

























Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-I-1	Hanging on elbow		Vertical hanging on the elbow, with rest on the silks.	
			2,5 points	- Main arm straight - <b>Without additory wrap</b>
AS-I-2	Front Flag		Hanging on one hand in a single wrap on the wrist, the body performs a turn in the "front flag". Free arm is set aside	
			1 point	- Legs straight and folded together
AS-I-3	Blanche		Hanging on one hand in a single wrap on the wrist, the body performs a turn in the "front flag" the free arm is set aside. <b>The body straight in the "stomach down" position, parallel to the floor. Hips, legs and shoulders make one straight line.</b>	
	Option 1		3 points	- One leg bend - Back straight parallel to the floor
	Option 2		3 points	- <b>Legs spread on 160° or more opening split line</b> - Legs are in one level with body and parallel to the floor.
	Option 3		4 points	- <b>Legs spread on 90° or less</b> - Legs are in one level with body and parallel to the floor.
	Option 4		5 points	- Legs folded together - Legs are in one level with body and parallel to the floor.
AS-I-4	Back Flag		Hanging on one hand in a single wrap on the wrist, the body performs a turn in the deflection, the free arm set aside.	
	Option 1		3 points	- Legs spread and straight
	Option 2		3,5 points	- Feet together, legs straight
	Option 3		4 points	- Free hand holds the knee or the foot of homonymous leg - Upper shoulder do not touch the silks
AS-I-5	Split with rest on the shoulder		Hanging on the hands in a single wrap on the wrist, with one foot resting the shoulder and upper arm, the body turns on 270 ° to "stomach" down position, doing a split.	
			2 points	- Legs opening 180 ° or more - Arms straight






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-I-6	Front Crocodile			Horizontal rest with two support arms straight, the body parallel to the floor
	Option 1		2 points	- Arms straight, in additory wrap
	Option 2		3 points	- Arms straight, without wrap
AS-I-7	Hanging on the stomach with a turn of the body in the "front flag"			Hanging on the stomach with a turn of the body in the "front flag" with the hand on the silks, without additory wraps on the hands. The free hand is straight and set aside or down, the legs are straight, feet together.
			0,5 point	- Support arm straight - Feet together
AS-I-8	Power Cross			The rest on the arms in a spiral single wrap, the body is exactly perpendicular to the floor.
	Option 1		1 point	Hands diagonally (angle between arms and the body not less than 45°) - Single spiral wrap
	Option 2		3 points	- Arms parallel to the floor - Single spiral wrap
	Option 3		5 points	- Arms parallel to the floor - <b>Single spiral wrap on the wrist (support point is the wrist)</b>
AS-I-9	Horizontal hanging in the split, the near leg in the spiral wrap			Horizontal hanging in the split (parallel to the floor), Closer leg is <b>straight</b> in a spiral wrap, both hands fixate the silks
	Option 1		3 points	- Body parallel to the floor - Arms straight, hands hold the silks - Legs opening 180 ° or more
	Option 2		4 points	- Body parallel to the floor - Arms straight, hand hold the ankle - Legs opening 180 ° or more
AS-I-10	Hanging on one hand with a pronated grip			Hanging on one hand in pronated grip without additional wraps on the arm. Free hand set aside
			3,5 points	- Without additional wraps on the arm






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-I-11	Airplane face down			Horizontal rest of the body on the lower arm without wraps with a pronated grip. The body and legs in the “stomach down” position, parallel to the floor. Hips and shoulders make one straight line. Arm should rest at the level of waist and not lower than haunch bone.
	Option 1		3,5 points	- Body parallel to the floor - Legs apart
	Option 2		4 points	- Body parallel to the floor - Feet together
AS-I-12	Hanging on the neck in a loop			Hanging on the neck, the support arm holds a loop of silks, the free arm is set aside
	Option 1		2 points	- Silks divided. - A loop on the one fabric, another is set down - Body straight - The free hand is set aside
	Option 2		3 points	- Silks together - Body straight, - The free arm is set aside
AS-I-13	Side split with force approach			Side split with the rest on the legs, hands in a spiral single wrap, the body tends to parallel to the floor. Hips and shoulders make one straight line.
	Option 1		2 points	- Body vertically or horizontally - Body in fold (no split)
	Option 2		2,5 points	- Body vertically or horizontally - Feet, body and hips make one straight line
	Option 3		4 points	- Body parallel to the floor - Feet, body and hips make one straight line
AS-I-14	Rest on a straight arm, with a deflection of the body			Rest on a straight arm, with a deflection of the body, a free arm along the head, silks under the waist
			1,5 point	- Support arm straight - Body in deflection - A free arm along the head
AS-I-15	Hanging on the hands behind, in the back crocodile			Hanging on arms with back deflection. Legs straight parallel to the floor, silks between legs. <u>Without additory rest (fixation) on hands (by hips, knees)</u>
	Option 1		2 points	- Without additory wrap - Legs diagonally to the floor
	Option 2		3 points	- Without additory wrap - Legs parallel to the floor






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-I-16	Original Hanging in a split			Hanging on two arms in a side or front split, the hand behind the eponymous leg, without additory wraps of the hands.
			<b>3 points</b>	- Legs in front split (legs opening on 160° or more) - Arm is behind the homonymous leg
			<b>3,5 points</b>	- Legs in a side of front split (opening of the legs 160° or more) - Arm is behind the homonymous leg
AS-I-17	Folded stance			Stance in the fold, silks behind the back, the upper arm between the legs, the lower one behind the back. Both arms straight, legs folded.
			<b>2,5 points</b>	- Arms straight, hands in wide grip - Body perpendicular to the floor - Silks on the hips
AS-I-18	Hanging «Dangerous bridge»			Hanging when upper leg is fixated on the silks by foot <b>without additory fixation</b> . Arms straight holding the silks. Free leg is bend or opens split line.
	Option 1		<b>2,5 points</b>	- Legs are in one level with body, <u>not parallel to the floor</u> ( diagonally, angle not less than 45° ) - Silks do not touch the shoulder
	Option 2		<b>4 points</b>	- Legs are in one level with body <u>parallel to the floor</u> - Silks do not touch the shoulder
AS-I-19	Hanging "backward Blanche" with fabrics fixed on the stomach			Hanging in the "backward Blanche" position, the silks crossed on the stomach and fixed by the armpits. Body is parallel to the floor, arms and legs straight.
			<b>2 points</b>	- Body and legs parallel to the floor - Back straight
AS-I-20	Horizontal rest on side split			Hanging in side split resting the silks. Arms straight. The body and split line parallel to the floor.
			<b>4 points</b>	- Legs opening 180 ° or more - Arms straight.

Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-I-21	Front Blanche			Start position – hanging on spread silks, lifting straight legs. Moving straight body to be parallel to the floor.
	Option 1		3 points	- One leg bend - Back straight parallel to the floor
	Option 2		4 points	- Legs spread on 160° or more opening split line - Legs are in one level with body and parallel to the floor.
	Option 3		4,5 points	- Legs spread on 90° or less - Legs are in one level with body and parallel to the floor.
	Option 4		5 points	- Feet together, legs and body parallel to the floor - Back straight
AS-I-22	Straight flag			Start position: hanging on straight arms, support arm in pronated grip holds the lower part of silks, dominant hand in underhand grip holds the upper part of the silks. Legs do upswing lifting the body, spreading the legs.
			4 points	- Start upswing from hanging position - Lower hand in pronated grip - Upper hand in underhand grip - Legs do not hold the silks - Arms straight - Legs do not touch the silks
AS-I-23	Vertical split, without additory wrap with rest on silks			Vertical <b>front split</b> , without additory wrap, with rest on silks by lower foot, homonymous hand fixates the silks. Free leg opens split line, upper (homonymous) hand in pronated grip holds the silks behind the leg.
	Option 1		2 points	- Legs opening less than 180° - Arms straight - Homonymous arms behind the leg
	Option 2		3,5 points	- Legs opening 180° or more - Arms straight - Homonymous arms behind the leg
AS-I-24	Vertical split, Without additory wrap with rest on hand			Hanging in front split with rest on hand when leg is on the elbow of homonymous arm. Hands in pronated grip. Free leg opens split line.
			2,5 points	- Legs opening 180° or more - Hands holding the silks in pronated grip








Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-II-1	Vertical Hanging with spiral wrap		Hanging on knee with spiral wrap on free leg and foot. Knee and arms straight, back in deflection. Hands hold the silks or leg in a "Biellmann" grip (with a shoulder twist).	
	Option 1		1 point	- With a grip on the silks
	Option 2		2,5 points	- With a grip on the feet or angle with shoulder twist
AS-II-2	Diagonal Hanging in a split		Diagonal Hanging in a split, with a hand grip and rest on foot in a single knot made of two silks. A free leg in a split behind a shoulder of a dominant hand.	
			1,5 points	-Legs opening 180 ° or more
AS-II-3	Hanging in the split with rest on feet in the silks		Hanging in a split with rest on feet, opening a split line. Silks crossed on the waist.	
	Option 2		1,5 point	-Legs opening 180 ° or more
AS-II-4	Vertical Hanging in a front split, with rest on the hip		The foot of one leg is tied in a single knot with a spiral wrap up to the hip, the opposite hand in the wrap behind the second silk. Free leg opens a split line	
	Option 1		1 point	-Legs opening less than 180 °
	Option 2		1,5 point	-Legs opening 180 ° or more
AS-II-5	Hanging in the split, foot grip, with the spiral wrap of the support leg		Hanging with the spiral wrap of the support leg with the foot grip of the silks, the dominant leg behind the support arm.	
			1 point	-Legs opening 180 ° or more

Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed	
AS-II-6	Vertical split, with spiral wrap of the front leg			Vertical split, with spiral wrap of the front leg, body in the deflection, arms in the sides	
			<b>1 point</b>	-Legs opening 180 ° or more	
AS-II-7	Hanging on the waist in a loop			Vertical Hanging on the waist in a loop with a deflection of the body, the arms straight and hold the silks and legs behind the ankles in the grip of the "Biellmann" (with a turn of the shoulders)	
			<b>Option 1</b>	<b>1,5 point</b>	- Legs bend
			<b>Option 2</b>	<b>3 points</b>	- Legs straight, together
AS-II-8	Horizontal hanging in a split with rest on the hip			Horizontal hanging in a split with rest on the hip in the fabric and spiral wrap of the support leg into a single knot made of two silks.	
			<b>Option 1</b>	<b>0,5 points</b>	-Legs opening less than 180 °
			<b>Option 2</b>	<b>1 point</b>	-Legs opening 180 ° or more
AS-II-9	Horizontal hanging with the wrap of the hip			Horizontal hanging with single spiral wrap on the hip. Free leg in the split behind the shoulder of the support arm	
			<b>1,5 points</b>	-Legs opening 180 ° or more - Support arm straight	
AS-II-10	Vertical rest in the side split on a single knot, with the fixation of the free leg above the head			Vertical rest on the separated silks in the side split, support leg in the single knot wrap, the free leg is raised and fixed over the head in a single spiral wrap.	
			<b>2,5 points</b>	-Legs opening 180 ° or more - Feet and hips make one line	






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-II-11	Vertical spiral wrap in front split with rest on hands			Vertical spiral wrap in the front split with rest on straight hands in the silks. Back in a strong trough, the body is maximally raised to the foot
			1,5 points	-Arms straight -Legs opening 180 ° or more
AS-II-12	Horizontal Hanging in the front split on straight knots. With the bend of the body to the back leg, a "Biellmann" grip			Horizontal Hanging in the front split on straight knots, with the deflection of the body to the back leg, the homonymous hand grasps the back leg in a "Biellmann" grip (with a swivel of the shoulders)
			2,5 points	-Legs opening 180 ° or more -The opposite hand in a "Biellmann" grip (with a shoulder twist).
AS-II-13	Hanging in the side split on straight single knots			Hanging in the side split on straight single knots
			2 points	- One hand on silks, another arm is set aside -Legs is side split, opening 180 ° or more - The hips and feet make one straight line
AS-II-14	Vertical Hanging in the "eight" wrap with the deflection of the body and holding legs in a "Biellmann" grip			Vertical hanging in the "eight" wrap with a strong deflection of the body and a "Biellmann" grip holding two legs.
	Option 1		3 points	- <b>Legs bend, feet together</b> - foot or ankles in a "Biellmann" grip (with a shoulder twist).
	Option 2		5 points	- <b>Legs straight, feet together</b> - foot or ankles in a "Biellmann" grip (with a shoulder twist).
AS-II-15	Hanging in the side split, with the fixation of the foot opposite the hand			Vertical rest in side split or in "fold" position. Leg is fixated by opposite hand.
			1 point	- Hand holds the opposite leg over the head










Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-II-16	Vertical hanging on the back in a "Biellmann" grip			Vertical hanging on the back with a strong deflection of the body, the bend hand rests the silks, the free hand fixes the opposite foot in a in a "Biellmann" grip (with a shoulder twist).
			<b>1,5 points</b>	-in a "Biellmann" grip (with a shoulder twist).
AS-II-17	Horizontal hanging in a split with spiral legs wrap			Horizontal hanging, legs a spiral wrap. Hand in a "Biellmann" grip (with a shoulder twist) holding the silks or the foot (ankle). Legs <u>straight</u> in a spiral wrap
	<b>Option 1</b>		<b>2 points</b>	- Hand holds the silks -Legs opening 180 ° or more - Split line parallel to the floor
	<b>Option 2</b>		<b>3,5 points</b>	- <b>Hand holds the foot or ankle</b> -Legs opening 180 ° or more -Split line parallel to the floor
AS-II-18	Diagonal rest with upper leg grip in a side split			Diagonal rest with the grip of the upper leg in the side split
			<b>1 point</b>	- Side split 180 ° or more - Arms straight
AS-II-19	Diagonal on separated silks by shoulder, Biellmann" grip			Diagonal on foot in single wrap. The body between the silks, resting the shoulders on separated silks. The hand hold free leg in "Biellmann" grip (with a turn of shoulders). The head is between the silks
	<b>Option 1</b>		<b>2 points</b>	- "Biellmann" grip (with a turn of shoulders) - The free leg is bend - Silks divided and passing over the shoulder
	<b>Option 2</b>		<b>3 points</b>	"Biellmann" grip (with a turn of shoulders) - Free leg straight - Silks divided and passing over the shoulders
AS-II-20	Vertical Hanging in a split on a hand with a single wrap			Vertical Hanging on one hand in a single wrap on the wrist, the hand is straightened, the free hand holds the opposite leg, opening split line
			<b>1,5 points</b>	- Body straight - Legs opening 180 ° or more - Holding the leg by opposite hand behind the head





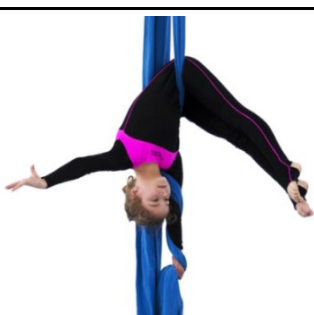
Appendix № 1 compulsory exercises Aerial silks

Group II - flexibility





Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-II-21	Horizontal hanging on the knee with a "Biellmann" grip of the bend leg,		Horizontal hanging on the knee with the grip of the bend leg behind the foot or ankle with a "Biellmann" grip (with a shoulder twist). The straight leg rests against a single-directional knot with a wrap.	
			2,5 points	- "Biellmann" grip (with a turn of shoulders) - Support legs straight
AS-II-22	Horizontal hanging on two hands in the deflection, with the wrap of the silks on the waist and the rest of the back foot on the silks		Horizontal hanging on two hands in the deflection, with wrap on the waist and rest of a back foot on the silks	
			1 point	- Strong deflection in the back, head turned back
AS-II-23	Vertical split with a bend or Biellmann grip		Vertical hanging in the split, with the wrap "straight knot" of the lower leg and a single spiral wrap of the upper leg, the body in the deflection, the arm rests on the silks	
	Option 1		1,5 points	- Both straight arms rest the silks. - Legs opening 180 ° or more.
	Option 2		3 points	- One straight arm rests the silks, another arms holds <b>homonymous upper leg</b> in "Biellmann" grip - Legs opening 180 ° or more.
	Option 3		4 points	- One straight arm rests the silks, another arm (opposite to upper leg) holds <b>upper leg</b> in "Biellmann" grip - Legs opening 180 ° or more.
AS-II-24	«Basket»		Horizontal hanging with double or triple spiral legs wrap, back in deflection, arms straight holding the silks.	
	Option 1		1 point	- Feet do not reach the head (or touches a bit)
	Option 2		1,5 points	Feet reach the head (ears, forehead)
	Option 3		2,5 points	- Legs straight above the head - Hands and legs parallel to the floor
AS-II-25	Vertical split with rest on the loop and shoulder		Vertical split with rest of lower leg on the loop hold by homonymous hand, shoulders parallel to the floor, the free hand is set aside, the shoulder rests against the silks.	
	Option 1		1,5 points	-Legs opening less than 180 ° -Shoulders parallel to the floor
	Option 2		3 points	-Legs opening 180 ° or more - Shoulders parallel to the floor





Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-II-26	Front split with rest on front leg in the loop, the back foot in silks			The front split with the rest on the front leg in the loop, the back foot in the silks, the front hand holds both silks. The body and shoulders perpendicular to the floor.
	Option 1		1 point	- Legs opening less than 180 °
	Option 2		2,5 points	- Legs opening 180 ° or more
	Option 3		3,5 points	- Legs opening 180 ° or more -Free hand holds the back foot in "Biellmann" grip
AS-II-27	Side split with rest on hand			Rest on the lower arm in the spiral wrap, the upper arm fixes the opposite foot. Legs open split line parallel to the floor.
	Option 1		1 point	- Legs opening less than 180 ° -Arm set down, perpendicular to the floor.
	Option 2		2 points	-Legs opening 180 ° or more -Arm set down, perpendicular to the floor.
AS-II-28	Stance in a fold, silks behind the back			The lower leg in a "straight knot" wrap, silks pass behind and are griped between the hip and the shoulder, hands fix the upper leg in the lock.
			2,5 points	- Body parallel to the floor - Legs straight - Opening side split (hips, and feet make one line)
AS-II-29	Hanging in a split on loops			Hanging in a split on loops made with silks fixed by hands.
	Option 1		1 point	- Legs opening less than 180 ° - Arms straight
	Option 2		1,5 points	- Legs opening 180 ° or more - Arms straight
AS-II-30	Hanging in "back flag", legs in split			Start position – Hanging on one or two hands. Vertical pull-up, doing "back flag". Free hand holds the foot (or knee) doing a split
			4 points	- Legs spread on 180° or more opening split line - start from "back flag"






Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-II-31	Hanging on back side of shoulder doing a split			Hanging on back side of shoulder doing a split. The silks are spread and pass under back side of shoulder, support leg in single wrap «square knot»
			<b>3 points</b>	<ul style="list-style-type: none"> <li>- Legs spread on 180° or more opening split linee.</li> <li>- Arms spread</li> <li>- Back straight</li> </ul>
AS-II-32	Body twist hanging on the foot			Start position – Hanging on the foot in spiral wrap, free leg rests the silks <u>on the angle 90°</u> . Free straight leg rests the silks, arms crossed (the elbow is under homonymous leg, hand over the leg). The body and legs twists on 180°.
	Option 1		<b>3 points</b>	<ul style="list-style-type: none"> <li>- Twist (starting and ending the exercise) <b>through bend leg</b></li> <li>- Arms crossed.</li> <li>- Arms straight.</li> <li>- Elbows connected</li> <li>- Legs parallel to the floor</li> </ul>
	Option 2		<b>5 points</b>	<ul style="list-style-type: none"> <li>- Twist <b>with two straight legs</b></li> <li>- Arms crossed.</li> <li>- Arms straight, hand is under homonymous leg</li> <li>- Elbows connected</li> <li>- leg parallel to the floor</li> </ul>






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-III-1	Hanging on one hand			Hanging on one hand in single wrap on the wrist, arm straight, free hand holds the opposite <b>straight</b> leg in a "Biellmann" grip (with a shoulder twist).
	Option 1		4,5 points	<ul style="list-style-type: none"> <li>- One leg straight set back over the head</li> <li>- Second bend leg touches the head - "Biellmann" grip (with a shoulder twist).</li> </ul>
	Option 2		5 points	<ul style="list-style-type: none"> <li>- Legs opening 180 ° or more</li> <li>- In a "Biellmann" grip (with a shoulder twist)</li> <li>- Split line parallel to the floor</li> </ul>
AS-III-2	Stance on straight arms doing side split			Stance on straight arms in spiral wrap, legs in a side split
			1,5 points	<ul style="list-style-type: none"> <li>- Legs opening 180 °</li> <li>- Straight split line (feet and hips in one line)</li> </ul>
AS-III-3	Stance on straight arms			Stance on straight arms in spiral wrap, both legs straight or bend laid back, back in bend.
	Option 1		2 points	<ul style="list-style-type: none"> <li>- Legs bend</li> <li>- Legs touch the head</li> </ul>
	Option 2		2,5 points	<ul style="list-style-type: none"> <li>- Legs straight and parallel to the floor</li> </ul>
AS-III-4	Balance in the split with the back foot in the loop			Balance in the split with the wrap of the front leg into a single knot, the back leg in the loop, which is fixated with a simple grip by the same hand. Free hand is on silks or set aside.
	Option 1		1 point	- Both hands on the equipment
	Option 2		1,5 point	- One hand on the equipment
AS-III-5	Front flag with rest on the hand in the spiral wrap			Stance on a straight arm in a spiral wrap with rest on the stomach and the body turning into a "front flag". The free hand is set aside
			1 point	- Legs straight






Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-III-6	Stance on arms with a hook under the knee			Stance on straight arms in a spiral wrap, silks under the knee, the free leg is set back, the back in the deflection
			1 point	- Free leg straight
AS-III-7	Hanging in the side split on the balance			Hanging in a side split on the balance, the body straight, hands forward.
	Option 1		2,5 points	- Support point under the gastrocnemius (with additory wrap) - Straight split line ( feet and hips in one line)
	Option 2		4,5 points	- Support point under the foot (straight single knot. Without additory wrap) - Straight split line ( feet and hips in one line) - without deflection or fold
AS-III-8	Horizontal Hanging on the hands, in the front split			Horizontal hanging on hands in front split, front leg in single wrap «square knot». Split line parallel to the floor. Arms straight.
			1,5 points	- Straight arms -Legs opening 180 ° or more
AS-III-9	Horizontal hanging in the split with the hand grip of the opposite leg			Horizontal Hanging with hip rest on the silks , the leg is pulled forward, opening a split line, the opposite holds the silks, the free hand locks grabs the opposite leg by the ankle
			2,5 points	- Hand straight - Split parallel to the floor -Legs opening 180 ° or more





Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-III-10	Front split in balance on single knots			Balance in a split line with the wrap of legs in a single knot, arms spread, the body is perpendicular to the floor
	Option 1		1,5 points	- Support point under the calf muscle (with additory wrap)
	Option 2		3 points	- Support point under the foot (straight single unit without additory wraps) - From the split position
	Option 3		4,5 points	- Support point under the foot (straight single knot. <b>Without additory wrap</b> ) - <b>From standing position</b> (fall into a split) - Start position: legs at one level (the distance between level of foot not more than 30 cm) - End position: feet on one level, legs parallel to the floor
AS-III-11	Diagonal split in balance with fixation of back foot in a loop			Diagonal split in balance, front leg in straight single knot wrap, back foot in a loop. Arms spread, body straight
			2 points	- Support point under the foot (straight single knot <b>Without additory wrap</b> ) - arms spread
AS-III-12	Vertical rest on one hand without additory wraps, legs in a split, fixation by the second hand on the silks			Stance on a straight arm, support arm straight, without additory wraps, legs in split, fixated by the second hand behind the silks. The body perpendicular to the floor.
			3 points	- Both hands are straight - Legs opening 180 ° or more - Hands without wraps
AS-III-13	Horizontal hanging on the arms crossed on the waist			Horizontal hanging on the arms crossed on the waist without wraps, one leg is bend, the second is straightened, the body in deflection
			2,5 points	- Arms without wrap - Body parallel to the floor

Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-III-14	Russian split			Horizontal rest on the leg in a straight knot wrap. Hands rest on silks that passes over the shoulders. Legs open split line. The body parallel to the floor
			<b>3 points</b>	<ul style="list-style-type: none"> <li>- Body parallel to the floor</li> <li>- Legs opening 180 ° or more</li> <li>- without additory fixation of silks by neck</li> </ul>
AS-III-15	Back flag with foot grip in a split			Hanging on one hand in the “back flag” position. The free hand holds the foot, opening split line. Support arm without wrap.
			<b>2 points</b>	<ul style="list-style-type: none"> <li>- Support arm <b>without wrap</b>, pronated grip</li> <li>- Legs opening 180 ° or more</li> <li>- Silks connected</li> </ul>
AS-III-16	Vertical rest on the chest with a split.			The body rests on the silks, collected under the chest in a pronated grip, legs opening split line.
			<b>3,5 points</b>	<ul style="list-style-type: none"> <li>-Support arm without wraps, pronated grip</li> <li>- Legs opening 180 ° or more</li> </ul>
AS-III-17	Hanging on the neck in a split in a straight knot wrap			Hanging on the neck, feet in a straight knot wrap, legs opening split line
			<b>2 points</b>	<ul style="list-style-type: none"> <li>- Legs opening 180 ° or more</li> <li>- Arms set aside</li> </ul>
AS-III-18	Horizontal hanging in a split with foot rest on the silks			Hanging on the hand in a single wrap on the wrist, the arm is straightened, foot rests the silks, the second hand in pronated grip
			<b>1,5 points</b>	<ul style="list-style-type: none"> <li>- upper hand in wrap</li> <li>- lower hand in pronated grip</li> <li>- Legs opening 180 ° or more</li> <li>- Split line parallel to the floor</li> </ul>




Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-III-19	Stance in the back crocodile, with spiral wrap over the shoulder			Stance on separated silks. Legs parallel to the floor, the upper arm is straight and holds the fabrics passing between the legs. Lower hand is also straight in a spiral wrap rests against the second fabric. The first fabric passes between the legs, behind the shoulder (spiral wrap on the lower right arm).
	Option 1		2 points	- Legs straight and spread - <b>Legs parallel to the floor</b>
	Option 2		2,5 points	- Legs bend, feet trend to head - <b>Hips parallel to the floor</b>
AS-III-20	Stance in a split on straight arms set aside			Stance on straight arms in spiral wrap. Arms spread, legs in <b>side</b> or <b>front</b> split
			3 points	- Legs opening 180 ° or more - Not more than 2 spiral wraps on each arm
AS-III-21	"basket" stance on the straight spread arms			Stance on straight arms in spiral wrap. Arms spread, legs bend
	Option 1		2 points	- Legs bend, feet <b>do not touch the head</b>
	Option 2		3 points	- Legs bend, feet <b>touch the head</b>
	Option 3		3,5 points	- Legs bend feet <b>touch the front or shoulders</b>
AS-III-22	"Back crocodile" on separated silks with rest on arm in spiral wrap			Stance on a straight arms in a spiral wrap with a body turn into a "back crocodile" position, silks between legs. Second arm on loose silk in pronated grip, Without additory wrap.
	Option 1		2 point	- Both hand on the silks
	Option 2		3 points	- <b>Upper arm set aside</b> - Feet together
AS-III-23	Side split in a stance on the hands			Split in the stance <b>on straight arms</b> without additory wrap. Two straight arms <b>at shoulder length</b> hold connected silks in pronated grip.
	Option 1		2,5 points	- Legs is fold - <b>Arms straight</b> , Without additory wrap
	Option 2		4 points	- Legs in <b>side split</b> - Straight split line ( feet and hips in one line) - <b>Arms straight</b> , Without additory wrap - Body doesn't fall on any silks
	Option 3		5 points	- Legs in <b>front split (without rest on silks)</b> - Body's weight is equally spaced on two hands without fall on any sides - <b>Arms straight</b> , Without additory wrap






Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-III-24	Split in balance with fixation of silks by hands			Front split in balance. Silks are fixated by hands, foot in single wrap
	Option 1		5 points	<ul style="list-style-type: none"> <li>- Foot in single spiral wrap</li> <li>- Legs opening 180 ° or more (front split)</li> <li>- Arms straight set aside</li> </ul>
AS-III-25	Hanging in split with rest on shoulder			Hanging in split, with rest on the shoulder and front leg. Free leg opens a split line.
	Option 1		2,5 points	<ul style="list-style-type: none"> <li>- Farther hand in on the silks</li> <li>- Legs opening 180 ° or more</li> </ul>
	Option 2		3,5 points	<ul style="list-style-type: none"> <li>- Farther arm is set aside</li> <li>- Legs opening 180 ° or more</li> </ul>
AS-III-26	Balance in split, arm in wrap			Balance in split with double spiral wrap on arm. Front leg in single wrap «square knot». Back leg without fixating wrap.
			4 points	<ul style="list-style-type: none"> <li>-Arms spread</li> <li>-Back leg without fixating wrap.</li> <li>-Legs opening 180 ° or more</li> </ul>









Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-IV-1	Rotation with a spiral wrap of the opposite arm-leg		2,5 points	<p>Rotation with triple spiral wrap of the silks on the arm and opposite leg</p> <ul style="list-style-type: none"> <li>- 3 turns forward, 3 turns back</li> <li>- The body rotates parallel to the floor</li> <li>- Start in the air</li> </ul>
AS-IV-2	Hands climbing, feet together		3,5 points	<p>Hands climbing from sitting on the floor position, feet together, a fabrics on the side.</p> <ul style="list-style-type: none"> <li>- Feet together</li> <li>- Start position on the floor</li> <li>- Minimum 6 grasp change</li> <li>- <b>Pulling up</b> after each grasp</li> <li>- Method of execution: the elbow is at level of the eyes, grasp, hand at the level of the eyes</li> <li>- Legs parallel to the floor</li> <li>- without additory push down the floor</li> </ul>
AS-IV-3	Hands climbing, legs spread		3 points	<p>Hands climbing from sitting on the floor position, legs spread, silks between legs</p> <ul style="list-style-type: none"> <li>- Legs spread</li> <li>- Angle between the body and legs –90°</li> <li>- Start position on the floor</li> <li>- Minimum 6 grasp change</li> <li>- <b>Pulling up</b> after each grasp</li> <li>- Method of execution: the elbow is at level of the eyes, grasp, hand at the level of the eyes</li> <li>- Legs parallel to the floor</li> <li>- without additory push down the floor</li> </ul>
AS-IV-4	"Monkey" climb		3 points	<p>Hands climbing, the silks passes between the legs</p> <ul style="list-style-type: none"> <li>- The body perpendicular to the floor, head down</li> <li>Minimum 6 grasp change</li> <li>- <b>Pulling up</b> after each grasp</li> <li>- Start in the air</li> </ul>

**Appendix № 1 compulsory exercises Aerial silks**

Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-IV-5	Forward roll from the "Power cross"			Forward roll from the power cross, hands spread, feet together.
	Option 1		<b>4 points</b>	<ul style="list-style-type: none"> <li>- Start position on the floor</li> <li>- Minimum <b>3 rolls on 360 °</b></li> <li>- Star the exercises without swinging the body or legs</li> </ul>
	Option 2		<b>5 points</b>	<ul style="list-style-type: none"> <li>- Start position hanging in power cross</li> <li>- Minimum <b>3 rolls on 360 °</b></li> <li>- Star the exercises without swinging the body or legs</li> </ul>
AS-IV-6	Transition from front split to side split			Transition from front split to side split. The body is perpendicular to the floor, arms spread.
	Option 1		<b>3 points</b>	<ul style="list-style-type: none"> <li>- Legs opening 180 ° or more</li> <li>- with additory wraps</li> <li>- Without hands</li> </ul>
	Option 2		<b>5 points</b>	<ul style="list-style-type: none"> <li>- Legs opening 180 ° or more</li> <li>- Without additory wrap</li> <li>- Without hands</li> <li>- Transition into straight split line (hips and feet make one line)</li> <li>- Knees up</li> </ul>
AS-IV-7	Rise through "Back flag"			Power lift through the "Back flag" position. Start in "L-sit" position in a brace on straight arms, hands in pronated grip. the body is turns to the fabrics. The end position is "back flag".
			<b>5 points</b>	<ul style="list-style-type: none"> <li>- No less than three pull ups.</li> <li>- Straight legs.</li> </ul>

Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-IV-8	Turn back, with the hip wrap			The start position sit with hip wrap, the body is perpendicular to the floor. Body turns back than turns sideways to the fabrics, hand makes direct grasp on the silks.
	Option 1		1,5 points	- Backward swing
	Option 2		2,5 points	- Fall over back and forward in a raw
AS-IV-9	Fall "Slip" on connected silks			Starting position: hold the silks under the knee head down. A single spiral wrap on the hip, drawing back the fabrics on the required length and fixate it by the lower arm. Remove the upper hand. Slipping along the fabrics . <b>The performance of this exercise with a passage more than the participant's growth in the children's and junior categories of subgroup "A" is prohibited on the basis of paragraph 6.5. of actual rules.</b>
	Option 1		2 points	- Passage not less than half of the athlete's height.
	Option 2		3 points	- Passage more than participant height
AS-IV-10	Transition from "flag" to "flag"			Start, passing and end position: holding "flag". Without hands. One or two changes of "flag".
	Option 1		3 points	- Transition from "back flag" to "front flag" - Without hands (free arm is set aside)
	Option 2		4 points	-Transition from "front flag" to "back flag" - Without hands (free arm is set aside)
	Option 3		4,5 points	- Combined transition from "front flag" to "back flag" and back to "front flag" (or transition from "back flag" to "front flag" and back to "back flag" - free arm is set aside

Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed	
AS-G-1	Synchronous spiral wrap in front split with rest on fabrics with hands		<b>First athlete:</b> vertical spiral wrap in front split, arms straight with a rest on fabric. Back in a strong trough, body trends closer to legs. <b>Second athlete:</b> vertical spiral wrap in front split, arms straight with a rest on the second fabric. Back in a strong trough, body trends closer to legs.  Athletes' bodies stand symmetrically face to face		
	Option 1		2 points	Legs opening less than 180 degrees	
	Option 2		3 points	Legs opening 180 degrees or more	
AS-G-2	Hanging on the neck, on the partner's hands		<b>First athlete:</b> <u>any fixating wrap</u>  <b>Second athlete:</b> hanging on the neck with a rest on partners hands		
			3,5 points	- Upper partner's arms straight - Lower partner's arms spread	
AS-G-3	Hanging on the neck		<b>First athlete:</b> <u>any fixating wrap</u>  <b>Second athlete:</b> hanging on the neck with a rest on loop fixated by partner's hands.		
	Option 1		3,5 points	- Upper partner's arms straight, without wraps in pronated grip - Lower partner's arms spread	
	Option 2		5 points	- Lifting lower partner while he is hanging on the neck by interception of silks. - Not less than 4 lifts with interception.	
AS-G-4	Hanging in back flag		<b>First athlete:</b> <u>any fixating wrap</u> <b>Second athlete:</b> Hanging in back flag position.		
	Option 1		2,5 points	- Any fixating wrap for upper athlete - Athletes hold on with both hands - Hanging on both hands - Lower partner is hanging in back flag position, feet together	
	Option 2		4,5 points	- Any fixating wrap for upper athlete - <b>Hanging on one hand</b> - Lower partner is hanging in back flag position, feet together	

Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AS-G-5	Split on balance			<p><b>First athlete:</b> Standing in single wrap «square knot»  <b>Second athlete:</b> Split in balance, Support point under gastrocnemius. Arms set aside.</p>
			4 points	<ul style="list-style-type: none"> <li>- Lower athlete's arms set aside</li> <li>- Legs spread on 180 or more opening split line</li> <li>- Lower athlete's body or head do not touch the partner</li> </ul>
AS-G-6	Hanging in "Biellmann" grip			<p><b>First athlete:</b> <u>Any fixating wrap</u>. Holding partner's foot by hands  <b>Second athlete:</b> Hanging on foot, Biellmann" grip (with a shoulder twist).</p>
	Option 1		3 points	<ul style="list-style-type: none"> <li>- Upper athlete holds the partner's foot by two hands</li> </ul>
	Option 2		5 points	<ul style="list-style-type: none"> <li>- Upper athlete holds the partner's foot by one hand</li> </ul>