal</li> </ul>
S41	Forearm Grip Inverted Pencil		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> torso, inside forearm, outside hand, bicep (optional)</li> <li>- <b>Arm position/grip:</b> forearm grip</li> <li>- <b>Leg position:</b> both legs are fully extended in pencil position</li> <li>- <b>Body position:</b> inverted</li> </ul>
S42	Hiphold Half Split		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside waist, hip, inside leg, no foot or ankle contact</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice with no contact with the pole or the body.</li> <li>- <b>Leg position:</b> outside leg is fully extended, inside leg is bent, position is held through pressure of the inside leg against the pole and is not hooked at the knee.</li> <li>- <b>Body position:</b> angled, head downwards towards the floor. Entire body should be in a straight line.</li> </ul>

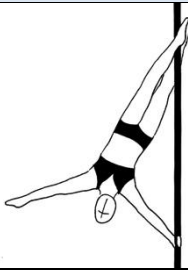
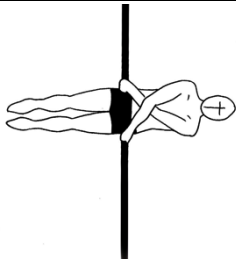
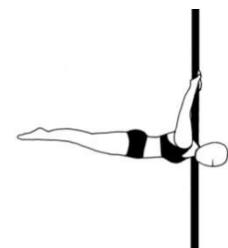
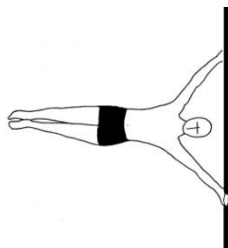
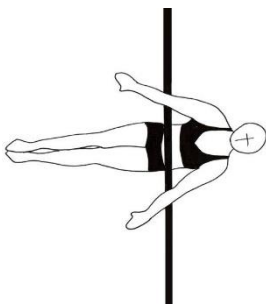
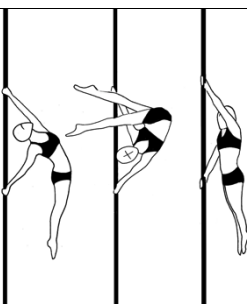
Code No.	Name	Element	Tech. Value	Criteria
S43	Superpassé		0.5	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> thigh of one leg, inside thigh and calf of other leg</li> <li>- <b>Arm position/grip:</b> one arm is extended with the hand holding the opposite leg (which is wrapped around the pole), other arm is in fixed position of choice</li> <li>- <b>Leg position:</b> one leg is fully extended, other leg is bent around the pole</li> <li>- <b>Body position:</b> shoulders are at the same level as the hips</li> </ul>
S44	Elbow Grip Straddle		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand and one elbow</li> <li>- <b>Arm position/grip:</b> one arm is fully extended and holding the pole above the head, other arm is in elbow grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> inverted</li> </ul>
S45	Elbow Hold Passé		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> upper elbow, lower hand, back of neck, lower shoulder (optional)</li> <li>- <b>Arm position/grip:</b> top arm is in elbow grip, bottom arm is bent and holding the pole</li> <li>- <b>Grip:</b> elbow grip (in upper arm)</li> <li>- <b>Leg position:</b> upper leg is fully extended, lower leg is in passé</li> <li>- <b>Body position:</b> torso is 90° to the pole</li> </ul>
S46	Flag Grip Pencil		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both arms, both hands, chest</li> <li>- <b>Arm position/grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> body is at a 90° angle to the pole</li> </ul>
S47	Forearm Grip Butterfly		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands, forearms, bicep of top arm (optional), chest (optional), one ankle</li> <li>- <b>Arm position/grip:</b> arms are bent and in forearm grip</li> <li>- <b>Leg position:</b> both legs are bent, ankle of opposite leg to upper arm is in contact with the pole, other leg is in fixed position of choice</li> <li>- <b>Body position:</b> body is facing forwards, hips are away from the pole</li> </ul>
S48	Janeiro		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one arm, back</li> <li>- <b>Arm position:</b> outside hand has no contact with the pole and is in a fixed position</li> <li>- <b>Grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended and open</li> <li>- <b>Body position:</b> back is to the pole and hip is on the elbow</li> </ul>

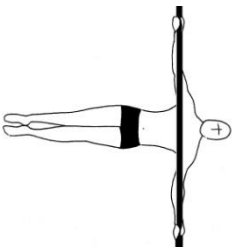
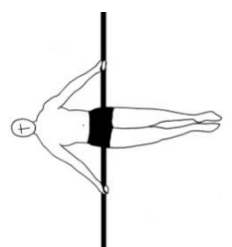
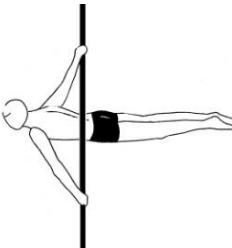
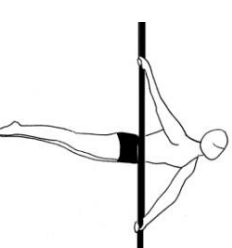
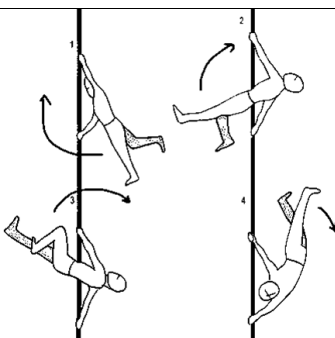
Code No.	Name	Element	Tech. Value	Criteria
S49	No Hands Superman		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside thighs, at least one foot</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice with no contact with the pole.</li> <li>- <b>Leg position:</b> both legs are bent and holding pole at the inner thighs and at least one foot, legs are not crossed. Feet are in contact with each other.</li> <li>- <b>Body position:</b> upper body is in a back arched position, shoulders are at a level no lower than the hips.</li> </ul>
S50	Shouldermount Plank Straddle		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds in the final position (shouldermount plank with legs in straddle position)</li> <li>- <b>Points of contact:</b> both hands, one shoulder, (neck optional)</li> <li>- <b>Arm position:</b> arms are bent</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> final position is both legs are fully extended in straddle position</li> <li>- <b>Body position:</b> body is at a 90° angle to the pole in the final position</li> </ul>
S51	Tuck Through Pike		0.6	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, back of both legs</li> <li>- <b>Arm position:</b> arms have no contact with the legs</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in a closed pike position or crossed</li> <li>- <b>Body position:</b> body and legs are in front of the pole at a 90° angle to the pole</li> </ul>
S52	Back Support Plank Thigh Hold		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside calf and thigh of inside leg, side of waist, one hand</li> <li>- <b>Arm position:</b> outside arm is in back support grip, inside arm is in fixed position of choice with no contact with the pole</li> <li>- <b>Grip:</b> back support</li> <li>- <b>Leg position:</b> outside leg is fully extended, inside leg is bent and has contact with the pole</li> <li>- <b>Body position:</b> body, inside arm and outside leg are in a straight line and 90° to the pole</li> </ul>
S53	Iron X		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> grip of choice, excluding cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, hips are naturally aligned to body position, legs are even</li> <li>- <b>Body position:</b> full torso (head to hips) is at a 90° angle to the pole and facing in the same direction</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
S55	Janeiro Plank		0.7	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inside arm, side of torso</li> <li>- <b>Arm position:</b> Inside arm is in flag grip, outside arm is in fixed position of choice with contact with the pole above the body</li> <li>- <b>Grip:</b> flag grip</li> <li>- <b>Leg position:</b> both legs are fully extended and open</li> <li>- <b>Body position:</b> body is facing downwards and is at a 90° angle to the pole</li> </ul>
S56	Back Grip Plank Straddle		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hands, side of torso</li> <li>- <b>Arm position:</b> arms are bent, holding the pole behind the back</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended and open</li> <li>- <b>Body position:</b> body is at a 90° angle to the pole</li> </ul>
S57	Elbow/Neck Hold Straddle		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> crook of elbows and back of neck, shoulders (optional), biceps/triceps (optional)</li> <li>- <b>Arm position:</b> both elbows are around the pole (wrapping from behind the pole) on either side of the head</li> <li>- <b>Grip:</b> elbow grip (both arms)</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, hips are naturally aligned to body position, legs are even</li> <li>- <b>Body position:</b> torso is at a 90° angle to the pole</li> </ul>
S58	Iron Flag Bottom Leg Passé		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> upper leg is fully extended, lower leg is bent</li> <li>- <b>Body position:</b> full upper body (head to hips) and upper leg at a 90° angle to the pole in straight line and facing in the same direction, with a tolerance of not more of 20°</li> </ul>
S59	Titanic		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one leg, thigh of other leg, one shoulder/side of neck (optional), glutes</li> <li>- <b>Arm position/grip:</b> both arms are fully extended back, and have no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> upright, upper body in back arch</li> </ul>



Code No.	Name	Element	Tech. Value	Criteria
S60	X Pose		0.8	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both feet, ankle of top leg (optional)</li> <li>- <b>Arm position/grip:</b> arms in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> torso is at 90° to the pole</li> </ul>
S61	Butterfly Extended Twist One Hand		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> one hand, opposite foot, shin (optional)</li> <li>- <b>Arm position/grip:</b> one arm is extended and holding the pole above the head, the other arm is in fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> both legs are fully extended, one foot has contact with the pole, opposite leg is extended away from the pole</li> <li>- <b>Body position:</b> inverted</li> </ul>
S62	Cross Bow 2 Hands on Pole		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position/grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position with no contact with the pole</li> <li>- <b>Body position:</b> upper body is at a 90° angle to the pole</li> </ul>
S63	Cupgrip X		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> bottom arm is fully extended; top arm may be extended or bent.</li> <li>- <b>Grip:</b> Top hand in cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended in straddle position, hips are naturally aligned to body position, legs are even.</li> <li>- <b>Body position:</b> full torso (head to hips) is at a 90° angle to the pole and facing in the same direction.</li> </ul>
S64	One Shoulder Side Plank Legs Open		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> inside arm, hand of outside arm, shoulder, neck (optional)</li> <li>- <b>Arm position/grip:</b> inside arm is fully extended and in contact with the pole, outside arm is bent with the hand holding the pole behind the head</li> <li>- <b>Leg position:</b> both legs are fully extended</li> <li>- <b>Body position:</b> body is at 90° to the pole</li> </ul>
S65	Shoulder Mount Plank Passé Hold		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, one shoulder</li> <li>- <b>Arm position:</b> arms are bent</li> <li>- <b>Grip:</b> grip of choice</li> <li>- <b>Leg position:</b> one leg is fully extended, other leg is in passé at a 90° to the pole</li> <li>- <b>Body position:</b> body and extended leg are at 90° to the pole</li> <li>- <b>Starting position:</b> from an aerial shoulder mount, deadlift or lower into plank</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
S66	Supported Sailor		0.9	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both ankles, one shin and one calf, one hand, feet (optional)</li> <li>- <b>Arm position/grip:</b> inside arm fully extended and in contact with the pole, outside arm in a fixed position of choice with no contact with the pole</li> <li>- <b>Leg position:</b> fully extended and closed</li> <li>- <b>Body position:</b> inverted and extended</li> </ul>
S67	Crossed Hands Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> hips and both hands</li> <li>- <b>Arm position/grip:</b> cross grip</li> <li>- <b>Leg position:</b> both legs are fully extended and closed</li> <li>- <b>Body position:</b> body is at 90° to the pole</li> </ul>
S68	Iguana Horizontal		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds in the final position</li> <li>- <b>Points of contact:</b> both hands, one shoulder, (neck optional)</li> <li>- <b>Arm position/grip:</b> lower arm can be bent, upper arm is fully extended, holding the pole behind the back in iguana position</li> <li>- <b>Grip:</b> basic grip</li> <li>- <b>Leg position:</b> both legs are fully extended, hips and legs are closed</li> <li>- <b>Body position:</b> entire body is at 90° to the pole</li> <li>- <b>Starting position:</b> from an aerial position, deadlift or lower to a 90° horizontal angle to the pole</li> </ul>
S69	Iron Pencil		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> top hand in cup grip</li> <li>- <b>Leg position:</b> both legs are fully extended, hips and legs are closed</li> <li>- <b>Body position:</b> entire body (from head to feet) is at 90° to the pole and facing in the same direction</li> </ul>
S70	No Hands Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> torso and both forearms/elbows</li> <li>- <b>Arm position/grip:</b> no hand contact, both arms are fully extended</li> <li>- <b>Leg position:</b> both legs are fully extended, hips and legs are closed</li> <li>- <b>Body position:</b> entire body (head to feet) is straight and at 90° to the pole, with a tolerance of not more of 20°</li> </ul>
S71	Pole Based Clock		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands</li> <li>- <b>Arm position/grip:</b> grip of choice</li> <li>- <b>Leg position:</b> starting in an upright position, legs and hips make a circular rotation (fan kick/flair) passing through an inverted position with the hips above the head, ending in pike position (jack knife) over the head for 2 times</li> <li>- <b>Body position:</b> upright/inverted</li> </ul>

Code No.	Name	Element	Tech. Value	Criteria
S72	Split Grip Flag		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both arms, both hands, chest</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended, hips and legs are closed</li> <li>- <b>Body position:</b> entire body is at 90° to the pole</li> </ul>
S73	Split Grip Leg Through Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, lower part of the glutes have contact with the pole</li> <li>- <b>Arm position:</b> both arms are fully extended</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended, hips and legs are closed</li> <li>- <b>Body position:</b> entire body (head to feet) is straight and at 90° to the pole</li> </ul>
S74	Split Grip Reverse Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inside lower torso</li> <li>- <b>Arm position:</b> both arms are fully extended, inside arm is at the bottom, outside arm is at the top</li> <li>- <b>Grip:</b> split grip (reverse)</li> <li>- <b>Leg position:</b> both legs are fully extended, hips and legs are closed</li> <li>- <b>Body position:</b> entire body is facing downwards, at 90° to the pole</li> </ul>
S75	Split Grip Side Plank		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> a minimum of 2 seconds</li> <li>- <b>Points of contact:</b> both hands, inside lower torso</li> <li>- <b>Arm position:</b> both arms are fully extended, inside arm is at the top, outside arm is at the bottom</li> <li>- <b>Grip:</b> split grip</li> <li>- <b>Leg position:</b> both legs are fully extended, hips and legs are closed</li> <li>- <b>Body position:</b> entire body is facing downwards at 90° to the pole</li> </ul>
S76	720° Air Walk		1.0	<ul style="list-style-type: none"> <li>- <b>Hold the position:</b> walk a minimum of 2 rotations</li> <li>- <b>Points of contact:</b> both hands, waist (optional)</li> <li>- <b>Arm position/grip:</b> split grip</li> <li>- <b>Leg position:</b> starting in an upright position of choice, extended away from the pole. Perform a complete 360° rotation of the entire body (legs, hips, and torso) above the head, to return to the starting position, and repeat.</li> <li>- <b>Body position:</b> upright moving through to inverted.</li> </ul>

## **DEADLIFTS**

### **DEAD LIFT (DL)**

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

The aerial pole should NOT be used to assist the dead lift and the legs should not be used to create momentum or a swinging/kicking motion. The dead lift must end in a fully inverted position.

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

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

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

### **AERIAL DEAD LIFT (ADL)**

An aerial dead lift is defined by the starting position of the body. No parts of the body must be in contact with the floor. Before moving into the aerial dead lift, the body should be fixed and suspended away from the aerial pole and the legs extended in a straight line with hips, knees and feet aligned. Legs must be closed, and the feet positioned directly beneath the hips. The aerial pole should NOT be used to assist the dead lift and the legs should not be used to create momentum or a swing motion. A dead lift must end in a fully inverted position. A dead lift can be performed from a static position or from a spin.







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




**b - Fifth point value** is for an aerial dead lift with both legs extended

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

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

## DEAD LIFTS

Code No.	Name	Element	Tech. Value	Criteria
DL1/ ADL1	Dead Lift from Shoulder Mount Grip		a - 0.1 b - 0.2 c - 0.3 a - 0.4 b - 0.5 c - 0.7	- <b>Points of contact:</b> both hands, one shoulder - <b>Arm position/grip:</b> both hands grip of choice
DL2/ ADL2	Dead Lift from Twist Grip		a - 0.2 b - 0.3 c - 0.4 a - 0.5 b - 0.6 c - 0.7	- <b>Points of contact:</b> both hands - <b>Arm position/grip:</b> twisted grip - <b>Starting position is:</b> hips facing away from the pole.
DL3/ ADL3	Dead Lift from Flag Grip		a - 0.2 b - 0.3 c - 0.4 a - 0.5 b - 0.6 c - 0.8	- <b>Points of contact:</b> inside arm, outside hand, forearm, armpit, side of torso (optional) - <b>Arm position/grip:</b> flag grip - <b>Body position:</b> body is facing downwards
DL4/ ADL4	Dead Lift from Forearm Handspring		a - 0.2 b - 0.3 c - 0.4 a - 0.5 b - 0.6 c - 0.8	- <b>Points of contact:</b> bottom forearm, top hand - <b>Arm position/grip:</b> forearm grip - <b>Starting position is:</b> upright
DL5/ ADL5	Dead Lift from Iguana Grip		a - 0.2 b - 0.3 c - 0.4 a - 0.5 b - 0.6 c - 0.8	- <b>Points of contact:</b> both hands, back, back of head (optional) - <b>Arm position:</b> top arm is fully extended, lower arm can be bent and holding the pole in an inverted position behind the back. - <b>Grip:</b> basic grip
DL6/ ADL6	Dead Lift from Neck Hold		a - 0.3 b - 0.4 c - 0.5 a - 0.6 b - 0.7 c - 0.9	- <b>Points of Contact:</b> neck, both arms - <b>Arm position:</b> both arms are fully extended - <b>Grip:</b> twisted grip

Code No.	Name	Element	Tech. Value	Criteria
<b>DL7/ ADL7</b>	Dead Lift from Cup Grip		<b>a - 0.4</b> <b>b - 0.5</b> <b>c - 0.6</b> <b>a - 0.7</b> <b>b - 0.8</b> <b>c - 1.0</b>	- <b>Points of contact:</b> both hands - <b>Arm position/grip:</b> top hand is in cup grip
<b>DL8/ ADL8</b>	Dead Lift from Elbow Hold		<b>a - 0.4</b> <b>b - 0.5</b> <b>c - 0.6</b> <b>a - 0.7</b> <b>b - 0.8</b> <b>c - 1.0</b>	- <b>Points of contact:</b> one elbow, upper back, neck, shoulder - <b>Arm position:</b> top arm is in elbow grip, bottom arm is in fixed position of choice with no contact with the pole or the other arm. - <b>Grip:</b> elbow grip
<b>ADL9</b>	Aerial Basic Invert		<b>a - 0.1</b> <b>b - 0.2</b> <b>c - 0.3</b>	- <b>Points of Contact:</b> side of torso, arms, glutes (optional) - <b>Arm position/grip:</b> basic grip <i>* Please note no DL version.</i>

## Compulsory Score Form

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

### Naming the form:

Country\_Discipline\_Division\_Category\_Compulsory form\_First name\_Last name

### Athlete:

Insert the full name of the athlete (First Name and Last Name). Please list first name first, and last name second.

### Country/Region:

Insert the country and region of the athlete's origin. For International competitions, the athlete must only indicate their country. For National and Open competitions, the athlete must also indicate their region / province / county. Please refer to the following link for the list of regions in your country:

<http://www.polesports.org/federation-members/ipsf-regions/>

### Division:

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

### Category:

Insert the category that the athlete will be competing in from the following options: Novice Mixed, Junior Mixed, Senior Men, Senior Women, Master 40+ Mixed.

### Date:

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

### Federation:

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

### Element No:

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

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

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

### Element Code No:

It is important to list the element codes as indicated in the Code of Points, in the correct order of sequence as they will be executed in the routine.

Judges will always look for the element by the element code. This also applies if the wrong element name is written.

### Element Name:

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

### Technical Value:

The athlete must fill in the technical value of the compulsory element as specified in the Code of Points. It is important for the athlete to fill in the correct technical value corresponding to the element they have chosen.

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

**Coach's Signature:** Should the athlete have an IPSF-recognised coach, their signature may be added. In the case of a Novice or Junior athlete, a parent(s)' or legal guardian(s)' signature is required if the athlete does not have an IPSF-recognised coach. Please refer to the coaches register to confirm whether your coach is registered as an IPSF-recognized coach:

<http://www.polesports.org/courses/register/>



EXAMPLE ON HOW TO FILL IN THE COMPULSORY SINGLES SCORE SHEET



## AERIAL POLE COMPULSORY FORM

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

Athlete: First Name and Last Name				Date: 32 December 2032	
Country: Hungary		Region: Nyugat – Dunántúl		Federation: HPSF	
Division: Elite		Category: Junior Mixed		Judge Name:	
Element No	Element Code No	Element Name	Technical Value	Score (Judge only)	Notes (Judge only)
1	F36	Yogini 2	0.6		
2	F37	Back Split to Pole Ring Position	0.7		
3	S62	Cross Bow 2 Hands on Pole	0.9		
4	F39	Brass Monkey Split	0.7		
5	S60	X Pose	0.8		
6	S61	Butterfly Extended Twist One Hand	0.9		
7	F38	Bird of Paradise Inverted	0.7		
8	S63	Cupgrip X	0.9		
9	ADL4b	Dead Lift from Forearm Handspring	0.6		
Compulsory form not filled in correctly					
Wrong order of sequence					
TOTAL SCORE					
Athlete's signature: First Name and Last Name			Coaches signature: IPSF Coach or Parent/Legal Guardian (for athletes under 18 years of age) only		

## Technical Bonus Form

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

### Naming the form:

Country\_Discipline\_Division\_Category\_Technical Bonus Form\_First name\_Last name

### Athlete:

Insert the full name of the athlete (First Name and Last Name). Please list first name first, and last name second.

### Country/Region:

Insert the country and region of the athlete's origin. For International competitions, the athlete must only indicate their country. For National and Open competitions, the athlete must also indicate their region / province / county.

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

<http://www.polesports.org/federation-members/ipsf-regions/>

### Division:

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

### Category:

Insert the category that the athlete will be competing in from the following options: Novice Mixed, Junior Mixed, Senior Men, Senior Women, Master 40+ Mixed.

### Date:

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

### Federation:

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

### Order:

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

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

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

### Bonus Code:

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

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

### Technical Value:

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

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

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

**Coach's Signature:** Should the athlete have an IPSF-recognised coach, their signature may be added. In the case of a Novice or Junior athlete, a parent(s)' or legal guardian(s)' signature is required if the athlete does not have an IPSF-recognised coach.

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

<http://www.polesports.org/courses/register/certified-coaches/>

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



## AERIAL POLE SINGLES TECHNICAL BONUS FORM

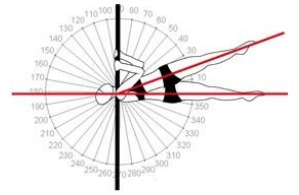
Please complete form in order of sequence as in routine. Add extra lines if necessary. Please use black print.

Athlete: First Name and Last Name				Date: 32 December 2032
Country: Hungary		Region: Nyugat – Dunántúl		Federation: HPSF
Division: Elite		Category: Senior Women		Judge:
Order	Bonus code	Bonus TV	Score (judge only)	Notes (judge only)
1	AC + AC (DC)	0.5+0.5+0.5		
2	JO	0.2		
3	SP	0.5		
4	JO+JO	0.2+0.2		
5	CF	0.5		
6	SP/SP	1.0		
7	SP	0.5		
8	JO (DC)	0.2+0.5		
9	SP/SP	1.0		
10				
11				
12				
13				
14				
15				
Singular bonus total (Maximum +12)			+	
Overall Bonus Points (judges only)				
0 = simple, 0.5 = moderate, 1.0 = difficult, 1.5 = very difficult, 2.0 = extremely difficult				
		Score (judge only)	Notes (judge only)	
Flexibility elements	Max +2			
Strength elements	Max +2			
Spins	Max +2			
Pole transitions	Max +2			
Dynamic movements/combinations	Max +2			
Climbs	Max +2			
Overall bonus total (Maximum +12)		+		
Using the aerial pole in pendulum movement	+1	+		
Form filled in incorrectly	-1	-		
TOTAL	Max 25			
Athlete's signature: First Name and Last Name		Coaches signature: IPSF Coach or Parent/Legal Guardian (For athletes under 18 years of age) only		

## Glossary:

### 20° (degree) tolerance

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



### Aerial dead lift (ADL)

An aerial dead lift is defined by the starting position of the body. No parts of the body must be in contact with the floor. Before moving into the aerial dead lift, the body should be fixed and suspended away from the aerial pole and the legs extended in a straight line with hips, knees and feet aligned. Legs must be closed, and the feet positioned directly beneath the hips. The aerial pole should NOT be used to assist the dead lift and the legs should not be used to create momentum or a swing motion. A dead lift must end in a fully inverted position. A dead lift can be performed from a static position or from a spin.

### Aerial position

Aerial position refers to the position where the athlete has contact with the aerial pole only and no contact with the floor.

### Angled away

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

### Beginning of the music

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

### Changing positions

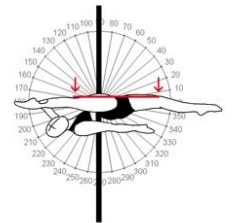
Changing positions refers to changing the whole position of the body on the pole e.g., from an upright to an inverted position, changing sides of the aerial pole, changing directions facing the aerial pole, changing directions vertically and horizontally. A change in points of contact is also required.

### Categories

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

### Correct angle in splits

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

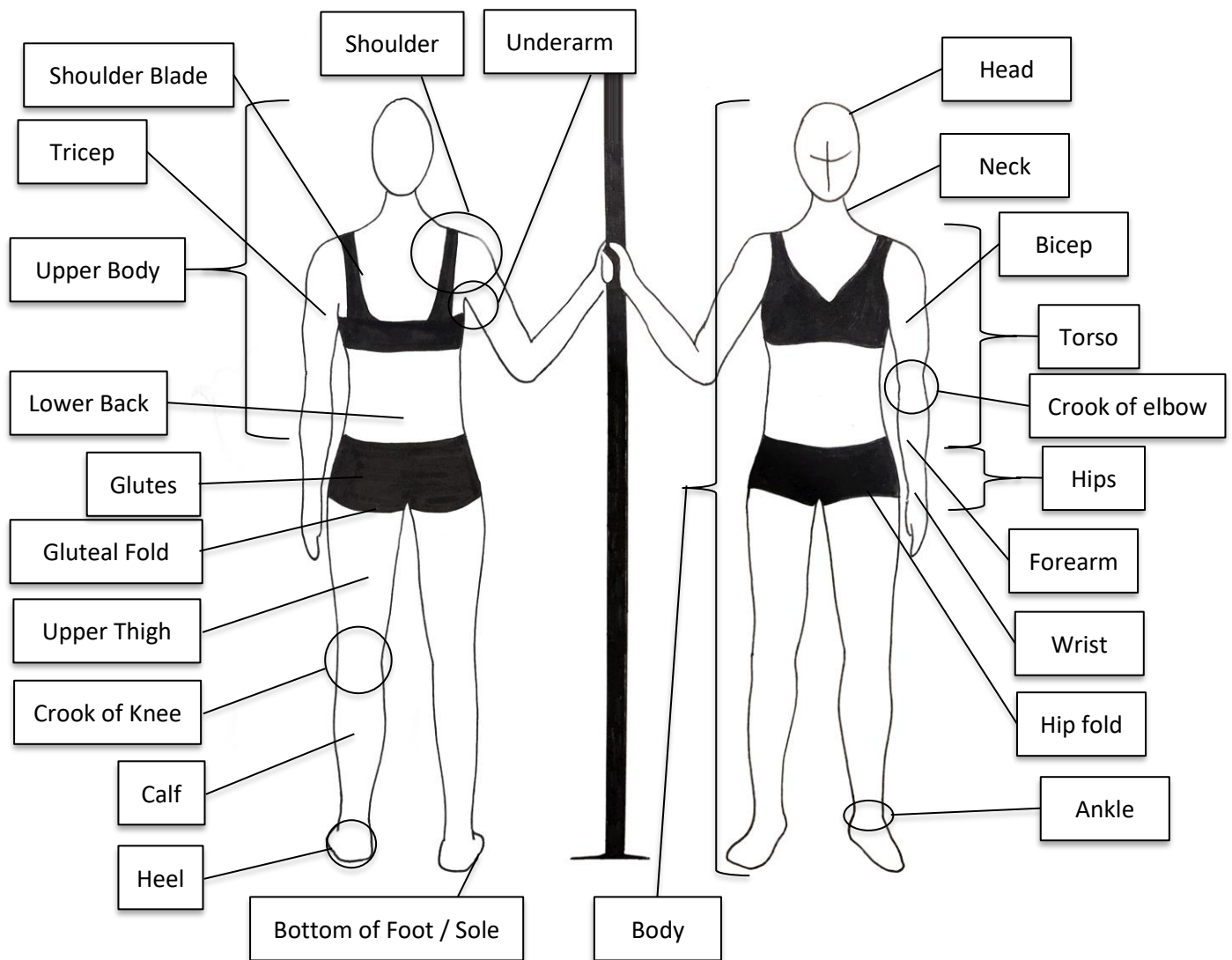


### Dead lift (DL)

A dead lift is defined by the starting position of the body. The feet must touch the floor before going into the dead lift. The body should be extended away from the aerial pole before moving into the dead lift. The aerial pole should NOT be used to assist the dead lift and the legs should not be used to create momentum or a swinging/kicking motion. The dead lift must end in a fully inverted position.

### Description of body

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



<b>Hand:</b> from fingertips to wrist <b>Lower arm:</b> from wrist to elbow <b>Upper arm:</b> from elbow to shoulder <b>Arm:</b> from wrist to shoulder	<b>Foot:</b> from toes to ankle <b>Lower leg:</b> from ankle to knee <b>Shin:</b> from ankle to knee, front of Lower leg <b>Calf:</b> from ankle to knee, back of Lower leg <b>Upper leg/Thigh:</b> from knee to hip bone <b>Leg:</b> from ankle to hip bone
<b>Body:</b> from head to toes <b>Upper body:</b> from head to hips including head <b>Torso:</b> from shoulders to hips	

	<b>Fully extended arm</b>		<b>Fully extended leg</b>
	<b>Micro bent arm (Extended arm)</b>		<b>Micro bent leg (Extended leg)</b>
	<b>Bent arm</b>		<b>Bent leg</b>

### Direct transition

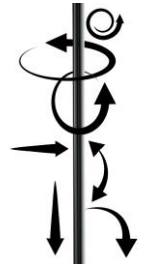
A direct transition is one in which the athlete moves from one element to another with minimal time in between the movements, as well as minimal contact to the pole. The athlete should not hold any additional elements during the transition, and the transition should be continuous with no breaks or pauses.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

### Division

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

### Dynamic Movement

A dynamic movement (aerial pole or floor-based) is a fast movement that has force and where the body is in a powerful control of momentum - the athlete cannot stop halfway. The athlete must demonstrate a high level of control of centripetal force where at least one part of the body releases from the aerial pole. Once the athlete is able to stop, the movement is over.



### Facing away position

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

### Fixed Position

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

### Floor work

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

### Horizontal position

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

### Holding a position for two seconds

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

### Inverted position

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

### Layback

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

### Legal Guardian

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

### LOC

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

**(0 = Poor, 0.5= Slight, 1 = Good, 1.5 = Very good and 2 = Extreme)**

This refers to the extent or amount the particular criteria is found throughout an athlete's routine.

- 0 = Poor, refers to an almost non-existing amount
- 0.5 = Slight, refers to a small amount, less than half of the routine
- 1.0 = Good, refers to a fair amount, approximately half of the routine
- 1.5 = Very good, refers to a good amount, more than half of the routine
- 2.0 = Refers to almost the entire routine

## **LOD**

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

### **LOD under Overall Bonuses (Technical Bonus)**

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

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

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

## **Majority**

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

## **Parallel body position**

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

## **Pendulum movement**

Using the aerial pole in a pendulum movement refers to swinging the pole in a back-and-forth motion along one arc. The lowest part of the aerial pole should go from a highest point (1<sup>st</sup> apex), passing by a lowest point (when the pole is fully vertical) and ending at another highest point on the other side (2<sup>nd</sup> apex), and then return back to the 1<sup>st</sup> apex following exactly the same trajectory. Movements where the lowest part of the aerial pole deviate from this arc, for instance if it creates a triangular trajectory, will not be considered as pendulum movements for the additional technical bonus point. The athlete should be on the pole with no floor contact for the duration of this movement.

## **Poor presentation of the element**

This refers to elements executed with poor positioning or a poor angle to the judges so the element cannot be seen fully. This also refers to elements presented showing an unfavourable part of the body.

## **Spin**

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

## **Transition**

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

## **Upright position**

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

## **Using the aerial pole in orbit**

Using the aerial pole in orbit refers to creating a circular motion with the length of the pole angled away from the vertical axis. An orbit is defined as the lowest point of the aerial pole completing a 720° circular rotation (2x360°circles). The athlete should be on the pole with no floor contact for the duration of this movement.

## **Using the aerial pole on spinning with momentum**

Using the aerial pole on spinning refers to making the pole rotate on itself along its vertical axis. Please note that the aerial pole can be orbiting or in pendulum movement simultaneously to the spin, but it is not a requirement.

Momentum refers to the speed acquired when performing a spin. Good momentum in a spin means the rotation is at a high velocity and intentional. Lack of momentum in a spin means the rotation is at a low velocity. Momentum refers to there being a constant rotation without the spin slowing down for a minimum of 720° for it to be considered as momentum in a spin (see definition of spin).

**For further details or clarification of any points in this document, please contact [aerialsports@polesports.org](mailto:aerialsports@polesports.org).**



National / Regional Championships

Aerial Pole Sport

Rules and Regulations



[www.polesports.org](http://www.polesports.org)



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# National / Regional Championships – Aerial Pole Rules and Regulations

## Definitions

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

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

**Competition** refers to all IPSF endorsed competitions.

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

**Division** refers to the levels of difficulty within the competition.

**Document** refers to this entire document.

**IPSF** refers to the International Pole Sports Federation.

**Organiser** refers to the organiser of an IPSF endorsed competition.

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

**WASC** refers to the World Aerial Sports Championships.

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

## Eligibility

### 1. DIVISION

- Amateur
- Professional
- Elite

#### 1.1 Amateur

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

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

#### 1.2 Professional

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

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

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

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

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

### 1.3 Elite

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

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

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

## 2. CATEGORIES

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

- Novice Mixed
- Junior Mixed
- Senior Women
- Senior Men
- Master 40+ Mixed

## 3. AGE

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

- Novice - Ages 10-14 on the first day of the WASC
- Junior - Ages 15-17 on the first day of the WASC
- Senior - Ages 18-39 on the first day of the WASC
- Master 40+ - Age 40+ on the first day of the WASC

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

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

## 4. ATHLETE SELECTION PROCESS

- 4.1. All applicants of national competitions must have citizenship or residency of the country they are competing in except when competing in Open Championships.
- 4.2. Deadlines must be strictly adhered to. If an athlete is late in submitting their application to compete, they will not be allowed to compete. All athletes will be given deductions for late forms and late music.
- 4.3. Athlete participation is by qualification, i.e., preliminaries or regional heats. The selection process can be specified by the Organiser of the national competition.
- 4.4. Athletes must be in the correct age category.
- 4.5. The athlete's position in the running order will be determined by a random draw. This will be recorded by the competition organiser.

- 4.6. Athlete(s) may only restart their performance in the following cases:
- A technical fault with the music.
  - A health and safety fault e.g., a problem with unsafe equipment such as an aerial pole falling or cleaning fluid on the floor. This does not include slippery aerial pole, since this is subjective to each athlete.
  - At the discretion of the head judge.
- \*Please note: If an athlete chooses to continue their performance regardless of the technical fault (for example music), they will not be allowed to restart their performance.*
- 4.7. Winners are the athletes with the highest scores in their competitive categories. Should two athletes have the same final score, the athlete with the highest technical deduction points will be declared the winner. Should two athletes have the same final total technical deduction score, the athlete with the highest score in technical bonus will be declared the winner.
- 4.8. The title of National Aerial Pole Sports Champion 20XX or Open Aerial Pole Sports Champion 20XX (if applicable) in all categories will be a lifetime title unless a sanction has been placed on the athlete.
- 4.9. Athletes who have placed 1<sup>st</sup> in the Elite category in an IPSF endorsed national competition will automatically qualify to the WASC. The 2<sup>nd</sup> placed athlete in the Elite category will qualify if they meet the minimum score requirement as determined by the IPSF every year. The 3<sup>rd</sup> and 4<sup>th</sup> placed athletes can be accepted to WASC as reserve athletes. The IPSF reserves the right to implement additional qualification criteria, which will be announced ahead of the WASC. The minimum point requirements may be adjusted by the IPSF at any time at their discretion. Athletes will be informed in a timely manner by the competition organiser if this is the case.
- 4.10. Athletes from countries that do not have a national competition are permitted to compete in an open competition to qualify for the WASC. The two athletes with the highest scores for their country will qualify for the WASC. This will be determined after the final open competition in the competition season.

## Application Process

### 5. INITIAL APPLICATION

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

- 5.1. All qualified athletes must:
- Download an application form from the organisers' website, and complete, sign and return the application form to the organisers' email address by the deadline. If this is not available on the website, please contact the organiser for an application form. This also applies to athletes entering an open competition.
  - Pay the application fee, which is non-refundable. Application fees and payment details can be found on the application form.
  - Send their music in mp3 format to the email address provided in the application pack, by the specified deadline (See Head Judges Penalties in the Code of points).
  - Submit their compulsory form by the deadline specified by the organiser. (See Head Judges Penalties in the Code of points). Athletes may change their compulsory forms between the preliminaries and the finals. The new forms must be submitted within one hour of the conclusion of the preliminaries or by a time stated by the competition organiser.  
*\*Please note: In the event of form changes between preliminaries and finals, handwritten forms will not be accepted unless specified by the organiser. Signatures may be typed.*
  - Provide information about their legal gender. A copy of their birth certificate must be submitted upon request.
  - Should athletes wish for their forms to be checked by the Head Judge for accuracy, an additional cost will be charged. The date for submission of forms for checking will always be two (2) weeks before the final submission of forms for competition. Please use the official channels as communicated.
- 5.2. All applications must be completed in the national language of the host country (or the language determined by the competition organiser). All applications for open competitions should be completed in English.
- 5.3. All athletes should be fit, healthy, and in the case of female athletes, not knowingly pregnant. Upon request, an athlete may be required to produce documentation from a doctor as confirmation of good health and fitness level. All information will be treated confidentially.

- 5.4. All athletes wishing to use grip gloves are required to produce a letter from their doctor written within the competition season year confirming that the athlete suffers from hyperhidrosis (sweaty hands) or similar.
- 5.5. All athletes must disclose if they have been previously disqualified from any IPSF competition.
- 5.6. Athletes may only compete in a National competition if they have citizenship and / or residency in that country. In the case of dual citizenship, athletes may only represent one country in the WASC. Athletes wishing to change their country of representation must allow for one competitive year to pass before the changeover. Athletes may only compete in one National competition in a competition year.
- 5.7. Applicants under the age of 18 may only apply for participation in the competition by way of written permission signed by a parent(s) or by a legal guardian(s). Documentation must be provided upon request.
- 5.8. Applications will not be fully processed if they do not meet all of the above requirements by the given deadlines.

## **6. MUSIC CHOICE**

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

## **7. SCORE SHEETS**

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

## **Registration Process**

### **8. ATHLETE REGISTRATION**

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

- 8.1. All athletes must arrive and register at the time designated by the Organiser unless prior written permission is received.
- 8.2. In the case where the country of an athlete's origin uses both a passport and an identity card, both documents should be presented.

- 8.3. All athletes must provide proof of citizenship, residency or working visa of the country they are competing in (or representing in the case of an Open Championships). Proof must be in the accepted form of the country, e.g., green card, passport, ID card, residency papers, etc.
- 8.4. All athletes must sign a confirmation of the following at the time of registration:
  - Rules and Regulations were read and accepted.
  - The IPSF Code of Ethics was read, accepted and the athlete agrees to behave in a manner befitting a professional sports person.
  - All expenses incurred by the athlete are the responsibility of the athlete and not of the Organiser.
  - Waiver of all image rights and agreement that the images can be used for promotion of pole sports around the world by the IPSF and/or National Federations belonging to the IPSF. Athletes will not receive any compensation for photos and videos taken during the event.
  - To be interviewed, filmed and or photographed by the media approved by the Organiser.
  - To take part in anti-doping testing in accordance with the WADA Code.
  - To enter the National or Open Championships at their own risk. Any injuries or accidents that may occur are the responsibility of the athlete and not of the Organiser or the IPSF.
  - To respect and follow rehearsal and performance times.
  - To wear their club/regional tracksuit at all times except during their performance.
  - To be present at the medal ceremony unless a medical emergency has occurred which prevents attendance.
- 8.5. Athletes found to be causing disruptions to the competition may incur penalties or be disqualified in accordance with the published IPSF Rules and Regulations.
- 8.6. Athletes who do not arrive on the registration day will receive a -1 Head Judge deduction.
- 8.7. Please note that all IPSF competition venues are non-smoking venues –smoking will not be permitted in a 100m radius of the venue.

## Competing

These rules apply to all IPSF competitions.

### **9. PERFORMANCE TIME**

Athletes must adhere to the following rules:

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

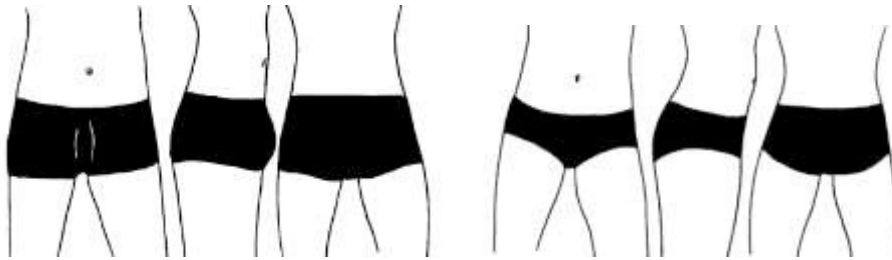
### **10. COSTUME**

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

- 10.1. Costume must be of a sporting nature.
- 10.2. Costume must be skin-tight in order for body alignment to be seen and judged correctly.
- 10.3. A two-piece or a cut-away leotard is allowed for all athletes; a one-piece bottom is allowed for men only.
- 10.4. The top must fully cover the breast area for women and show no added or unnecessary cleavage. It should be no less than a crop top with a strap size (defined as the part of the costume that attaches the front of the costume to the back of the costume, typically over the shoulder) of no less than ten (10) millimetres in width. Halter style tops are also permitted. A neckline of no lower than eighty (80) millimetres from the lowest part of the collarbone is permitted. Please note that lace-up tops (similar to corset styles) are not permitted.



- 10.5. Men should wear a vest, crop top, cut away leotard or be bare-chested.
- 10.6. The cut of the bottoms must be no higher than the fold of the hip in front (where the thigh and the hip meet) and must cover the pelvic bones fully. They must fully cover the gluteal area. There must be no cut-outs – i.e., sections of fabric missing on the bottoms.
- 10.7. Shorts should be no less than sports shorts, leotards or sports knickers that are appropriate attire for competitive sports. Shorts must cover the gluteal crease all the way across the body (i.e., the fold formed where the gluteal area and the thigh meet must be covered).



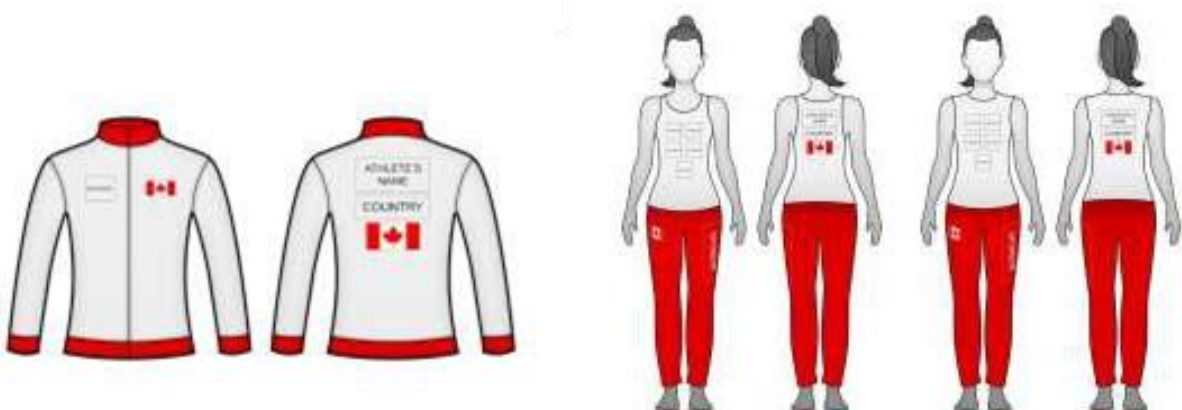
Minimum coverage for Male bottom part

Minimum coverage for Female bottom part

- 10.8. All the measurements above are the minimum requirements that must be covered by the costume. In Aerial Sports, long trousers, leggings, sleeves and full catsuits are allowed, provided they are skin-tight.
- 10.9. A skirt is allowed for women if it does not fall lower than 3cm below the pelvic area so as not to deter the athlete from having leg grip on the pole. The skirt must sit on the hip and may not protrude outwards. Ballet tutus and tutu like skirts with netting are not permitted.
- 10.10. Clothing that is used for extra grip on the body, hands or feet is forbidden unless medical documentation is provided.
- 10.11. All decorations must be fixed on the costume (non-detachable) and no added accessories and/or props are permitted. Any and all accessories that may jeopardise the safety and/or distract from the performance of the athlete are not permitted. This includes piercings, loose hairpieces, earrings, bracelets, necklaces, and any other jewellery. No neck accessories or wristbands are allowed. Any pieces of fabric attached to the costume may not fall lower than 3cm below the pelvic area.
- 10.12. Medical taping may not be used except for medical tapes in a skin colour. Any joint support must be pre-approved, with medical documentation.
- 10.13. Shoes: the athlete may perform either bare foot or with skin-coloured gymnastic/dance sole protectors. Heels, ballet shoes/slippers and/or slipper-like footwear are not permitted.
- 10.14. Costumes should not include:
- Underwear.
  - Items of clothing that give the illusion of underwear are prohibited.
  - Nude / skin colour fabric cannot be the same colour as the athletes' actual skin tone.
  - Implied nudity is prohibited (this includes nude mesh fabrics).
  - Lace and mesh fabrics are permitted as long as they do not imply nudity or give the illusion of underwear.
  - Swimwear or bikinis.
  - Transparent clothing that does not cover the breast, pelvis, and gluteal area.
  - Leather, latex, PVC, or rubber.
  - Jewellery and piercings of any kind; small stud earrings and a small ear plug are permitted.
  - Anything that interferes with the performance or can be considered a health and safety issue.
  - Face paint on the entire face.
  - Body paint or oil on any part of the body. (Make up and embellishment may be worn on the face only.)
  - Props such as hats and canes and anything that is not considered attached to the costume.
  - Hoods cannot be attached to costumes.
- 10.15. Additional requirements:
- Costumes for all may include sequins and diamantes; tassels, tassel-like attachments or fringing must be kept to a minimum, must not be longer than 3cm and is only allowed to cover material.
  - Decorations for Youth category (Novice and Junior) should be age and costume appropriate.
- 10.16. It is expressly forbidden to perform in anything other than sporting attire. Costumes, or any part thereof, must not be intentionally removed. Failure to adhere to these rules may result in disqualification.



- 10.17. Costumes must be free from sponsor logos or lettering / text.
- 10.18. All athletes and their IPSF-registered coaches must have tracksuits according to the requirements set out below:
- Tracksuits must be sports tracksuits and must include: matching trousers (leggings are not allowed), t-shirt/tank top and a jacket. Hoodies/hood-style tops are not allowed.
  - Under hot weather conditions it is acceptable to wear the t-shirt or tank top instead of the jacket except during the medal ceremony.
  - National Tracksuits for use during WASC must follow the rules set out in the Rules & Regulations for the WASC as stated in Addendum 2.
  - Trainers must be worn with tracksuits. Bare feet are also permissible. No other shoes are permitted.
  - Members representing the same team must all wear the same tracksuit. Should the athlete not be representing a specific team/club/school/studio/region, the athlete will be required to purchase a Federation tracksuit (this is not the same as a National Tracksuit).
  - Team/ club/school/studio/region logos must be worn on the tracksuit, either on the front or the back. The size of the logo cannot be more than 10x10cm.
  - One individual sponsor's logo might be worn on the jacket and up to five (5) sponsor logos may be worn on the t-shirt/tank top. The size of the logos cannot be larger than 10x10cm and must be smaller than the team/club/school/studio/region logo.
  - When the brand of the tracksuit is visible, the same rules apply as to the sponsor logos - that is that the size of the logos cannot be larger than 10x10cm and must be smaller than the team/club/school/studio/region logo. Additionally, when the brand logo is visible, the tracksuit may then only contain an additional four (4) Sponsors' logos on the t-shirt. The brand logo can be additional to the one (1) sponsor logo allowed on the jacket.
  - Sponsor logos may not take a place of prominence over the studio logo.
  - The athlete name is permitted on the tracksuit and on the t-shirt/tank top; the letter height must not be taller than 10cm.
  - Other logos, imagery and writing cannot be displayed on the tracksuit.
  - Athletes competing in the Open competitions will be required to wear their national tracksuits. All Open athletes representing the same country must coordinate and wear the same tracksuit. Please contact the IPSF if you need assistance with coordinating this.
  - Only athletes and IPSF recognised coaches are permitted to wear the official tracksuit.
  - No handbags / bags of any kind are allowed on the kiss and cry or on stage during the medal ceremony.



## 11. HAIR AND MAKEUP

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

- 11.1. Hair should be pulled back and up away from the face and neck so that full facial features, facial expression, and neck alignment are clearly visible to the judges. There should be no distraction by the need to wipe hair away from the face or neck.
- 11.2. Makeup for the Youth category is only to be used to highlight natural features and therefore should only be applied lightly. The one exception to this rule is if the routine is theme orientated.

- 11.3. Make up for adults may be worn to reflect their performance. This may include but is not limited to eyelashes, embellishments, and rhinestones. Face paint is allowed on not more than half of the face. It is also forbidden to wear a mask, wear face paint on the entire face, or body paint of any kind.
- 11.4. Wigs are prohibited.

## **12. GRIPS**

- 20.1. Any grip product can be used except for the banned list available on the IPSF website. Please be advised that NO products are to be applied to the pole. Grip aids may only be applied to the athlete's body. Please refer to the IPSF website for the full, updated list.
- 20.2. Grip gloves may only be used with medical documentation (as stated above under section 10: Costumes).

## **13. STAGE**

- 20.1. The stage has a minimum of three (3) metres clearance in front, side and behind the aerial pole. If the competition is a combined pole sports and aerial sports championships, the poles may not remain on the stage during the aerial competition.
- 20.2. Safety mat: There will be a 2 meter by 2 meter area covered below the aerial pole with gymnastic mat. The mat is approximately 4 centimetres thick and protects the athlete in case of a fall, but is hard enough not to disturb any floor work.

## **14. POLES**

- 14.1. Competition aerial poles are 45mm poles covered with neoprene rubber or silicone, made of not more than two pieces, and have three (3) metres of usable height.
- 14.2. The aerial pole will be hung from one rigging point with a strap of 40 cm in length to one rigging point. Please refer to the latest IPSF Apparatus Norms for the most up-to-date rigging information.
- 14.3. Cleaning of the aerial pole:
  - The aerial pole will be cleaned before each athlete competes. The aerial pole will be cleaned entirely; first with a grease remover, then with a dry towel/cloth.
  - Athletes are allowed to check the aerial pole before they compete and may ask for a second cleaning.
  - Athletes may clean the aerial pole themselves if they prefer but must use the cleaning products provided by the organiser.
  - Athletes are prohibited from cleaning the aerial pole with their own cleaning products. The only exception to this rule is where the athlete experiences severe allergies and requires a specialised cleaning product, in which case medical documentation must be provided.

## **15. FILMING**

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

## Judging

### 16. JUDGES AND JUDGING SYSTEM

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

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

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

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

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

### 17. PENALTIES

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

*\*See also: Head Judge Penalties*

- 17.1. Breaking the rules, regulations, and code of ethics. Penalties are dependent on the infringement.
- 17.2. Providing false or inaccurate information on the application form. Penalties are dependent on the infringement.
- 17.3. Unsporting or anti-social behaviour.
- 17.4. Failure to meet the minimum or exceed the maximum requirements of the routine time.
- 17.5. Touching the rigging or truss system while competing. This includes touching the backdrop on the stage.
- 17.6. Directly contacting the audience from the stage (such as gestures, talking to the spectators etc.).
- 17.7. Inappropriate choreography, costume, hair, and makeup (as specified above). Penalties are dependent on the gravity of infringement.
- 17.8. Presence of jewellery and props (as specified above).

- 17.9. Not complying with the tracksuit requirements or wearing an inappropriate tracksuit (as specified above).
- 17.10. Arriving late to registration and rehearsals (or not arriving at all) without prior agreement.
- 17.11. Arriving late backstage before competing.
- 17.12. Arriving late to the stage when announced.
- 17.13. Athletes caught being cued from off-stage during their performance (this includes being cued from the audience).
- 17.14. Athletes and/or their coaches/representatives approaching the Judges' table and/or room or obstructing Judges' view at any point during the competition.
- 17.15. Head Judges reserve the right to apply penalties at any point during the competition, or afterwards if they deem so necessary. Should this result in a change in podium position, the organiser will amend and award the medals correctly as necessary.

## **18. RESULTS**

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

## **19. AWARDS**

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

## **20. COACHES**

- 20.1. In order to be an IPSF-registered coach, the coach must have completed at least a Code of Points course as well as an Anatomy qualification (which includes warm up and cool down, and has an exam incorporated in the course - this can be either a University course or the IPSF Anatomy, Physiology and Biomechanics course). A coaching course is also highly recommended. The coach should then submit these qualifications to the IPSF and will be required to pay a registration fee. This fee is applicable per year.
- 20.2. All coaches that sign the athletes' compulsory and technical bonus forms must be IPSF-registered coaches. Only the IPSF-recognised coach who signs the forms will be considered the athlete's coach, and thus only this coach will be afforded the privileges that accompany the title.
- 20.3. All coaches must complete their certification a minimum of 2 weeks before the competition at which they wish to represent their athlete. Coaches must submit this proof 2 weeks before the competition (in other words, should the coach be doing a course which requires exams to be marked, the timelines of this course must be respected; for all IPSF courses where video exams are undertaken, 2 weeks must be given to mark the video exam).
- 20.4. The coach must be dressed in the matching tracksuit of their club/school (Nationals) or country (at international competitions).

- 20.5. Only an IPSF-registered coach may accompany the athlete on the Kiss and Cry couch, and they, like the athlete, must be dressed in their tracksuit and trainers/bare feet only.
- 20.6. Youth athletes (any athlete under the age of 18) may have an IPSF-registered coach with them on the Kiss and Cry couch, even if this coach is not their registered coach for the competition.
- 20.7. Coaches may face sanctions should they contravenes any of the rules and regulations for or on behalf their athlete.

## **21. DISQUALIFICATION**

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

- 21.1. Breaking the rules and regulations or code of ethics. Disqualification is dependent on the infringement.
- 21.2. Providing false or inaccurate information on the application form. Disqualification is dependent on the infringement.
- 21.3. Unsporting behaviour or bringing the competition, Organiser, or the IPSF into disrepute.
- 21.4. Threatening the life or health of an athlete, organiser, judge, or spectator.
- 21.5. Failing to come to the stage.
- 21.6. Using prohibited grips.
- 21.7. Inappropriate choreography, costume, hair, and makeup (as specified above). Disqualification is dependent on the infringement.
- 21.8. Intentionally removing items of clothing during their performance.
- 21.9. Intentionally using the rigging or truss system as part of their performance.
- 21.10. Any unauthorised person accompanying the athlete on stage.
- 21.11. Directly contacting the judging panel to discuss the competition, or directly or indirectly influencing the judging decision prior to or during the competition.
- 21.12. Using vulgar language or gestures towards any IPSF official.
- 21.13. Testing positive for controlled substances (see Medical and Doping Regulations).
- 21.14. Refusing to undergo an anti-doping test when requested to do so.
- 21.15. Athletes may face a ban should there be any severe contravention of rules.

## **Medical and Doping Regulations**

### **22. DOPING SANCTIONS**

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

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

## **23. SEX REASSIGNMENT IN SPORT**

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

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

## **Rights and responsibilities**

### **24. RIGHTS AND RESPONSIBILITIES OF THE ATHLETES**

- 24.1. All athletes must read the rules, regulations, and any updates.
- 24.2. All athletes must conduct themselves in accordance with the IPSF rules, regulations, and Code of Ethics.
- 24.3. All athletes must sign the IPSF Code of Ethics and behave accordingly.
- 24.4. Athletes under the age of 18 should have an approved chaperone (parent/authorized legal representative/IPSF recognised coach) with signing authority.
- 24.5. All athletes are required to carry identification documents to the competition.
- 24.6. All athletes are fully responsible for their personal health condition and ability to compete. To avoid injury, no athletes should undertake elements they are not fully confident and secure in.
- 24.7. All athletes enter the National or Open Championships at their own risk and understand that any injuries or accidents that may occur are their responsibility.
- 24.8. All athletes must attend the opening ceremony and preliminary results ceremony (if applicable) unless a medical emergency has occurred that prevents attendance, or unless they are one of the first 2 athletes to compete. All finalists must attend the medal ceremony unless a medical emergency has occurred.
- 24.9. Use of alcohol or banned or controlled substances before or during the competition is strictly prohibited.
- 24.10. All athletes must agree to take part in anti-doping testing in accordance with the WADA Code. For a list of prohibited substances please see <https://www.wada-ama.org>. Failure to supply a testing sample when requested to do so will result in the athlete being disqualified from the competition, a revocation of any title won and the possibility of a ban from further IPSF competitions.
- 24.11. All expenses incurred by the athlete are the responsibility of the athlete and not the Organiser. Confirmation of this will require a signature at the time of registration.
- 24.12. Athletes who are entering an international open championship are required to purchase/acquire the relevant visa for entry into the country where the competition is being held. If the athlete requires assistance in this regard, he or she should please contact the competition organiser.
- 24.13. All athletes have the right to receive all available public information regarding the scoring system or to the competition in general which can be found on the IPSF website: [www.polesports.org](http://www.polesports.org).
- 24.14. During the preliminaries and finals:
  - All athletes must compete with their same gender category except if a category is mixed.
  - Athletes should be backstage two athletes prior to competing.
  - Athletes must start off stage and wait to be announced before walking out on to the stage.

### **25. RIGHTS AND RESPONSIBILITIES OF THE ORGANISER**

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

- 25.1. To alter the rules and regulations of the competition or its attachments at any time. Any change will be announced immediately on [www.polesports.org](http://www.polesports.org).
- 25.2. To refer to the Head Judge any athlete in breach of the rules and regulations or code of ethics for the consideration of penalties or disqualification.
- 25.3. To refer to the Head Judge any judge in breach of the rules and regulations or code of ethics for the consideration of disqualification.
- 25.4. To decide on any decisions not already addressed in the rules and regulations and code of ethics prior to or during the competition.

- 25.5. The Organiser will provide basic first aid in the case of an incident or accident and medical assistance in the event of a more serious injury. The medical representative has the final decision on whether the athlete's injury should prevent them from entering or continuing the competition.
- 25.6. The IPSF and the Organiser cannot be held responsible for loss or damage to athletes' or officials' items.

**The Organiser is required to:**

- 25.7. Publish all competition criteria as stated above.
- 25.8. Announce all changes regarding the competition on the competition organisers' website.
- 25.9. Provide rooms for athletes to change and warm up in, with toilet facilities which are separate from those being used by judges and spectators.
- 25.10. Provide a separate area for youth athletes to change in or a fixed time slot for the changing rooms to be for their sole use.
- 25.11. Check the installation of the aerial pole and test it.
- 25.12. Give athletes a chance to practice with the aerial pole before the start of the competition.
- 25.13. Arrange the cleaning of the aerial pole before each performance.
- 25.14. Provide the judges with all necessary information concerning the competition.
- 25.15. Provide interim first aid in the case of an incident or accident.
- 25.16. Provide anti-doping testing in accordance with the WADA Code ([www.wada-ama.org](http://www.wada-ama.org)).

## Complaints and appeals

### 26. SCORING SYSTEM

- 26.1. For complaints about scores, athletes may lodge an appeal regarding their scores within 10 minutes of the athletes' personal scores being announced in accordance with the IPSF national scoring appeals procedure. After this time, scores will not be overturned. There is a cost involved, which will be returned should the complaint or appeal be upheld.  
*\*See: IPSF National Scoring Information below.*
- 26.2. Further complaints about any other issue must be made in writing to the competition organiser within 7 working days.
- 26.3. For more information, please contact the competition organiser.
- 26.4. The process for contesting is as follows:
  - 26.4.1. Indicate your intent to contest within 10 minutes of the announcement of your score.
  - 26.4.2. You will be allowed access to watch your video by the competition organiser to determine whether you do want to go ahead with your contesting. You will be allowed 5 minutes to watch your video. You will be allowed to watch your video alone or with your IPSF-recognised coach and a technical support person, if necessary (technical support person relating to equipment and not athlete/competition related). Youth athletes may have their chaperone watch with them.
  - 26.4.3. A non-refundable deposit will be required to watch the video. This price will be determined by the competition organiser in collaboration with the IPSF.
  - 26.4.4. Once you have determined that you do want to contest, you will be required to pay the contesting fee as determined by the competition organiser in conjunction with the IPSF. The competition organiser will communicate the process for this.
  - 26.4.5. Please note that this fee will be applicable per judging section – i.e., you will be required to pay for each section you wish to contest. For example, if you wish to contest both Compulsories and Technical Deductions, you will be required to pay separately for each of these.
  - 26.4.6. Once your payment has been received, the Head Judge of the competition will manage your contest. This will only happen once confirmation of payment has been received. The Head Judge will judge the video privately, and explain the decisions afterwards, if necessary.
  - 26.4.7. Should your contest / complaint be upheld, the competition organiser will refund your payment. Should your score / results remain the same or go down, your money will not be refunded.
  - 26.4.8. Your score will be updated at the earliest convenience of the competition organiser, but will be done before the final medal ceremony.
  - 26.4.9. The contesting judge's decision is final, and no negotiation will be entered into.



## **IPSF Scoring System (Contesting)**

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

### **Personal scores**

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

### **Finals**

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

### **Feedback**

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

### **Guidance on your scores**

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

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

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

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

### **Your scores**

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

### **Fees – as determined by the National Federation and the IPSF**

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

## **IPSF COMPETITIONS NO-SHOW POLICY**

### **Purpose**

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

### **Context**

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

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

### **Expectations for Informing Competition Organisers**

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

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

### **IPSF Notification Procedures**

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

### **Sanctions**

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

## **ADDENDUM 1**

### **PROHIBITED ELEMENTS/MOVEMENTS**

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

<b>PROHIBITED ELEMENTS/MOVEMENTS</b>		
<b>CODE NR.</b>	<b>NAME</b>	<b>LINK</b>
A 184	EXPLOSIVE A-FRAME	<a href="https://www.fig-aerobic.com/A-184-EXPLOSIVE-A-FRAME_a600.html">https://www.fig-aerobic.com/A-184-EXPLOSIVE-A-FRAME_a600.html</a>
A 186	EXPLOSIVE A-FRAME ½ TURN	<a href="https://www.fig-aerobic.com/A-186-EXPLOSIVE-A-FRAME-TURN_a602.html">https://www.fig-aerobic.com/A-186-EXPLOSIVE-A-FRAME-TURN_a602.html</a>
A 194	EXPLOSIVE A-FRAME TO SPLIT	<a href="https://www.fig-aerobic.com/A-194-EXPLOSIVE-A-FRAME-TO-SPLIT_a1144.html">https://www.fig-aerobic.com/A-194-EXPLOSIVE-A-FRAME-TO-SPLIT_a1144.html</a>
A 196	EXPLOSIVE A-FRAME ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-196-EXPLOSIVE-A-FRAME-TURN-TO-SPLIT_a1042.html">https://www.fig-aerobic.com/A-196-EXPLOSIVE-A-FRAME-TURN-TO-SPLIT_a1042.html</a>
A 198	EXPLOSIVE A-FRAME ½ TURN ½ TWIST TO BACK SUPPORT	<a href="https://www.fig-aerobic.com/A-198-EXPLOSIVE-A-FRAME-TURN-TWIST-TO-BACK-SUPPORT_a1145.html">https://www.fig-aerobic.com/A-198-EXPLOSIVE-A-FRAME-TURN-TWIST-TO-BACK-SUPPORT_a1145.html</a>
A 205	EXPLOSIVE A-FRAME TO WENSON	<a href="https://www.fig-aerobic.com/A-205-EXPLOSIVE-A-FRAME-TO-WENSON_a601.html">https://www.fig-aerobic.com/A-205-EXPLOSIVE-A-FRAME-TO-WENSON_a601.html</a>
A 206	EXPLOSIVE A-FRAME TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-206-EXPLOSIVE-A-FRAME-TO-LIFTED-WENSON_a1146.html">https://www.fig-aerobic.com/A-206-EXPLOSIVE-A-FRAME-TO-LIFTED-WENSON_a1146.html</a>
A 207	EXPLOSIVE A-FRAME ½ TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-207-EXPLOSIVE-A-FRAME-TURN-TO-WENSON_a603.html">https://www.fig-aerobic.com/A-207-EXPLOSIVE-A-FRAME-TURN-TO-WENSON_a603.html</a>
A 208	EXPLOSIVE A-FRAME ½ TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-208-EXPLOSIVE-A-FRAME-TURN-TO-LIFTED-WENSON_a604.html">https://www.fig-aerobic.com/A-208-EXPLOSIVE-A-FRAME-TURN-TO-LIFTED-WENSON_a604.html</a>
A 215	STRADDLE CUT	<a href="https://www.fig-aerobic.com/A-215-STRADDLE-CUT_a607.html">https://www.fig-aerobic.com/A-215-STRADDLE-CUT_a607.html</a>
A 216	STRADDLE CUT TO L-SUPPORT	<a href="https://www.fig-aerobic.com/A-216-STRADDLE-CUT-TO-L-SUPPORT_a608.html">https://www.fig-aerobic.com/A-216-STRADDLE-CUT-TO-L-SUPPORT_a608.html</a>
A 217	STRADDLE CUT TO STRADDLE V-SUPPORT	<a href="https://www.fig-aerobic.com/A-217-STRADDLE-CUT-TO-STRADDLE-V-SUPPORT_a1147.html">https://www.fig-aerobic.com/A-217-STRADDLE-CUT-TO-STRADDLE-V-SUPPORT_a1147.html</a>
A 218	STRADDLE CUT TO V-SUPPORT	<a href="https://www.fig-aerobic.com/A-218-STRADDLE-CUT-TO-V-SUPPORT_a609.html">https://www.fig-aerobic.com/A-218-STRADDLE-CUT-TO-V-SUPPORT_a609.html</a>
A 219	STRADDLE CUT ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/A-219-STRADDLE-CUT-TWIST-TO-PUSH-UP_a610.html">https://www.fig-aerobic.com/A-219-STRADDLE-CUT-TWIST-TO-PUSH-UP_a610.html</a>
A 220	STRADDLE CUT ½ TWIST TO WENSON OR LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-220-STRADDLE-CUT-TWIST-TO-WENSON-OR-LIFTED-WENSON_a611.html">https://www.fig-aerobic.com/A-220-STRADDLE-CUT-TWIST-TO-WENSON-OR-LIFTED-WENSON_a611.html</a>
A 225	HIGH V-SUPPORT TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/A-225-HIGH-V-SUPPORT-TO-FRONTAL-SPLIT_a1149.html">https://www.fig-aerobic.com/A-225-HIGH-V-SUPPORT-TO-FRONTAL-SPLIT_a1149.html</a>
A 226	HIGH V-SUPPORT REVERSE CUT TO SPLIT	<a href="https://www.fig-aerobic.com/A-226-HIGH-V-SUPPORT-REVERSE-CUT-TO-SPLIT_a614.html">https://www.fig-aerobic.com/A-226-HIGH-V-SUPPORT-REVERSE-CUT-TO-SPLIT_a614.html</a>
A 227	HIGH V SUPPORT ½ TURN TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/A-227-HIGH-V-SUPPORT-TURN-TO-FRONTAL-SPLIT_a615.html">https://www.fig-aerobic.com/A-227-HIGH-V-SUPPORT-TURN-TO-FRONTAL-SPLIT_a615.html</a>
A 228	HIGH V-SUPPORT REVERSE CUT ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-228-HIGH-V-SUPPORT-REVERSE-CUT-TURN-TO-SPLIT_a1150.html">https://www.fig-aerobic.com/A-228-HIGH-V-SUPPORT-REVERSE-CUT-TURN-TO-SPLIT_a1150.html</a>

A 237	HIGH V-SUPPORT ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/A-237-HIGH-V-SUPPORT-TWIST-TO-PUSH-UP_a620.html">https://www.fig-aerobic.com/A-237-HIGH-V-SUPPORT-TWIST-TO-PUSH-UP_a620.html</a>
A 239	HIGH V- SUPPORT ½ TWIST TO WENSON	<a href="https://www.fig-aerobic.com/A-239-HIGH-V-SUPPORT-TWIST-TO-WENSON_a618.html">https://www.fig-aerobic.com/A-239-HIGH-V-SUPPORT-TWIST-TO-WENSON_a618.html</a>
A 240	HIGH V- SUPPORT ½ TWIST TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-240-HIGH-V-SUPPORT-TWIST-TO-LIFTED-WENSON_a619.html">https://www.fig-aerobic.com/A-240-HIGH-V-SUPPORT-TWIST-TO-LIFTED-WENSON_a619.html</a>
A 309	FLAIR 1/1 TWIST AIRBORNE TO PU	<a href="https://www.fig-aerobic.com/A-309-FLAIR-1-1-TWIST-AIRBORNE-TO-PU_a1160.html">https://www.fig-aerobic.com/A-309-FLAIR-1-1-TWIST-AIRBORNE-TO-PU_a1160.html</a>
A 310	FLAIR ½ TURN, 1/1 TWIST AIRBORNE TO PU (PIMPA) OR TO WENSON (KIM)	<a href="https://www.fig-aerobic.com/A-310-FLAIR-TURN-1-1-TWIST-AIRBORNE-TO-PU-PIMPA-OR-TO-WENSON-KIM_a1161.html">https://www.fig-aerobic.com/A-310-FLAIR-TURN-1-1-TWIST-AIRBORNE-TO-PU-PIMPA-OR-TO-WENSON-KIM_a1161.html</a>
A 326	FLAIR TO WENSON	<a href="https://www.fig-aerobic.com/A-326-FLAIR-TO-WENSON_a625.html">https://www.fig-aerobic.com/A-326-FLAIR-TO-WENSON_a625.html</a>
A 327	FLAIR ½ TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-327-FLAIR-TURN-TO-WENSON_a626.html">https://www.fig-aerobic.com/A-327-FLAIR-TURN-TO-WENSON_a626.html</a>
A 328	FLAIR 1/1 TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-328-FLAIR-1-1-TURN-TO-WENSON_a627.html">https://www.fig-aerobic.com/A-328-FLAIR-1-1-TURN-TO-WENSON_a627.html</a>
A 329	FLAIR 1/1 SPINDLE TO WENSON	<a href="https://www.fig-aerobic.com/A-329-FLAIR-1-1-SPINDLE-TO-WENSON_a1044.html">https://www.fig-aerobic.com/A-329-FLAIR-1-1-SPINDLE-TO-WENSON_a1044.html</a>
A 337	FLAIR TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-337-FLAIR-TO-LIFTED-WENSON_a629.html">https://www.fig-aerobic.com/A-337-FLAIR-TO-LIFTED-WENSON_a629.html</a>
A 338	FLAIR ½ TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-338-FLAIR-TURN-TO-LIFTED-WENSON_a630.html">https://www.fig-aerobic.com/A-338-FLAIR-TURN-TO-LIFTED-WENSON_a630.html</a>
A 339	FLAIR 1/1 TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-339-FLAIR-1-1-TURN-TO-LIFTED-WENSON_a631.html">https://www.fig-aerobic.com/A-339-FLAIR-1-1-TURN-TO-LIFTED-WENSON_a631.html</a>
A 364	HELICOPTER	<a href="https://www.fig-aerobic.com/A-364-HELICOPTER_a637.html">https://www.fig-aerobic.com/A-364-HELICOPTER_a637.html</a>
A 365	HELICOPTER TO WENSON	<a href="https://www.fig-aerobic.com/A-365-HELICOPTER-TO-WENSON_a641.html">https://www.fig-aerobic.com/A-365-HELICOPTER-TO-WENSON_a641.html</a>
A 366	HELICOPTER TO LIFTED WENSON BOTH SIDE	<a href="https://www.fig-aerobic.com/A-366-HELICOPTER-TO-LIFTED-WENSON-BOTH-SIDE_a1282.html">https://www.fig-aerobic.com/A-366-HELICOPTER-TO-LIFTED-WENSON-BOTH-SIDE_a1282.html</a>
A 368	HELICOPTER 1/1 TWIST AIRBORNE TO PU	<a href="https://www.fig-aerobic.com/A-368-HELICOPTER-1-1-TWIST-AIRBORNE-TO-PU_a1163.html">https://www.fig-aerobic.com/A-368-HELICOPTER-1-1-TWIST-AIRBORNE-TO-PU_a1163.html</a>
A 374	HELICOPTER TO SPLIT	<a href="https://www.fig-aerobic.com/A-374-HELICOPTER-TO-SPLIT_a640.html">https://www.fig-aerobic.com/A-374-HELICOPTER-TO-SPLIT_a640.html</a>
A 375	HELICOPTER 1/2 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-375-HELICOPTER-1-2-TURN-TO-SPLIT_a1162.html">https://www.fig-aerobic.com/A-375-HELICOPTER-1-2-TURN-TO-SPLIT_a1162.html</a>
B 104	STRADDLE SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-104-STRADDLE-SUPPORT-1-1-TURN_a650.html">https://www.fig-aerobic.com/B-104-STRADDLE-SUPPORT-1-1-TURN_a650.html</a>
B 106	STRADDLE SUPPORT 2/1 TURN OR MORE	<a href="https://www.fig-aerobic.com/B-106-STRADDLE-SUPPORT-2-1-TURN-OR-MORE_a652.html">https://www.fig-aerobic.com/B-106-STRADDLE-SUPPORT-2-1-TURN-OR-MORE_a652.html</a>
B 114	1 ARM STRADDLE SUPPORT	<a href="https://www.fig-aerobic.com/B-114-1-ARM-STRADDLE-SUPPORT_a653.html">https://www.fig-aerobic.com/B-114-1-ARM-STRADDLE-SUPPORT_a653.html</a>
B 115	1 ARM ½ TURN STRADDLE SUPPORT	<a href="https://www.fig-aerobic.com/B-115-1-ARM-TURN-STRADDLE-SUPPORT_a654.html">https://www.fig-aerobic.com/B-115-1-ARM-TURN-STRADDLE-SUPPORT_a654.html</a>
B 116	1 ARM 1/1 TURN STRADDLE SUPPORT (LACATUS)	<a href="https://www.fig-aerobic.com/B-116-1-ARM-1-1-TURN-STRADDLE-SUPPORT-LACATUS_a655.html">https://www.fig-aerobic.com/B-116-1-ARM-1-1-TURN-STRADDLE-SUPPORT-LACATUS_a655.html</a>
B 117	1 ARM 1 1/2 TURN STRADDLE SUPPORT	<a href="https://www.fig-aerobic.com/B-117-1-ARM-1-1-2-TURN-STRADDLE-SUPPORT_a656.html">https://www.fig-aerobic.com/B-117-1-ARM-1-1-2-TURN-STRADDLE-SUPPORT_a656.html</a>
B 124	STRADDLE / L SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-124-STRADDLE-L-SUPPORT-1-1-TURN_a1180.html">https://www.fig-aerobic.com/B-124-STRADDLE-L-SUPPORT-1-1-TURN_a1180.html</a>

B 126	STRADDLE / L SUPPORT 2/1 TURN (MOLDOVAN)	<a href="https://www.fig-aerobic.com/B-126-STRADDLE-L-SUPPORT-2-1-TURN-MOLDOVAN_a1181.html">https://www.fig-aerobic.com/B-126-STRADDLE-L-SUPPORT-2-1-TURN-MOLDOVAN_a1181.html</a>
B 134	L-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-134-L-SUPPORT-1-1-TURN_a664.html">https://www.fig-aerobic.com/B-134-L-SUPPORT-1-1-TURN_a664.html</a>
B 136	L-SUPPORT 2/1 TURN OR MORE	<a href="https://www.fig-aerobic.com/B-136-L-SUPPORT-2-1-TURN-OR-MORE_a666.html">https://www.fig-aerobic.com/B-136-L-SUPPORT-2-1-TURN-OR-MORE_a666.html</a>
B 145	STRADDLE V-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-145-STRADDLE-V-SUPPORT-1-1-TURN_a672.html">https://www.fig-aerobic.com/B-145-STRADDLE-V-SUPPORT-1-1-TURN_a672.html</a>
B 147	STRADDLE V-SUPPORT 2/1 TURN	<a href="https://www.fig-aerobic.com/B-147-STRADDLE-V-SUPPORT-2-1-TURN_a674.html">https://www.fig-aerobic.com/B-147-STRADDLE-V-SUPPORT-2-1-TURN_a674.html</a>
B 157	V-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-157-V-SUPPORT-1-1-TURN_a677.html">https://www.fig-aerobic.com/B-157-V-SUPPORT-1-1-TURN_a677.html</a>
B 159	V-SUPPORT 2/1 TURN	<a href="https://www.fig-aerobic.com/B-159-V-SUPPORT-2-1-TURN_a679.html">https://www.fig-aerobic.com/B-159-V-SUPPORT-2-1-TURN_a679.html</a>
B 170	HIGH V-SUPPORT 1/1 TURN	<a href="https://www.fig-aerobic.com/B-170-HIGH-V-SUPPORT-1-1-TURN_a1187.html">https://www.fig-aerobic.com/B-170-HIGH-V-SUPPORT-1-1-TURN_a1187.html</a>
B 186	STRADDLE PLANCHE	<a href="https://www.fig-aerobic.com/B-186-STRADDLE-PLANCHE_a695.html">https://www.fig-aerobic.com/B-186-STRADDLE-PLANCHE_a695.html</a>
B 187	STRADDLE PLANCHE TO PUSH UP	<a href="https://www.fig-aerobic.com/B-187-STRADDLE-PLANCHE-TO-PUSH-UP_a696.html">https://www.fig-aerobic.com/B-187-STRADDLE-PLANCHE-TO-PUSH-UP_a696.html</a>
B 200	PLANCHE TO LIFTED WENSON BACK TO STRADDLE PLANCHE	<a href="https://www.fig-aerobic.com/B-200-PLANCHE-TO-LIFTED-WENSON-BACK-TO-STRADDLE-PLANCHE_a1262.html">https://www.fig-aerobic.com/B-200-PLANCHE-TO-LIFTED-WENSON-BACK-TO-STRADDLE-PLANCHE_a1262.html</a>
B 208	STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES	<a href="https://www.fig-aerobic.com/B-208-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES_a1190.html">https://www.fig-aerobic.com/B-208-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES_a1190.html</a>
B 210	STRADDLE PLANCHE TO LIFTED WENSON BOTH SIDES BACK TO STRADDLE PLANCHE	<a href="https://www.fig-aerobic.com/B-210-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES-BACK-TO-STRADDLE-PLANCHE_a1191.html">https://www.fig-aerobic.com/B-210-STRADDLE-PLANCHE-TO-LIFTED-WENSON-BOTH-SIDES-BACK-TO-STRADDLE-PLANCHE_a1191.html</a>
B 218	PLANCHE	<a href="https://www.fig-aerobic.com/B-218-PLANCHE_a699.html">https://www.fig-aerobic.com/B-218-PLANCHE_a699.html</a>
B 219	PLANCHE TO PUSH-UP	<a href="https://www.fig-aerobic.com/B-219-PLANCHE-TO-PUSH-UP_a700.html">https://www.fig-aerobic.com/B-219-PLANCHE-TO-PUSH-UP_a700.html</a>
B 220	PLANCHE TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/B-220-PLANCHE-TO-LIFTED-WENSON_a701.html">https://www.fig-aerobic.com/B-220-PLANCHE-TO-LIFTED-WENSON_a701.html</a>
C 108	3/1 AIR TURNS	<a href="https://www.fig-aerobic.com/C-108-3-1-AIR-TURNS_a769.html">https://www.fig-aerobic.com/C-108-3-1-AIR-TURNS_a769.html</a>
C 118	2 ½ AIR TURNS TO SPLIT	<a href="https://www.fig-aerobic.com/C-118-2-AIR-TURNS-TO-SPLIT_a774.html">https://www.fig-aerobic.com/C-118-2-AIR-TURNS-TO-SPLIT_a774.html</a>
C 119	3/1 AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-119-3-1-AIR-TURN-TO-SPLIT_a775.html">https://www.fig-aerobic.com/C-119-3-1-AIR-TURN-TO-SPLIT_a775.html</a>
C 153	GAINER ½ TWIST TO SPLIT	<a href="https://www.fig-aerobic.com/C-153-GAINER-TWIST-TO-SPLIT_a792.html">https://www.fig-aerobic.com/C-153-GAINER-TWIST-TO-SPLIT_a792.html</a>
C 156	GAINER 1 ½ TWIST TO SPLIT	<a href="https://www.fig-aerobic.com/C-156-GAINER-1-TWIST-TO-SPLIT_a793.html">https://www.fig-aerobic.com/C-156-GAINER-1-TWIST-TO-SPLIT_a793.html</a>
C 159	GAINER 2 ½ TWIST TO SPLIT	<a href="https://www.fig-aerobic.com/C-159-GAINER-2-TWIST-TO-SPLIT_a1210.html">https://www.fig-aerobic.com/C-159-GAINER-2-TWIST-TO-SPLIT_a1210.html</a>
C 144	GAINER ½ TWIST	<a href="https://www.fig-aerobic.com/C-144-GAINER-TWIST_a789.html">https://www.fig-aerobic.com/C-144-GAINER-TWIST_a789.html</a>
C 147	GAINER 1 ½ TWIST	<a href="https://www.fig-aerobic.com/C-147-GAINER-1-TWIST_a790.html">https://www.fig-aerobic.com/C-147-GAINER-1-TWIST_a790.html</a>
C 150	GAINER 2 ½ TWIST	<a href="https://www.fig-aerobic.com/C-150-GAINER-2-TWIST_a1209.html">https://www.fig-aerobic.com/C-150-GAINER-2-TWIST_a1209.html</a>
C 193	TUCK JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-193-TUCK-JUMP-TO-SPLIT_a807.html">https://www.fig-aerobic.com/C-193-TUCK-JUMP-TO-SPLIT_a807.html</a>
C 194	½ TURN TUCK JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-194-TURN-TUCK-JUMP-TO-SPLIT_a808.html">https://www.fig-aerobic.com/C-194-TURN-TUCK-JUMP-TO-SPLIT_a808.html</a>

C 325	STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-325-STRADDLE-JUMP-TO-SPLIT_a863.html">https://www.fig-aerobic.com/C-325-STRADDLE-JUMP-TO-SPLIT_a863.html</a>
C 326	½ TURN STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-326-TURN-STRADDLE-JUMP-TO-SPLIT_a864.html">https://www.fig-aerobic.com/C-326-TURN-STRADDLE-JUMP-TO-SPLIT_a864.html</a>
C 327	1/1 TURN STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-327-1-1-TURN-STRADDLE-JUMP-TO-SPLIT_a865.html">https://www.fig-aerobic.com/C-327-1-1-TURN-STRADDLE-JUMP-TO-SPLIT_a865.html</a>
C 328	1 ½ TURN STRADDLE JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-328-1-TURN-STRADDLE-JUMP-TO-SPLIT_a1224.html">https://www.fig-aerobic.com/C-328-1-TURN-STRADDLE-JUMP-TO-SPLIT_a1224.html</a>
C 336	STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-336-STRADDLE-JUMP-TO-PUSH-UP_a866.html">https://www.fig-aerobic.com/C-336-STRADDLE-JUMP-TO-PUSH-UP_a866.html</a>
C 337	½ TURN STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-337-TURN-STRADDLE-JUMP-TO-PUSH-UP_a867.html">https://www.fig-aerobic.com/C-337-TURN-STRADDLE-JUMP-TO-PUSH-UP_a867.html</a>
C 338	1/1 TURN STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-338-1-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a868.html">https://www.fig-aerobic.com/C-338-1-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a868.html</a>
C 339	1 ½ TURN STRADDLE JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-339-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a1225.html">https://www.fig-aerobic.com/C-339-1-TURN-STRADDLE-JUMP-TO-PUSH-UP_a1225.html</a>
C 347	STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-347-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a869.html">https://www.fig-aerobic.com/C-347-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a869.html</a>
C 348	½ TURN STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-348-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a870.html">https://www.fig-aerobic.com/C-348-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a870.html</a>
C 349	1/1 TURN STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-349-1-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1226.html">https://www.fig-aerobic.com/C-349-1-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1226.html</a>
C 350	1 ½ TURN STRADDLE JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-350-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1227.html">https://www.fig-aerobic.com/C-350-1-TURN-STRADDLE-JUMP-TWIST-TO-PUSH-UP_a1227.html</a>
C 365	FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-365-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a877.html">https://www.fig-aerobic.com/C-365-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a877.html</a>
C 366	½ TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-366-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a878.html">https://www.fig-aerobic.com/C-366-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a878.html</a>
C 367	1/1 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-367-1-1-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a879.html">https://www.fig-aerobic.com/C-367-1-1-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a879.html</a>
C 368	1 1/2 TURN FRONTAL SPLIT JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-368-1-1-2-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a1234.html">https://www.fig-aerobic.com/C-368-1-1-2-TURN-FRONTAL-SPLIT-JUMP-TO-FRONTAL-SPLIT_a1234.html</a>
D 250	BALANCE 3/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-250-BALANCE-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a1202.html">https://www.fig-aerobic.com/D-250-BALANCE-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a1202.html</a>
C 376	FRONTAL SPLIT JUMP TO PUSH UP (SHUSHUNOVA)	<a href="https://www.fig-aerobic.com/C-376-FRONTAL-SPLIT-JUMP-TO-PUSH-UP-SHUSHUNOVA_a880.html">https://www.fig-aerobic.com/C-376-FRONTAL-SPLIT-JUMP-TO-PUSH-UP-SHUSHUNOVA_a880.html</a>
C 377	FRONTAL SPLIT JUMP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-377-FRONTAL-SPLIT-JUMP-TWIST-TO-PUSH-UP_a881.html">https://www.fig-aerobic.com/C-377-FRONTAL-SPLIT-JUMP-TWIST-TO-PUSH-UP_a881.html</a>
C 378	½ TURN FRONTAL SPLIT JUMP 1/2 TWIST TO PU	<a href="https://www.fig-aerobic.com/C-378-TURN-FRONTAL-SPLIT-JUMP-1-2-TWIST-TO-PU_a882.html">https://www.fig-aerobic.com/C-378-TURN-FRONTAL-SPLIT-JUMP-1-2-TWIST-TO-PU_a882.html</a>
C 379	1/1 TURN FRONTAL SPLIT JUMP ½ TWIST TO PU	<a href="https://www.fig-aerobic.com/C-379-1-1-TURN-FRONTAL-SPLIT-JUMP-TWIST-TO-PU_a1235.html">https://www.fig-aerobic.com/C-379-1-1-TURN-FRONTAL-SPLIT-JUMP-TWIST-TO-PU_a1235.html</a>
C 395	SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-395-SPLIT-JUMP-TO-SPLIT_a896.html">https://www.fig-aerobic.com/C-395-SPLIT-JUMP-TO-SPLIT_a896.html</a>
C 396	½ TURN SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-396-TURN-SPLIT-JUMP-TO-SPLIT_a897.html">https://www.fig-aerobic.com/C-396-TURN-SPLIT-JUMP-TO-SPLIT_a897.html</a>
C 397	1/1 TURN SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-397-1-1-TURN-SPLIT-JUMP-TO-SPLIT_a898.html">https://www.fig-aerobic.com/C-397-1-1-TURN-SPLIT-JUMP-TO-SPLIT_a898.html</a>
C 398	1 ½ TURN SPLIT JUMP TO SPLIT	<a href="https://www.fig-aerobic.com/C-398-1-TURN-SPLIT-JUMP-TO-SPLIT_a1020.html">https://www.fig-aerobic.com/C-398-1-TURN-SPLIT-JUMP-TO-SPLIT_a1020.html</a>

C 406	SPLIT JUMP SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-406-SPLIT-JUMP-SWITCH-TO-SPLIT_a899.html">https://www.fig-aerobic.com/C-406-SPLIT-JUMP-SWITCH-TO-SPLIT_a899.html</a>
C 407	½ TURN SPLIT JUMP SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-407-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a1237.html">https://www.fig-aerobic.com/C-407-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a1237.html</a>
C 408	1/1 TURN SPLIT JUMP SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-408-1-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a900.html">https://www.fig-aerobic.com/C-408-1-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT_a900.html</a>
C 409	1 ½ TURN SPLIT JUMP SWITCH TO SPLIT (ENGEL)	<a href="https://www.fig-aerobic.com/C-409-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT-ENGEL_a1238.html">https://www.fig-aerobic.com/C-409-1-TURN-SPLIT-JUMP-SWITCH-TO-SPLIT-ENGEL_a1238.html</a>
C 416	SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-416-SPLIT-JUMP-TO-PUSH-UP_a903.html">https://www.fig-aerobic.com/C-416-SPLIT-JUMP-TO-PUSH-UP_a903.html</a>
C 417	½ TURN SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-417-TURN-SPLIT-JUMP-TO-PUSH-UP_a904.html">https://www.fig-aerobic.com/C-417-TURN-SPLIT-JUMP-TO-PUSH-UP_a904.html</a>
C 418	1/1 TURN SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-418-1-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a905.html">https://www.fig-aerobic.com/C-418-1-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a905.html</a>
C 419	1 ½ TURN SPLIT JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-419-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a1239.html">https://www.fig-aerobic.com/C-419-1-TURN-SPLIT-JUMP-TO-PUSH-UP_a1239.html</a>
C 435	SWITCH SPLIT LEAP TO SPLIT	<a href="https://www.fig-aerobic.com/C-435-SWITCH-SPLIT-LEAP-TO-SPLIT_a908.html">https://www.fig-aerobic.com/C-435-SWITCH-SPLIT-LEAP-TO-SPLIT_a908.html</a>
C 436	SWITCH SPLIT LEAP ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-436-SWITCH-SPLIT-LEAP-TURN-TO-SPLIT_a909.html">https://www.fig-aerobic.com/C-436-SWITCH-SPLIT-LEAP-TURN-TO-SPLIT_a909.html</a>
C 446	SWITCH SPLIT LEAP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-446-SWITCH-SPLIT-LEAP-TO-PUSH-UP_a910.html">https://www.fig-aerobic.com/C-446-SWITCH-SPLIT-LEAP-TO-PUSH-UP_a910.html</a>
C 476	SCISSORS LEAP TO SPLIT	<a href="https://www.fig-aerobic.com/C-476-SCISSORS-LEAP-TO-SPLIT_a947.html">https://www.fig-aerobic.com/C-476-SCISSORS-LEAP-TO-SPLIT_a947.html</a>
C 477	SCISSORS LEAP ½ TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-477-SCISSORS-LEAP-TURN-TO-SPLIT_a916.html">https://www.fig-aerobic.com/C-477-SCISSORS-LEAP-TURN-TO-SPLIT_a916.html</a>
C 478	SCISSORS LEAP 1/1 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-478-SCISSORS-LEAP-1-1-TURN-TO-SPLIT_a917.html">https://www.fig-aerobic.com/C-478-SCISSORS-LEAP-1-1-TURN-TO-SPLIT_a917.html</a>
C 487	SCISSORS LEAP ½ TURN SWITCH TO SPLIT (MARCHENKOV)	<a href="https://www.fig-aerobic.com/C-487-SCISSORS-LEAP-TURN-SWITCH-TO-SPLIT-MARCHENKOV_a918.html">https://www.fig-aerobic.com/C-487-SCISSORS-LEAP-TURN-SWITCH-TO-SPLIT-MARCHENKOV_a918.html</a>
C 488	SCISSORS LEAP 1/1 TURN SWITCH TO SPLIT	<a href="https://www.fig-aerobic.com/C-488-SCISSORS-LEAP-1-1-TURN-SWITCH-TO-SPLIT_a1241.html">https://www.fig-aerobic.com/C-488-SCISSORS-LEAP-1-1-TURN-SWITCH-TO-SPLIT_a1241.html</a>
C 497	SCISSORS LEAP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-497-SCISSORS-LEAP-TO-PUSH-UP_a919.html">https://www.fig-aerobic.com/C-497-SCISSORS-LEAP-TO-PUSH-UP_a919.html</a>
C 498	SCISSORS LEAP ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-498-SCISSORS-LEAP-TWIST-TO-PUSH-UP_a920.html">https://www.fig-aerobic.com/C-498-SCISSORS-LEAP-TWIST-TO-PUSH-UP_a920.html</a>
C 500	SCISSORS LEAP 1/1 TWIST TO PUSH UP (NEZEZON)	<a href="https://www.fig-aerobic.com/C-500-SCISSORS-LEAP-1-1-TWIST-TO-PUSH-UP-NEZEZON_a921.html">https://www.fig-aerobic.com/C-500-SCISSORS-LEAP-1-1-TWIST-TO-PUSH-UP-NEZEZON_a921.html</a>
C 505	SCISSORS KICK ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-505-SCISSORS-KICK-TWIST-TO-PUSH-UP_a923.html">https://www.fig-aerobic.com/C-505-SCISSORS-KICK-TWIST-TO-PUSH-UP_a923.html</a>
C 506	½ TURN SCISSORS KICK ½ TWIST TO PUSH UP	<a href="https://www.fig-aerobic.com/C-506-TURN-SCISSORS-KICK-TWIST-TO-PUSH-UP_a924.html">https://www.fig-aerobic.com/C-506-TURN-SCISSORS-KICK-TWIST-TO-PUSH-UP_a924.html</a>
C 555	½ TWIST OFF AXIS JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-555-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1246.html">https://www.fig-aerobic.com/C-555-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1246.html</a>
C 556	1/1 TWIST OFF AXIS JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-556-1-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1247.html">https://www.fig-aerobic.com/C-556-1-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1247.html</a>
C 558	1 ½ TWIST OFF AXIS JUMP TO FRONTAL SPLIT	<a href="https://www.fig-aerobic.com/C-558-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1248.html">https://www.fig-aerobic.com/C-558-1-TWIST-OFF-AXIS-JUMP-TO-FRONTAL-SPLIT_a1248.html</a>
C 566	½ TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-566-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1249.html">https://www.fig-aerobic.com/C-566-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1249.html</a>



C 567	1/1 TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-567-1-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1250.html">https://www.fig-aerobic.com/C-567-1-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1250.html</a>
C 569	1 ½ TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-569-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1251.html">https://www.fig-aerobic.com/C-569-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a1251.html</a>
C 570	2/1 TWIST OFF AXIS JUMP TO PUSH UP	<a href="https://www.fig-aerobic.com/C-570-2-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a931.html">https://www.fig-aerobic.com/C-570-2-1-TWIST-OFF-AXIS-JUMP-TO-PUSH-UP_a931.html</a>
C 584	BUTTERFLY	<a href="https://www.fig-aerobic.com/C-584-BUTTERFLY_a932.html">https://www.fig-aerobic.com/C-584-BUTTERFLY_a932.html</a>
C 587	BUTTERFLY 1/1 TWIST	<a href="https://www.fig-aerobic.com/C-587-BUTTERFLY-1-1-TWIST_a933.html">https://www.fig-aerobic.com/C-587-BUTTERFLY-1-1-TWIST_a933.html</a>
C 590	BUTTERFLY 2/1 TWIST	<a href="https://www.fig-aerobic.com/C-590-BUTTERFLY-2-1-TWIST_a934.html">https://www.fig-aerobic.com/C-590-BUTTERFLY-2-1-TWIST_a934.html</a>
D 146	3/1 TURNS	<a href="https://www.fig-aerobic.com/D-146-3-1-TURNS_a715.html">https://www.fig-aerobic.com/D-146-3-1-TURNS_a715.html</a>
D 157	3/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-157-3-1-TURNS-TO-VERTICAL-SPLIT_a720.html">https://www.fig-aerobic.com/D-157-3-1-TURNS-TO-VERTICAL-SPLIT_a720.html</a>
D 168	3/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-168-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a725.html">https://www.fig-aerobic.com/D-168-3-1-TURNS-TO-FREE-VERTICAL-SPLIT_a725.html</a>
D 189	3/1 TURNS WITH LEG AT HORIZONTAL	<a href="https://www.fig-aerobic.com/D-189-3-1-TURNS-WITH-LEG-AT-HORIZONTAL_a1197.html">https://www.fig-aerobic.com/D-189-3-1-TURNS-WITH-LEG-AT-HORIZONTAL_a1197.html</a>
D 200	3/1 TURNS WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-200-3-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a1198.html">https://www.fig-aerobic.com/D-200-3-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a1198.html</a>
D 228	BALANCE 3/1 TURNS	<a href="https://www.fig-aerobic.com/D-228-BALANCE-3-1-TURNS_a1050.html">https://www.fig-aerobic.com/D-228-BALANCE-3-1-TURNS_a1050.html</a>
D 239	BALANCE 3/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-239-BALANCE-3-1-TURNS-TO-VERTICAL-SPLIT_a1200.html">https://www.fig-aerobic.com/D-239-BALANCE-3-1-TURNS-TO-VERTICAL-SPLIT_a1200.html</a>

### **LIMITED ELEMENTS/MOVEMENTS**

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

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

- Pivots (as in rhythmic gymnastics, specifically horizontal, attitude and needle pivots)
- Walkovers (forwards and backwards, including starting on the floor)
- Capoeira movements
- Cartwheels of any kind
- Round-offs

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

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

<b>LIMITED ELEMENTS</b>		
<b>CODE NR.</b>	<b>NAME</b>	<b>LINK</b>
A 265	DOUBLE LEG 1/1 CIRCLE (1 OR 2)	<a href="https://www.fig-aerobic.com/A-265-DOUBLE-LEG-1-1-CIRCLE-1-OR-2_a622.html">https://www.fig-aerobic.com/A-265-DOUBLE-LEG-1-1-CIRCLE-1-OR-2_a622.html</a>
A 266	DOUBLE LEG 1/1 CIRCLE TO WENSON	<a href="https://www.fig-aerobic.com/A-266-DOUBLE-LEG-1-1-CIRCLE-TO-WENSON_a1152.html">https://www.fig-aerobic.com/A-266-DOUBLE-LEG-1-1-CIRCLE-TO-WENSON_a1152.html</a>
A 267	DOUBLE LEG 1/1 CIRCLE 1/2 TWIST TO WENSON	<a href="https://www.fig-aerobic.com/A-267-DOUBLE-LEG-1-1-CIRCLE-1-2-TWIST-TO-WENSON_a623.html">https://www.fig-aerobic.com/A-267-DOUBLE-LEG-1-1-CIRCLE-1-2-TWIST-TO-WENSON_a623.html</a>
A 268	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO WENSON	<a href="https://www.fig-aerobic.com/A-268-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-WENSON_a1153.html">https://www.fig-aerobic.com/A-268-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-WENSON_a1153.html</a>
A 277	DOUBLE LEG 1/1 CIRCLE TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-277-DOUBLE-LEG-1-1-CIRCLE-TO-LIFTED-WENSON_a1154.html">https://www.fig-aerobic.com/A-277-DOUBLE-LEG-1-1-CIRCLE-TO-LIFTED-WENSON_a1154.html</a>
A 278	DOUBLE LEG 1/1 CIRCLE 1/2 TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-278-DOUBLE-LEG-1-1-CIRCLE-1-2-TURN-TO-LIFTED-WENSON_a1155.html">https://www.fig-aerobic.com/A-278-DOUBLE-LEG-1-1-CIRCLE-1-2-TURN-TO-LIFTED-WENSON_a1155.html</a>
A 279	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO LIFTED WENSON	<a href="https://www.fig-aerobic.com/A-279-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-LIFTED-WENSON_a1156.html">https://www.fig-aerobic.com/A-279-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-LIFTED-WENSON_a1156.html</a>
A 285	DOUBLE LEG 1/1 CIRCLE TO SPLIT	<a href="https://www.fig-aerobic.com/A-285-DOUBLE-LEG-1-1-CIRCLE-TO-SPLIT_a1157.html">https://www.fig-aerobic.com/A-285-DOUBLE-LEG-1-1-CIRCLE-TO-SPLIT_a1157.html</a>
A 287	DOUBLE LEG 1/1 CIRCLE 1/1 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-287-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-SPLIT_a1158.html">https://www.fig-aerobic.com/A-287-DOUBLE-LEG-1-1-CIRCLE-1-1-TURN-TO-SPLIT_a1158.html</a>
A 305	FLAIR (1 OR 2)	<a href="https://www.fig-aerobic.com/A-305-FLAIR-1-OR-2_a624.html">https://www.fig-aerobic.com/A-305-FLAIR-1-OR-2_a624.html</a>
A 315	FLAIR TO SPLIT	<a href="https://www.fig-aerobic.com/A-315-FLAIR-TO-SPLIT_a633.html">https://www.fig-aerobic.com/A-315-FLAIR-TO-SPLIT_a633.html</a>
A 317	FLAIR 1/1 TURN TO SPLIT	<a href="https://www.fig-aerobic.com/A-317-FLAIR-1-1-TURN-TO-SPLIT_a634.html">https://www.fig-aerobic.com/A-317-FLAIR-1-1-TURN-TO-SPLIT_a634.html</a>
A 319	FLAIR + AIR FLAIR (1 OR 2)	<a href="https://www.fig-aerobic.com/A-319%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2_a635.html">https://www.fig-aerobic.com/A-319%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2_a635.html</a>
A 320	FLAIR + AIR FLAIR (1 OR 2) + FLAIR	<a href="https://www.fig-aerobic.com/A-320-%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2-FLAIR_a636.html">https://www.fig-aerobic.com/A-320-%EF%BC%9AFLAIR-AIR-FLAIR-1-OR-2-FLAIR_a636.html</a>
A 330	FLAIR BOTH SIDES	<a href="https://www.fig-aerobic.com/A-330-FLAIR-BOTH-SIDES_a628.html">https://www.fig-aerobic.com/A-330-FLAIR-BOTH-SIDES_a628.html</a>

C 103	1/1 AIR TURN	<a href="https://www.fig-aerobic.com/C-103-1-1-AIR-TURN_a765.html">https://www.fig-aerobic.com/C-103-1-1-AIR-TURN_a765.html</a>
C 105	2/1 AIR TURNS	<a href="https://www.fig-aerobic.com/C-105-2-1-AIR-TURNS_a767.html">https://www.fig-aerobic.com/C-105-2-1-AIR-TURNS_a767.html</a>
C 113	1/2 AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-113-1-2-AIR-TURN-TO-SPLIT_a770.html">https://www.fig-aerobic.com/C-113-1-2-AIR-TURN-TO-SPLIT_a770.html</a>
C 114	1/1 AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-114-1-1-AIR-TURN-TO-SPLIT_a771.html">https://www.fig-aerobic.com/C-114-1-1-AIR-TURN-TO-SPLIT_a771.html</a>
C 115	1 ½ AIR TURN TO SPLIT	<a href="https://www.fig-aerobic.com/C-115-1-AIR-TURN-TO-SPLIT_a772.html">https://www.fig-aerobic.com/C-115-1-AIR-TURN-TO-SPLIT_a772.html</a>
C 116	2/1 AIR TURNS TO SPLIT	<a href="https://www.fig-aerobic.com/C-116-2-1-AIR-TURNS-TO-SPLIT_a773.html">https://www.fig-aerobic.com/C-116-2-1-AIR-TURNS-TO-SPLIT_a773.html</a>
C 182	TUCK JUMP	<a href="https://www.fig-aerobic.com/C-182-TUCK-JUMP_a802.html">https://www.fig-aerobic.com/C-182-TUCK-JUMP_a802.html</a>
C 184	1/1 TURN TUCK JUMP	<a href="https://www.fig-aerobic.com/C-184-1-1-TURN-TUCK-JUMP_a804.html">https://www.fig-aerobic.com/C-184-1-1-TURN-TUCK-JUMP_a804.html</a>
C 186	2/1 TURNS TUCK JUMP	<a href="https://www.fig-aerobic.com/C-186-2-1-TURNS-TUCK-JUMP_a806.html">https://www.fig-aerobic.com/C-186-2-1-TURNS-TUCK-JUMP_a806.html</a>
C 223	COSSACK JUMP	<a href="https://www.fig-aerobic.com/C-223-COSSACK-JUMP_a816.html">https://www.fig-aerobic.com/C-223-COSSACK-JUMP_a816.html</a>
C 225	1/1 TURN COSSACK JUMP	<a href="https://www.fig-aerobic.com/C-225-1-1-TURN-COSSACK-JUMP_a818.html">https://www.fig-aerobic.com/C-225-1-1-TURN-COSSACK-JUMP_a818.html</a>
C 227	2/1 TURNS COSSACK JUMP	<a href="https://www.fig-aerobic.com/C-227-2-1-TURNS-COSSACK-JUMP_a820.html">https://www.fig-aerobic.com/C-227-2-1-TURNS-COSSACK-JUMP_a820.html</a>
C 264	PIKE JUMP	<a href="https://www.fig-aerobic.com/C-264-PIKE-JUMP_a836.html">https://www.fig-aerobic.com/C-264-PIKE-JUMP_a836.html</a>
C 266	1/1 TURN PIKE JUMP	<a href="https://www.fig-aerobic.com/C-266-1-1-TURN-PIKE-JUMP_a838.html">https://www.fig-aerobic.com/C-266-1-1-TURN-PIKE-JUMP_a838.html</a>
C 268	2/1 TURNS PIKE JUMP	<a href="https://www.fig-aerobic.com/C-268-2-1-TURNS-PIKE-JUMP_a1219.html">https://www.fig-aerobic.com/C-268-2-1-TURNS-PIKE-JUMP_a1219.html</a>
C 314	STRADDLE JUMP	<a href="https://www.fig-aerobic.com/C-314-STRADDLE-JUMP_a859.html">https://www.fig-aerobic.com/C-314-STRADDLE-JUMP_a859.html</a>
C 316	1/1 TURN STRADDLE JUMP	<a href="https://www.fig-aerobic.com/C-316-1-1-TURN-STRADDLE-JUMP_a861.html">https://www.fig-aerobic.com/C-316-1-1-TURN-STRADDLE-JUMP_a861.html</a>
C 318	2/1 TURNS STRADDLE JUMP	<a href="https://www.fig-aerobic.com/C-318-2-1-TURNS-STRADDLE-JUMP_a1223.html">https://www.fig-aerobic.com/C-318-2-1-TURNS-STRADDLE-JUMP_a1223.html</a>
C 354	FRONTAL SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-354-FRONTAL-SPLIT-JUMP_a875.html">https://www.fig-aerobic.com/C-354-FRONTAL-SPLIT-JUMP_a875.html</a>
C 356	1/1 TURN FRONTAL SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-356-1-1-TURN-FRONTAL-SPLIT-JUMP_a1229.html">https://www.fig-aerobic.com/C-356-1-1-TURN-FRONTAL-SPLIT-JUMP_a1229.html</a>
C 358	2/1 TURNS FRONTAL SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-358-2-1-TURNS-FRONTAL-SPLIT-JUMP_a1230.html">https://www.fig-aerobic.com/C-358-2-1-TURNS-FRONTAL-SPLIT-JUMP_a1230.html</a>
C 384	SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-384-SPLIT-JUMP_a892.html">https://www.fig-aerobic.com/C-384-SPLIT-JUMP_a892.html</a>
C 386	1/1 TURN SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-386-1-1-TURN-SPLIT-JUMP_a894.html">https://www.fig-aerobic.com/C-386-1-1-TURN-SPLIT-JUMP_a894.html</a>
C 388	2/1 TURNS SPLIT JUMP	<a href="https://www.fig-aerobic.com/C-388-2-1-TURNS-SPLIT-JUMP_a1236.html">https://www.fig-aerobic.com/C-388-2-1-TURNS-SPLIT-JUMP_a1236.html</a>
C 424	SWITCH SPLIT LEAP	<a href="https://www.fig-aerobic.com/C-424-SWITCH-SPLIT-LEAP_a906.html">https://www.fig-aerobic.com/C-424-SWITCH-SPLIT-LEAP_a906.html</a>

C 465	SCISSORS LEAP	<a href="https://www.fig-aerobic.com/C-465-SCISSORS-LEAP_a912.html">https://www.fig-aerobic.com/C-465-SCISSORS-LEAP_a912.html</a>
C 466	SCISSORS LEAP ½ TURN	<a href="https://www.fig-aerobic.com/C-466-SCISSORS-LEAP-TURN_a913.html">https://www.fig-aerobic.com/C-466-SCISSORS-LEAP-TURN_a913.html</a>
C 467	SCISSORS LEAP 1/1 TURN	<a href="https://www.fig-aerobic.com/C-467-SCISSORS-LEAP-1-1-TURN_a914.html">https://www.fig-aerobic.com/C-467-SCISSORS-LEAP-1-1-TURN_a914.html</a>
C 545	1/2 TWIST OFF AXIS JUMP	<a href="https://www.fig-aerobic.com/C-545-1-2-TWIST-OFF-AXIS-JUMP_a1244.html">https://www.fig-aerobic.com/C-545-1-2-TWIST-OFF-AXIS-JUMP_a1244.html</a>
C 546	1/1 TWIST OFF AXIS TUCK JUMP	<a href="https://www.fig-aerobic.com/C-546-1-1-TWIST-OFF-AXIS-TUCK-JUMP_a925.html">https://www.fig-aerobic.com/C-546-1-1-TWIST-OFF-AXIS-TUCK-JUMP_a925.html</a>
C 548	1 ½ TWIST OFF AXIS JUMP	<a href="https://www.fig-aerobic.com/C-548-1-TWIST-OFF-AXIS-JUMP_a1245.html">https://www.fig-aerobic.com/C-548-1-TWIST-OFF-AXIS-JUMP_a1245.html</a>
C 549	2/1 TWIST OFF AXIS JUMP	<a href="https://www.fig-aerobic.com/C-549-2-1-TWIST-OFF-AXIS-JUMP_a928.html">https://www.fig-aerobic.com/C-549-2-1-TWIST-OFF-AXIS-JUMP_a928.html</a>
D 142	1/1 TURN	<a href="https://www.fig-aerobic.com/D-142-1-1-TURN_a710.html">https://www.fig-aerobic.com/D-142-1-1-TURN_a710.html</a>
D 144	2/1 TURNS	<a href="https://www.fig-aerobic.com/D-144-2-1-TURNS_a713.html">https://www.fig-aerobic.com/D-144-2-1-TURNS_a713.html</a>
D 153	1/1 TURN TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-153-1-1-TURN-TO-VERTICAL-SPLIT_a716.html">https://www.fig-aerobic.com/D-153-1-1-TURN-TO-VERTICAL-SPLIT_a716.html</a>
D 155	2/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-155-2-1-TURNS-TO-VERTICAL-SPLIT_a718.html">https://www.fig-aerobic.com/D-155-2-1-TURNS-TO-VERTICAL-SPLIT_a718.html</a>
D 164	1/1 TURN TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-164-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a721.html">https://www.fig-aerobic.com/D-164-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a721.html</a>
D 166	2/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-166-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a723.html">https://www.fig-aerobic.com/D-166-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a723.html</a>
D 185	1/1 TURN WITH LEG AT HORIZONTAL	<a href="https://www.fig-aerobic.com/D-185-1-1-TURN-WITH-LEG-AT-HORIZONTAL_a737.html">https://www.fig-aerobic.com/D-185-1-1-TURN-WITH-LEG-AT-HORIZONTAL_a737.html</a>
D 187	2/1 TURNS WITH LEG AT HORIZONTAL	<a href="https://www.fig-aerobic.com/D-187-2-1-TURNS-WITH-LEG-AT-HORIZONTAL_a739.html">https://www.fig-aerobic.com/D-187-2-1-TURNS-WITH-LEG-AT-HORIZONTAL_a739.html</a>
D 196	1/1 TURN WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-196-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a740.html">https://www.fig-aerobic.com/D-196-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a740.html</a>
D 198	2/1 TURNS WITH LEG AT HORIZONTAL TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-198-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a745.html">https://www.fig-aerobic.com/D-198-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-VERTICAL-SPLIT_a745.html</a>
D 207	1/1 TURN WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-207-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a742.html">https://www.fig-aerobic.com/D-207-1-1-TURN-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a742.html</a>
D 209	2/1 TURNS WITH LEG AT HORIZONTAL TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-209-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a744.html">https://www.fig-aerobic.com/D-209-2-1-TURNS-WITH-LEG-AT-HORIZONTAL-TO-FREE-VERTICAL-SPLIT_a744.html</a>
D 224	BALANCE 1/1 TURN	<a href="https://www.fig-aerobic.com/D-224-BALANCE-1-1-TURN_a727.html">https://www.fig-aerobic.com/D-224-BALANCE-1-1-TURN_a727.html</a>
D 226	BALANCE 2/1TURNS	<a href="https://www.fig-aerobic.com/D-226-BALANCE-2-1TURNS_a729.html">https://www.fig-aerobic.com/D-226-BALANCE-2-1TURNS_a729.html</a>
D 235	BALANCE 1/1 TURN TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-235-BALANCE-1-1-TURN-TO-VERTICAL-SPLIT_a730.html">https://www.fig-aerobic.com/D-235-BALANCE-1-1-TURN-TO-VERTICAL-SPLIT_a730.html</a>
D 237	BALANCE 2/1 TURNS TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-237-BALANCE-2-1-TURNS-TO-VERTICAL-SPLIT_a732.html">https://www.fig-aerobic.com/D-237-BALANCE-2-1-TURNS-TO-VERTICAL-SPLIT_a732.html</a>

D 246	BALANCE 1/1 TURN TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-246-BALANCE-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a733.html">https://www.fig-aerobic.com/D-246-BALANCE-1-1-TURN-TO-FREE-VERTICAL-SPLIT_a733.html</a>
D 248	BALANCE 2/1 TURNS TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-248-BALANCE-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a735.html">https://www.fig-aerobic.com/D-248-BALANCE-2-1-TURNS-TO-FREE-VERTICAL-SPLIT_a735.html</a>
D 264	ILLUSION	<a href="https://www.fig-aerobic.com/D-264-ILLUSION_a746.html">https://www.fig-aerobic.com/D-264-ILLUSION_a746.html</a>
D 265	ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-265-ILLUSION-TO-VERTICAL-SPLIT_a747.html">https://www.fig-aerobic.com/D-265-ILLUSION-TO-VERTICAL-SPLIT_a747.html</a>
D 266	ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-266-ILLUSION-TO-FREE-VERTICAL-SPLIT_a748.html">https://www.fig-aerobic.com/D-266-ILLUSION-TO-FREE-VERTICAL-SPLIT_a748.html</a>
D 276	DOUBLE ILLUSION	<a href="https://www.fig-aerobic.com/D-276-DOUBLE-ILLUSION_a753.html">https://www.fig-aerobic.com/D-276-DOUBLE-ILLUSION_a753.html</a>
D 277	DOUBLE ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-277-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a754.html">https://www.fig-aerobic.com/D-277-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a754.html</a>
D 278	DOUBLE ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-278-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a755.html">https://www.fig-aerobic.com/D-278-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a755.html</a>
D 285	FREE ILLUSION	<a href="https://www.fig-aerobic.com/D-285-FREE-ILLUSION_a749.html">https://www.fig-aerobic.com/D-285-FREE-ILLUSION_a749.html</a>
D 286	FREE ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-286-FREE-ILLUSION-TO-VERTICAL-SPLIT_a750.html">https://www.fig-aerobic.com/D-286-FREE-ILLUSION-TO-VERTICAL-SPLIT_a750.html</a>
D 287	FREE ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-287-FREE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a751.html">https://www.fig-aerobic.com/D-287-FREE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a751.html</a>
D 297	FREE DOUBLE ILLUSION	<a href="https://www.fig-aerobic.com/D-297-FREE-DOUBLE-ILLUSION_a756.html">https://www.fig-aerobic.com/D-297-FREE-DOUBLE-ILLUSION_a756.html</a>
D 298	FREE DOUBLE ILLUSION TO VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-298-FREE-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a757.html">https://www.fig-aerobic.com/D-298-FREE-DOUBLE-ILLUSION-TO-VERTICAL-SPLIT_a757.html</a>
D 299	FREE DOUBLE ILLUSION TO FREE VERTICAL SPLIT	<a href="https://www.fig-aerobic.com/D-299-FREE-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a758.html">https://www.fig-aerobic.com/D-299-FREE-DOUBLE-ILLUSION-TO-FREE-VERTICAL-SPLIT_a758.html</a>

## **ADDENDUM 2**

### **WORLD AERIAL POLE SPORTS COMPETITION RULES**

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

Please note that all communication with the competition organiser will be conducted via [athletes@polesports.org](mailto:athletes@polesports.org).

## **Eligibility**

### **1. DIVISION - ELITE**

- Only Elite athletes qualifying in IPSF endorsed competitions are eligible to qualify for WASC.
- Athletes who have placed 1st in the Elite category in an IPSF endorsed national competition will automatically qualify to the WASC. The 2nd placed athlete in the Elite category will qualify if they meet the minimum score requirement as determined by the IPSF every year. The IPSF reserves the right to implement additional qualification criteria, which will be announced ahead of the WASC.
- Reserve Elite athletes may apply to WASC in the case of a qualified athlete being unable to attend/compete.

### **2. CATEGORIES**

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

- Novice Mixed
- Junior Mixed
- Senior Women
- Senior Men
- Master 40+ Mixed

### **4. ATHLETE SELECTION PROCESS**

- 4.1 All applicants of WASC must have citizenship or residency of the country they are representing.
- 4.3 Athlete participation is by qualification at a National or Open Championships.
- 4.8 The title of World Aerial Pole Sports Champion 20XX in all categories will be a lifetime title unless a sanction has been placed on the athlete.
- 4.9 Only two athletes per category are permitted to represent each country.
- 4.10 The second or third runner up (3rd and 4th athlete) can be accepted to WASC as reserve athletes. (Reserve athletes must apply under the same conditions to the WASC).

## **Application Process**

### **5. INITIAL APPLICATION**

- 5.1 All qualified athletes must:
  - Fill in the online application form. The link will be provided in the application pack sent to each qualifying athlete
- 5.2 All applications must be completed in English.

- 5.6 Athletes must represent the country they qualified in at their national competition, or the country that was declared at an open competition. In the case of dual citizenship, athletes may only represent one country in the WAPC. Athletes wishing to change their country of representation must allow for one competitive year to pass before the changeover.

## **6. MUSIC CHOICE**

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

## **Registration Process**

### **8. ATHLETE REGISTRATION**

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

## **Competing**

### **10. COSTUME**

- 10.15. The flag of the country being represented may be worn on the costume but may be no bigger than 10x10cm.
- 10.18. Only athletes and IPSF-registered coaches may wear the National tracksuit. All athletes and IPSF-registered coaches should have tracksuits according to the requirements, and the following rules must be observed:
- Athletes must wear a tracksuit representing their country.
  - Tracksuits must include: matching trousers (leggings are not allowed), t-shirt/tank top and a jacket. Hoodies/hood-style tops are not allowed.
  - In hot weather, it is acceptable to wear the t-shirt or tank top instead of the jacket except during the medal ceremony.
  - One individual sponsor's logo may be worn on the jacket and up to five (5) sponsor logos may be worn on the t-shirt/tank top. The size of the logos cannot be more than 10x10cm.
  - National teams must ensure that all athletes have the same matching tracksuits. National federation logos can be worn. The size of the logo cannot be more than 10x10cm
  - Other logos, imagery and writing cannot be displayed on the tracksuit.
  - Athletes representing the same country must all wear the same tracksuit. Where there is no federation in the country being represented (i.e., athletes qualified through Open competitions), athletes must coordinate to wear the same tracksuit. Please contact the IPSF if you require assistance in coordinating this.
  - Only athletes and IPSF recognised coaches are permitted to wear the official tracksuit.
  - The flag of the country being represented may be worn on the tracksuit and t-shirt/tank top. The flag should not be larger than 10cm in height.
  - Sponsor logos may not be bigger than the flag of the country being represented and should not take a place of prominence over the flag or federation logo.
  - The athlete's name and county name is permitted on the tracksuit and on the t-shirt/tank top; the letter height must not be taller than 10cm.



## **19. AWARDS**

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

## **20. COACHES**

- 20.8 At the World Championships, the IPSF will accept one National Coach per sports discipline per country, who will take responsibility for the entire team representing their country. This Coach will be required to complete the required training (which includes the Level 2 Code of Points for Coaches) and will receive all coach-related privileges at the World Championships.