

Acro: 3 Divisions:

COMPULSORY SCORE CARD REQUIRED FOR ALL ACRO DIVISIONS

Novice age 8-12

Junior 13-17

Women 18+

Men 18+

ACRO DIVISION 1: BRONZE

- Routine 2min30 to 3 minutes in length
- Minimum of 1 x spinning combination
- Minimum of 1 x static pole combination
- 2 floor tumbling/acro combinations sequences
- *hold each move for 2 seconds
- *2 strength
- *2 flexibility
- *1 Static spin (360° Rotation)
- *1 Spinning pole spin (720° Rotation)
- *Jump on or off the pole

Select Flexibility moves with a **move value** of 1 to 5

Select Strength moves with a **move value** of 1 to 5

Select Static pole spin from STS1 – STS9

Select Spinning pole spin from SPS1 – SPS12

*all compulsory requirements with * must appear on compulsory score card in the order they occur in your routine with the move value stipulated

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ACRO DIVISION 2: SILVER

- Routine 3min15 to 3min45 minutes in length
- Minimum of 1 x static pole combination
- Minimum of 1 x spinning combination
- 2 floor “tumbling/acro” combinations or sequences
- hold each move for 2 seconds
- *3 strength
- *3 flexibility (all splits 160° tolerance)
- *1 drop, hand grip change or jump on or off
- *1 Deadlift (from floor with bent or straight legs – please specify which you will be doing)
- *1 Static spin (360° Rotation)
- *1 Spinning pole spin (720° Rotation)
- *1 Jump on or off the pole

Select Flexibility moves with a **move value** of 3.5 to 8

Select Strength moves with a **move value** of 3.5 to 8

Select Static pole spin from STS4 – STS10

Select Spinning pole spin from SPS5 – SPS15

Select any deadlift (from the floor)

Please list the drop, tumble, pop or re-grip & jump on or off, you will be doing on your compulsory form in the order you perform it eg: shoulder pop, s/mount jump off, basic upright drop, jump off

*all compulsory requirements with * must appear on compulsory score card in the order they occur in your routine with the move value stipulated

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ACRO DIVISION 3: GOLD

- Routine 3min40 to 4 minutes in length
- Use $\frac{3}{4}$ of length of either pole twice
- 2 Static pole combinations
- 2 spinning pole combinations
- 3 Floor tumbling/acro combinations
- hold each move for 2 seconds
- *4 Strength
- *4 Flexibility
- *1 Drop (no hand contact), hand grip change or jump on or off
- *1 Acrobatic catch
- *1 Aerial dead lift
- *1 Static spin (360° Rotation)
- *1 Spinning pole spin (720° Rotation)

Select Flexibility moves with a **move value** of 5.5 to 10

Select Strength moves with a **move value** of 5.5 to 10

Select Static pole spin from STS9 – STS14

Select Spinning pole spin from SPS15– SPS23

Select any deadlift (aerial)

Please list the drop, tumble, pop or re-grip you will be doing

*all compulsory requirements with * must appear on compulsory score card in the order they occur in your routine with the move value stipulated

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Compulsory moves for ACRO ONLY:

Flexibility Moves:

1. Inside leg hang (scorpio):

90 deg split angle Move value: 1
160 deg split angle move value 1.5

FM 1



Criteria:

Contact points: inside thigh, side of shin
side of torso & armpit. No hand or foot
contact

2. Pole based Side Pole Straddle:

140 deg split angle move value: 1.5
160 deg split angle move value: 2

FM 2



Criteria:

Contact points: Soles of both feet & hands
Both legs fully extended

3. Floor Based Side pole straddle :

140 deg split angle move value: 1.5
160 deg split angle move value: 2

FM 3



Criteria:

Contact points: Top ankle, calf, lower calf,
heel
& both hands
Both legs & arms fully extended

4. Ballerina sit attitude:

140 deg split angle move value: 2

FM 4



Criteria:

Contact points: Inside armpit, side of torso
inside thigh, side of shin. No hand contact

5. Upright split on pole:

160 deg Move value: 3
180 deg move value: 3.5

FM 5



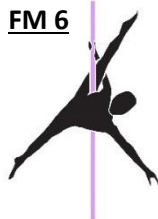
Criteria:

Contact points: upper leg ankle, calf back of
thigh. Lower leg: front of thigh, shin & foot
Both legs fully extended

6. Allegra:

160 deg move value: 4.5
180 deg move value: 5.5

FM 6



Criteria:

Contact points: inside hip, thigh, side torso
& hand. Both Legs fully extended

FLEXIBILITY MOVES CONTINUED:

7. Underarm hold pike:

Move Value: 4

FM 7



Criteria:

Points of contact: Inside armpit, hand (optional) torso. Both legs fully extended. Outside arms holding extended legs

8. Hip hold split (jade):

160 deg move value: 4.5

180 deg move value: 5.5

FM 8



Criteria:

Points of contact: Inside thigh, inside armpit & bicep. Inside arm bent or straight. Both legs fully extended

9. Cross bow elbow hold:

Move value: 4.5

FM 9



Criteria

Points of contact: both ankles, both elbows. No hand contact. Both legs fully extended.

10. Inverted front split (downward split):

160 deg Move value: 4.5

180 deg move value: 5

FM 10



Criteria:

Points of Contact: Back leg top of foot, front of shin & thigh. Front leg back of thigh, calf & ankle. Both hands. Both legs fully extended

11. Capezio:

160 deg move value: 6.5

180 deg move value: 7

FM 11



Criteria:

Points of contact: inside thigh, side of torso inside arm position of choice. Outside armpit around the back of pole, holding foot, back leg bent.

12. Split grip leg through split:

160 deg move value: 6.5

180 deg move value: 7

FM 12



Criteria:

Points of contact: Ankle or shin of front split leg
Both hands in split grip, grip of choice. Both legs fully extended.

FLEXIBILITY MOVES CONTINUED:

13. Lean back crescent :

Move value: 6.5

FM 13



Criteria:

Points of contact: both thighs, both hands. Legs crossed at the ankle or legs together, parallel to the floor. Body in backbend position. Torso & hips facing upwards

14. Superman crescent:

Move value: 7.5

FM 14



Criteria:

Points of contact: both hands, both thighs
Legs crossed at ankle, or closed next to one another, parallel to the floor. Body in backbend position. Torso & hips facing the floor.

15. Lotus crescent :

Move Value: 7.5

FM 15



Criteria:

Points of Contact: both thighs, back of one knee top of one foot, body in back arch, both hands.

16. No hands Hip hold split :

160 deg Move value: 7

180 deg move value: 8

FM 16



Criteria:

Points of contact: Inside thigh & side of torso
No hand contact. Both hands hold ankle or foot
Of inside leg above head. Both legs fully extended

17. Allegra passe:

160 deg move value: 7

180 deg move value: 8

FM 17



Criteria:

Points of contact: inside thigh, inside arm around the back of inside leg, hand holding the pole. Outside arm around back of pole holding back foot or ankle, back leg bent, front leg fully extended

18. Psycho splits/shoulder mount split:

160 deg move value: 7

180 deg move value: 8

FM 18



Criteria:

Points of contacts: inside shoulder, inside lower side of shin or ankle, both hands. Both legs fully extended front leg trapped between both hands

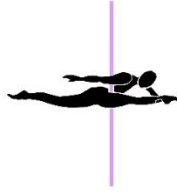
FLEXIBILITY MOVES CONTINUED:

19. Chopstick:

160 deg move value: 6

180 deg move value: 7

FM 19



Criteria:

Points of contact: inside armpit, bicep side of inside torso inside hip & thigh. Both legs fully extended. Outside hand holds Inside ankle or foot

20. Chopstick passe:

160 deg move value: 7

180 deg move value: 8

FM 20



Criteria

Points of contact: inside armpit, bicep side of inside torso inside hip & thigh Outside hand holds inside ankle or foot of fully Extended front leg. Inside hand holds ankle of back bent leg.

21. Handstand vertical split:

160 deg move value: 7

180 deg move value: 8

FM 21



Criteria:

Points of contact: back leg front of foot, side of shin, back of thigh, back of torso same shoulder & leg on the pole. Same arm on Floor. Other hand holding front leg at foot or ankle. Both legs fully extended.

22. Cocoon:

160 deg move value: 8

180 deg move value: 9

FM 22



Criteria:

Points of contact: outside knee hook front of torso. No hand contact. Both hands Hold the back foot, ankle or lower leg. Back leg may be bent or extended

23. Bird of paradise inverted (downward):

160 deg move value: 8

180 deg move value: 9

FM 23



Criteria:

Points of contact: inside hip, thigh side torso outside elbow. Both hands hold the inside ankle Both legs fully extended. Body inverted

FLEXIBILITY MOVES CONTINUED:

24. Bird of paradise upright:

160 deg move value: 8.5

180 deg move value: 9.5

FM 24



Criteria

Points of contact: inside hip, thigh, side torso
outside elbow.
Both hands hold the inside legs foot or ankle
Both legs fully extended. Body upright

25. Oversplit on pole:

Split angle +180 Move value: 8.5

FM 25



Criteria

Points of contact: sole of front foot, both hands, glutes, entire length of fully extended back leg. Body in back bend, front knee bent.

26. Underarm hold split straddle:

Move value: 8.5

FM 26



Criteria

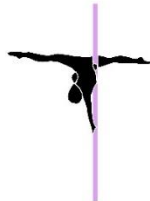
Point of contact: sole of both feet OR ankles of both feet, inside armpit. Both legs fully extended. Body parallel to floor

27. Dragontail split:

160 deg move value: 7.5

180 deg move value: 8.5

FM 27



Criteria

Points of contact: inside thigh, hip, outside hand
underneath torso, inside hand above head
Both legs fully extended. Body inverted

28. Dragon tail fang:

Move value: 8.5

FM 28



Criteria:

Points of contact: Both hands only. No leg or body contact. Body inverted

29. Dragon tail back bend

Move value: 9

FM 29



Criteria:

Points of contact: both hands only. No leg or body contact. Legs fully extended and parallel to the floor

FLEXIBILITY MOVES CONTINUED:

30. Floor k splits:

160 deg move value: 7.5
180 deg move value: 8.5

FM 30



Criteria

Point of contact: one hand one sole of foot
Both arms fully extended, both legs fully extended.

31. Machine gun:

160 deg move value: 8
180 deg move value: 9

FM 31



Criteria

Points of contact: inside armpit, inside hand
inside hip & side torso

32. Pegasus split facing floor:

160 deg move value: 7.5
180 deg move value: 8

FM 32



Criteria

Points of contact: inside forearm, back of neck
outside elbow around back of pole
Chest facing down, outside hand on back thigh
Both legs fully extended

33. Russian split:

160 deg move value: 7
180 deg move value: 8
180 deg legs parallel to floor: 9
Over 180 deg (oversplit): 10

FM 33



Criteria

Points of Contact: both hands and sole of one foot.
Both legs fully extended

34. Split grip leg through front split:

160 deg move value: 7
180 deg move value: 8

FM 34



Criteria

Points of contact: Both hands in split hand grip
Side of thigh of inside leg.
Both legs and arms fully extended

35. Vertical jade:

Move Value: 8.5

FM 35



Criteria

Points of Contact: inside armpit, full length of both legs, outside hand.
Outside arm holds around front leg, holding pole. Both legs fully extended

FLEXIBILITY MOVES CONTINUED:

36. Back elbow vertical split:

160 deg move value: 8
180 deg move value: 9

FM 36



Criteria

Points of contact: elbow, back of neck & shoulders
Body inverted, back to the pole, legs fully extended

37. Russian split hand release (flying k):

160 deg move value: 8
180 deg move value: 9

FM 37



Criteria

Points of contact: inside hand inside sole of foot
Both legs and arms fully extended

38. Crossbow / Spatchcock:

Feet on Pole Move Value: 9
Ankles on Pole move value: 10

FM 38



Criteria

Points of contact: both feet or both ankles upper back .
Both legs fully extended – no hand contact

39. Rainbow marchenko:

Move Value: 10

FM 39



Criteria

Points of contact: inside hand, armpit and inside thigh. Both legs fully extended, torso facing the floor, outside hand holds inside foot or ankle

Strength Moves:

1. Basic invert / crucifix (no hands):

Move Value: 1

SM 1



Criteria

Points of contact: both legs, torso. No hand contact.

2. Helicopter invert / inverted straddle:

Move Value: 2

SM 2



Criteria

Points of contact : both hands, side of torso inside hip.

Both legs fully extended, body inverted

3. Outside knee hook / gemini:

Move Value: 2.5

SM 3



Criteria

Points of contact: outside leg back of knee, inside hip and side of torso, inside armpit.

Inside leg fully extended or bent. Body inverted

4. Lean back :

Bent Knee Move Value: 2

Ankle cross Move Value: 3

SM 4



Criteria

Points of contact: inside thighs only

5. Pole straddle / Barbie:

Move Value: 2.5

SM 5



Criteria

Points of contact: both hands only, arms in split grip. Both arms and legs fully extended

6. Pole hug pencil:

Move Value: 2.5

SM 6



Criteria

Point of contact: chest and arms. Body fully extended, legs fully extended.

7. Floor Based Butterfly:

Move Value: 3

SM 7



Criteria

Points of contact: torso
Legs bent in attitude

STRENGTH MOVES CONTINUED

8. Cupid :

Inside hand on pole Move Value: 3.5
No hands move value: 4

SM 8



Criteria

Points of contact: one hand (option 1)
back of inside knee
Sole of one foot
Outside leg fully extended, inside leg hooked

9. Brass monkey:

1) Inside Armpit and 2 Hands Move value: 3.5
2) Inside armpit move no hands value: 4

SM 9



Criteria

Points of contact:
1) both hands, inside armpit, side of torso
2) no hands, armpit, side of torso
Crook of inside knee

10. Cradle tuck (split hand grip):

Move Value: 3.5

SM 10



Criteria

Points of contact: Both hands in split grip,
top of both thighs, stomach. Body parallel to
floor (20 deg tolerance)

11. Jasmine :

Move Value: 3.5

SM 11



Criteria

Points of contact: Crook of outside knee,
inside hip, inside arm. Inside arm fully
extended, inside leg fully extended. Body
inverted at an angle. Outside arm in fixed
position of choice.

12. Butterfly:

Move Value: 4

SM 12



Criteria

Points of contact: Inside of ankle calf, both
hands. Arms in split position, grip of choice.
Body inverted, torso facing pole, both legs
Bent in attitude.

13. Madonna / knee banner:

Move Value: 4

SM 13



Criteria

Points of contact: Crook of top knee,
bottom shin. No hand contact. Torso fully
extended away from pole, arms in position
of choice

STRENGTH MOVES CONTINUED

14. Superman:

Legs any angle Move Value: 4

Legs parallel to floor Move value: 4.5

SM14



Criteria

Points of contact: one hand, both upper thighs

Body fully extended. Free arm in position of choice.

15. Extended butterfly:

Move Value: 5

SM 15



Criteria

Points of contact: Inner ankle of top leg, both hands, arms in split grip of choice. Both arms & legs fully extended.

16. Flag passé (one leg bent)/ Flag plank:

Flag passé Move Value: 6

Flag plank Move Value: 7

SM 16



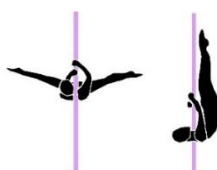
Criteria

Points of contact: lower arm Inside armpit, upper armpit & bicep, both hands, upper torso. Top arm wrapped around front of pole, bottom arm can be bent or extended, hip in line with torso. Body and extended leg/s to be parallel to floor

17. Shoulder mount straddle or pencil:

Move Value: 6.5

SM 17



Criteria

Points of contact: one shoulder, both hands in grip of choice. Legs in straddle or pencil position, fully extended with hips above head.

18. Hang man / split grip hang:

Move Value: 6.5

SM 18



Criteria

Point of contact: Both hands only. Arms in split grip of choice (twisted cup or true grip). Torso facing outward, legs parallel to pole. Both arms fully extended.

19. Underarm hold:

Move Value: 6.5

SM 19



Criteria

Points of contact: inside armpit, side of torso. No leg contact. Legs in fixed position of choice.

STRENGTH MOVES CONTINUED

20. Back support tuck:

Move Value: 6.5

SM 20



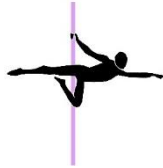
Criteria

Points of contact: Inside arm & hand, outside hand, side of torso. Outside arm in back support position, knees tucked into chest. Body parallel to floor with 20 deg tolerance.

21. Side superman:

Move Value: 6.5

SM 21



Criteria

Points of contact: one hand, back of top thigh – leg fully extended, bottom leg bent with back of thigh and crook of knee in contact. Top arm fully extended. Free arm in position of choice. Body and extended leg parallel to floor

22. Handspring straddle or pencil twisted or split hand grip

Move Value: 7

SM 22



Criteria

Points of contact: Both hands only. Arms in Split grip, grip of choice. Body inverted, legs fully extended in straddle or pencil position.

23. Inverted lotus:

Move Value: 7

SM 23



Criteria

Points of contact: Inside leg, side of torso, inside armpit optional. Body inverted, legs in lotus position.

24. Back support split:

Move Value: 7

SM 24



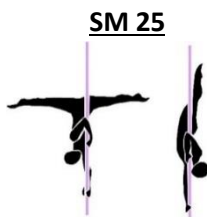
Criteria

Points of contact: Inside armpit, bicep, side of torso, outside hand. Inside arm wraps behind back of pole, holding fully extended inside leg at the ankle or calf. Outside arm in back support, holding pole. Outside leg fully extended

STRENGTH MOVES CONTINUED

25. Forearm hand spring:

Move Value: 7.5



Criteria

Points of contact: Forearm, both hands, bicep of inside arm optional. Bottom arm fully extended, Body inverted, legs fully extended in straddle V or pencil.

26. Elbow grip straddle or pencil (Ayesha):

Move Value: 7.5



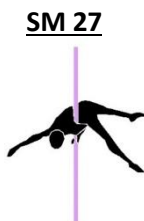
SM 26

Criteria

Points of contact: Crook of elbow. Bottom arm fully extended, Body inverted, legs fully extended in straddle V or pencil

27. Janeiro:

Move Value: 7.5



SM 27

Criteria

Points of contact: inside arm, one hand, back. Legs in fixed position of choice, outside arm in position of choice,

28. Cup grip handspring:

Move Value: 8.5



SM 28

Criteria

Points of contact: Both hands only, top hand in cup grip, arm may be bent. Lower arm fully extended. Legs fully extended in straddle v or pencil

29. Elbow neck hold straddle:

Move Value: 9



SM 29

Criteria

Points of contact: both shoulders, back of neck, crook of both elbows. Body parallel to floor. Elbows bent around back of pole.

30. Iron x (grip of choice):

Move Value: 9



SM 30

Criteria

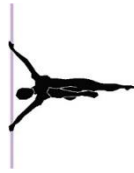
Points of contact: Both hands only. Bottom arm fully extended, both legs fully extended in V. Body parallel to floor. No tolerance

STRENGTH MOVES CONTINUED

31. Iron flag passe :

Move Value: 9

SM 31



Criteria

Points of contact: hands only
Arms fully extended in split grip, hand grip of choice. Body & top leg parallel to floor, bottom leg bent

32. Iron flag Body Parallel to floor :

Move Value: 10

SM 32



Criteria

Points of contact: hands only. Arms fully extended in split grip, hand grip of choice. Body and legs parallel to floor. No tolerance

33. Starfish / X pose:

Move Value: 10

SM 33



Criteria

Points of contact: Top of foot, sole of bottom foot. Top foot hooked behind pole, bottom foot standing on pole. Both legs fully extended. Arms in fixed position of choice.

34. Iguana air walk held
In horizontal plank:

Move Value: 10

SM 34



Criteria

Points of contact: both hands, shoulder, back. Air walk begins in pencil position and ends in horizontal plank, body parallel to floor.

35. S/mount plank passé/ plank :

Horizontal Plank passé Move Value: 9
shoulder

Horizontal Plank passé Move Value: 10

SM 35

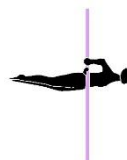


Criteria

Points of contact: both hands & one shoulder
Body parallel to floor, no tolerance

36. Back grip plank / shark (body parallel to floor): **SM 36**

Straddle legs move value: 9
Legs together straight: 10



Criteria

Points of contact: Side of torso, both hands.
Body parallel to floor, no tolerance

STRENGTH MOVES CONTINUED

37. Back support plank:
Move Value: 10

SM 37

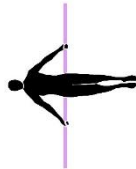


Criteria

Points of contact: both hands, side torso.
Inside arm fully extended, outside arm in
back support position. Body parallel to floor

38. Split grip leg through plank:
Move Value: 10

SM38



Criteria

Points of contact: both hands, bottom of
glutes & back of thighs. Body parallel to
floor, arms fully extended

Dead lifts:

Criteria: From Floor - No push or jump off the floor
Aerial - No momentum to be used, starting position both legs fully extended.

1. Shoulder mount

DL 1

- a) Move Value from floor bent legs 3
- b) Move Value from floor straight legs 4
- c) Move Value from floor straight legs together 5
- d) Move Value aerial bent legs 6
- e) Move Value aerial straight legs 7
- f) Move Value aerial straight legs together 8



2. Twisted grip

DL 2

- a) Move Value from floor bent legs 3
- b) Move Value from floor straight legs 4
- c) Move Value from floor straight legs together 5
- d) Move Value aerial bent legs 6
- e) Move Value aerial straight legs 7
- f) Move Value aerial straight legs together 8



3. Forearm grip

DL 3

- a) Move Value from floor bent legs 4
- b) Move Value from floor straight legs 5
- c) Move Value from floor straight legs together 6
- d) Move Value aerial bent legs 7
- e) Move Value aerial straight legs 8
- f) Move Value aerial straight legs together 9



DEADLIFTS CONTINUED

4. Iguana

DL 4

- a) Move Value from floor bent legs 3
- b) Move Value from floor straight legs 4
- c) Move Value from floor straight legs together 5
- d) Move Value aerial bent legs 6
- e) Move Value aerial straight legs 7
- f) Move Value aerial straight legs together 8



5. Neck hold / muscle up

DL 5

- a) Move Value from floor bent legs 5
- b) Move Value from floor straight legs 6
- c) Move Value from floor straight legs together 7
- d) Move Value aerial bent legs 8
- e) Move Value aerial straight legs 9
- f) Move Value aerial straight legs together 10



6. Cup grip

DL 6

- a) Move Value from floor bent legs 4
- b) Move Value from floor straight legs 5
- c) Move Value from floor straight legs together 6
- d) Move Value aerial bent legs 7
- e) Move Value aerial straight legs 8
- f) Move Value aerial straight legs together 9



7. Elbow grip

DL7

- a) Move Value from floor bent legs 5
- b) Move Value from floor straight legs 6
- c) Move Value from floor straight legs together 7
- d) Move Value aerial bent legs 8
- e) Move Value aerial straight legs 9
- f) Move Value aerial straight legs together 10



Static spins:

Static spins to be held in a fixed body position for a minimum of 360 degrees spin around the pole unless the spin requires a body position change

1. Basic fwd spin /front hook spin:

STS 1

Move Value: 1

Points of contact: both hands,
crook of inside knee



2. Basic spin backward:

STS 2

Move Value: 1

Points of contact: both hands
Inside forearm or armpit optional
Crook of inside knee



3. Fireman spin:

STS 3

Move Value: 2

Points of contact: both hands
Inside ankle behind pole, outside ankle in front



4. Ski lift / chair spin:

STS 4

Move Value: 2

Points of contact: both hands only
Legs at 90 deg angle



5. Attitude spin (fwd or backward):

STS 5

Move Value: 2.5

Points of contact: Both hands only
Legs in attitude position



6. Reverse grab spin / body spiral:

STS 6

Move Value: 3

Points of contact: Both hands only
Legs in fixed position of choice



STATIC SPINS CONTINUED

7. Carousel:

STS 7

Move Value: 4

Points of contact: both hands only

Legs bent , back arched



8. Cradle spin:

STS 8

Move Value: 5

Points of contact: both hands, hips

Bottom of torso & thighs.

Body parallel to floor



9. Split grip straddle / Barbie spin:

STS 9

Move Value: 5

Points of contact: Both hands in split hand grip

Legs in line or above hips



10. Shouldermount spin:

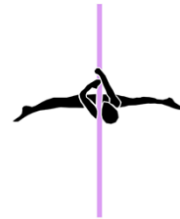
STS 1

Move Value: 6

Points of contact: Both hands in cup grip

& one shoulder

Legs fixed in straddle position.



11. Cup grip spin:

STS 11

Move Value: 7

Points of contact: Both hands in cup grip

Body fully extended at an angle to the pole



12. Jamilla / cradle into extended butterfly:

STS 12

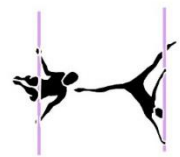
Move Value: 7

Points of Contact: for cradle spin split

Hand grip, body parallel to floor for

Full 360 deg rotation.

End position extended butterfly both hands
and inside ankle



13. Phoenix to handspring:

STS 13

Move Value: 8

Points of contact: One hand to split

Hand grip.

Body moves from one handed spin position

Of choice into a twisted split hand grip

Position, ending in an inverted handspring position

Legs fixed in position of choice



STATIC SPINS CONTINUED

14. Chinese / cup grip phoenix:

STS 14

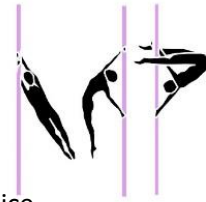
Move Value: 9

Points of contact: Both hands in cup grip body

Fully extended for the first part of spin

Bottom hand moves down into split arm grip

Body ends in inverted cup grip handspring, legs fixed in position of choice



Spinning Pole Spins: 720 deg Rotation in a Fixed Position

1. Basic spin fwd / front hook spin:

SPS 1

Move Value: 1

Points of contact: both hands,
crook of inside knee



2. Basic spin backward / back hook spin:

SPS 2

Move Value: 1

Points of contact: both hands
Inside forearm or armpit optional
Crook of inside knee



3. Chair spin:

SPS 3

Move Value: 2

Points of contact: both hands only
Legs at 90 deg angle



4. Split grip straddle / Barbie:

SPS 3

Move Value: 3

Points of contact: Both hands in split hand grip
Legs in line or above hips



5. Oona spin:

SPS 5

Move Value: 3

Points of contact: Outside hand in cup grip
Inside arm fixed in position of choice
Both legs in seated position to one side of pole



Spinning Pole Spins: 720 deg Rotation in a Fixed Position

6. Pencil spin:

Forearm on pole Move Value: 4
Hands only move value: 5
Body fully extended

SPS 6



7. Marley spin

Holding legs Move Value: 5
Points of contact: crook of top knee
Top of Thigh of bottom leg

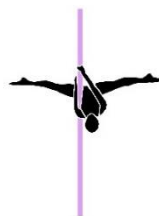
SPS 7



8. Inverted straddle / helicopter spin

Move Value: 5
Points of contact: both hands, inside arm
And hip of inside leg. Body inverted, both legs
Fully extended in straddle

SPS 8



9. Underarm hold passe:

Move Value: 5
Points of contact: Inside arm, side of torso
Side of thigh, outside bridge of foot

SPS 9



10. Reverse grab (leg position of choice)

Move Value: 5
Points of contact both hands, arms in
Split hand grip

SPS 10



11. Ice skater:

Move Value: 6
Points of contact: one hand, inside hip
Inside thigh and calf or ankle.
Outside leg fully extended

SPS 11



12. Sword Spin

Both hands on Pole Move Value: 5
One hand only Move Value: 6
Points of contact: inside leg thigh & calf

SPS 12



Spinning Pole Spins: 720 deg Rotation in a Fixed Position

13. Cradle spin

Move Value: 6

Points of contact both hands lower stomach
Top of both thighs, body parallel floor

SPS 13



14. Inverted ice skater:

Move Value: 7

Points of contact: inside hip,
thigh and calf or ankle, one armpit
Body inverted

SPS 14



15. Pike / meathook spin (one hand):

Move Value: 7

Points of contact: one hand lower abdomen.

SPS 15



16. Iguana fang:

Move Value: 7

Points of contact: both hands, one shoulder
Or back of neck, no leg contact. Body inverted

SPS 16



17. Tail spin (V sit):

Move Value: 7

Points of contact: both hands one forearm
Legs above hips in V position

SPS 17



18. Tuck pike:

Move Value: 7

Points of contact: lower torso, top of thighs
No hand contact Legs fully extended.

SPS 18



19. Cupgrip pencil:

Move Value: 8

Points of contact: Both hands in CUP GRIP
Body fully extended, at an angle to the pole

SPS 19



Spinning Pole Spins: 720 deg Rotation in a Fixed Position

20. Reverse butterfly extended:

SPS 20

Move Value: 8

Points of contact: inside ankle, same shoulder

Same hand.

Body inverted, outside hand holds outside ankle or foot



21. Titanic :

SPS 21

Move Value: 8

Points of contact: One shoulder, both inner thighs

Full length of inside leg



22. Crossbow:

SPS 22

Move Value: 9

Points of contact: both hands in split grip of choice

Legs fully extended in straddle V resting on forearms

Body parallel to floor



23. Supported sailor:

SPS 23

Move Value: 10

Points of contact: both feet, one hand

Body inverted fully extended at an angle to the pole



24. One handed spin:

SPS 24

Move Value: 10

Point of contact: One hand only

Body fully extended in pencil position



25. Star fish spin:

SPS 25

Move value: 10

Points of contact: Top of upper foot

Sole of bottom foot.

Body parallel to floor. Both legs & body fully extended



Spinning Pole Spins: 720 deg Rotation in a Fixed Position

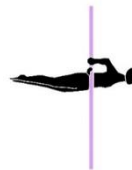
26. Back grip plank / shark (body parallel to floor):

SPS 26

Move value: 10

Points of contact: Both hands, side of torso

Body parallel to floor. Legs closed & fully extended



27. Aerial Based clock:

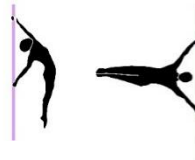
SPS 27

Move value: 10

Points of contact: both hands in grip of choice

Body completes 2 full rotations, legs fully extended

In straddle or pencil



EXTRA REQUIRMENTS:

POINT VALUE

Hand grip changes:

1 hand changing position with shoulder on the pole	0.5
Both hands releasing and regripping the pole with shoulder on the pole	1
1 hand changing position with no body contact (hand contact only)	1.5
2 hands releasing the pole and re catching the pole	2.5

Drops: NO HAND CONTACT

Upright drop	1
Inverted drop	2

JUMP ON OR OFF	0.5
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