
































Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-I-1	Hanging in brace between elbow grip farther arm and with the rest on lower arm (stomach down)			Horizontal hanging in brace between elbow grip of farther arm and with the rest on lower arm additory rest on the eponymous shoulder. The body straight in the “stomach down” position, parallel to the floor. Hips and shoulders make one straight line.
	Option 1		3,5 points	- One leg straight, another bend
	Option 2		3,5 points	- Both legs straight and spread on 160° or more - Legs make a straight line parallel to the floor
	Option 3		4 points	- Both legs straight and spread on 90° or less - Legs make a straight line parallel to the floor
	Option 4		4,5 points	- Both legs straight, feet together
PS-I-2	Hanging in brace between the arms. Upper hand in underhand grip (body side down)			Horizontal hanging in brace between the arms. Upper hand in underhand grip. The body turned sideways parallel to the floor. Hips and shoulders make one straight line.
	Option 1		2,5 points	- One leg straight, another bend
	Option 2		3 points	- Both legs straight and spread
	Option 3		3,5 points	- Both legs straight, feet together
PS-I-3	Hanging in brace between two arms with additory rest on the side of the body (stomach down)			Horizontal hanging in brace between two arms with additory rest on the side of the body. The body straight in the “stomach down” position, parallel to the floor. Hips and shoulders make one straight line.
	Option 1		4 points	- Closer leg straight, another bend
	Option 2		4,5 points	- Both legs straight and spread
	Option 3		5 points	- Both legs straight, feet together
PS-I-4	Hanging on two hands with additory rest on shoulder (stomach down)			Horizontal hanging on two hands with additory rest on shoulder. Hips and shoulders make one straight line.
	Option 1		4 points	- One leg straight, another bend
	Option 2		4 points	- Both legs straight and spread on 160° or more - Legs make a straight line parallel to the floor
	Option 3		4,5 points	- Both legs straight and spread on 90° or less - Legs make a straight line parallel to the floor
	Option 4		5 points	- Both legs straight, feet together
PS-I-5	Hanging in brace between crossed arms (body side down)			Horizontal hanging in brace between crossed arms. The body turned sideways parallel to the floor. <u>No extra rest on equipment by hips.</u>
	Option 1		4 points	- One leg straight, another bend
	Option 2		4,5 points	- Both legs straight and spread
	Option 3		5 points	- Both legs straight, feet together







Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-I-6	Hanging in brace between the arms (before the pole, body side down)			Horizontal hanging in brace between the arms. The body and legs turned sideways and parallel to the floor. Hips and shoulders make one straight line. Pole is at the level of loins. No extra rest (fixation) on the equipment by hips.
	Option 1		4 points	- One leg straight, another bend
	Option 2		4,5 points	- Both legs straight and spread
	Option 3		5 points	- Both legs straight, feet together
PS-I-7	Hanging in brace between elbow grip and with the rest on lower arm (body side down)			Hanging in brace between elbow grip and with the rest on lower arm. The body and legs turned sideways and parallel to the floor. Hips and shoulders make one straight line.
	Option 1		4 points	- One leg straight, another bend
	Option 2		4,5 points	- Both legs straight and spread
	Option 3		5 points	- Both legs straight, feet together
PS-I-8	Stance in brace between elbow grip and with the rest on lower arm (stomach to the pole)			Stance in brace between elbow grip of the one arm and with the rest on lower arm. The body parallel to the pole and stomach turned to the pole .
			2 points	- Both legs straight, feet together
PS-I-9	Stance in brace between elbow grip and bend hand (body turned sideways to the pole)			Stance in brace between elbow grip of the one arm and with rest on bended lower arm. The body turned sideways and trends to be parallel to the pole
			2,5 points	- Both legs straight, feet together
PS-I-10	Hanging in brace between shoulder grip and with rest on the bended lower arm (body side down)			Horizontal hanging in brace between shoulder grip of the one arm and rest of the body side on the bended lower hand. The body turned sideways parallel to the floor. Hips and shoulders make one straight line.
	Option 1		1 points	- One leg straight, another bend
	Option 2		1,5 points	- Both legs straight, feet together
	Option 3		2,5 points	- Both legs straight, feet together -Upper arm straight






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-I-11	Hanging on elbows		Hanging on one or two bend elbows. Pelvis and straight legs set aside from the pole.	
	Option 1		1,5 points	- Hanging on two elbows - Legs straight
	Option 2		2 points	- Hanging on an elbow, second arm set aside - Legs straight
PS-I-12	Hanging in brace between hands (body in fold)		Hanging in brace between arms. Body in fold, parallel to the floor. Legs are spread.	
			2,5 points	- Legs straight
PS-I-13	Hanging on elbow grip and additory grip by farther hand		Hanging on elbow grip and additory grip by farther hand . Legs are spread	
			4 points	- Both legs straight and spread
PS-I-14	Hanging in brace between hands elbow grip and rest on lower hand (body side down)		Horizontal hanging in brace between hands elbow grip and rest on lower hand , with additory rest on shoulders. The body side down, parallel to the floor. (body side down)	
	Option 1		4 points	- One leg straight, another bend
	Option 2		4,5 points	- Both legs straight and spread
	Option 3		5 points	- Both legs straight, feet together
PS-I-15	Hanging on two hands with additory rest on body side (stomach down)		Horizontal hanging on two hands with additory rest on body side. Body and legs parallel to the floor. Hips and shoulders make one straight line, <u>No extra rest (fixation) on the equipment by hips.</u>	
	Option 1		4 points	- closer leg straight, another bend
	Option 2		4 points	- Both legs straight and spread on 160° or more - Legs make a straight line parallel to the floor
	Option 3		4,5 points	- Both legs straight and spread on 90° or less - Legs make a straight line parallel to the floor
	Option 4		5 points	- Both legs straight, feet together






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-I-16	Hanging in brace between the arms			Hanging in brace between the arms. Upper hand in underhand grip. The body turned back to the pole and parallel to the floor
			2 points	- Body and legs straight
PS-I-17	Stance on bend arm on the floor with rest on pole in underhand grip (body side down)			Stance on bend arm on the floor, second hand in underhand grip rests the pole. The body turned sideways parallel to the floor. Hips and shoulders make one straight line.
	Option 1		3,5 points	- One leg straight, another bend
	Option 2		4 points	- Both legs straight, feet together
PS-I-18	Hanging in brace between underhand grip and bend hand (body side down)			Horizontal hanging in brace between underhand grip of one hand and with rest on bend lower arm. The body turned sideways parallel to the floor. Hips and shoulders make one straight line.
	Option 1		4 points	- One leg straight, another bend
	Option 2		4,5 points	- Both legs straight and spread
	Option 3		5 points	- Both legs straight, feet together
PS-I-19	Stance in brace between the arms in underhand grip (body turned sideways to the pole)			Stance in brace between the arms. Upper hand in underhand grip. The body turned sideways and parallel to the pole, feet together
			1 point	- Upper hand in underhand grip.
PS-I-20	Stance in brace between the arms in pronated grip (stomach to the pole)			Stance in brace between the arms. Upper hand in pronated grip. The body stomach to the pole and parallel to the pole, feet together
			2 points	- Upper hand in pronated grip






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-I-21	Hanging on two hands with additory rest on shoulder (stomach up)			Horizontal hanging on two hands with additory rest on shoulder. The body parallel to the floor, stomach up. Hips and shoulders make one straight line.
	Option 1		4 points	- One leg straight, another bend
	Option 2		4 points	- Both legs straight and spread on 160° or more - Legs make a straight line parallel to the floor
	Option 3		4,5 points	- Both legs straight and spread on 90° or less - Legs make a straight line parallel to the floor
	Option 4		5 points	- Both legs straight, feet together
PS-I-22	Hanging in brace between elbow grips.			Diagonal hanging in brace between elbow grips (with the rest on lower shoulder), lower closer hand holds the opposite leg and upper farther hand holds another bended leg.
			3,5 points	- Legs opening 180° or more
PS-I-23	Hanging on elbow grip			Hanging on elbow grip with additory rest on shoulder of homonymous hand.
	Option 1		2 points	- Free hand on the pole - Straight legs are spread
	Option 2		4 points	- Back in strong deflection - Legs set back in "mexican" without additory rest on pole - Free arm set aside
PS-I-24	Stance with the rest on feet			Stance with the rest on feet and opposite hand. Free hand holds the leg.
			4 points	Legs opening 180° or more - Legs parallel to the floor
PS-I-25	Horizontal hanging with the rest on gluteus			Horizontal hanging with the rest on gluteus. Body parallel to the floor
			2,5 points	- Body parallel to the floor






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-II-1	Hanging in a grip between the hips holding feet with opposite hands			Hanging in a grip between the hips with strong deflection in the back. Hands hold the opposite feet
			0,5 points	- Strong deflection in the back, head back
PS-II-2	Horizontal hanging in split on the pole with rest of hand on the waist			Horizontal hanging on the pole, holding the pole with back side of shoulder, with the rest of closer to the pole hand on waist. Free hand holds homonymous nory ankle, opening split line.
	Option 1		1 point	-Legs opening less than 180 ° -Closer hand rests on waist
	Option 2		1,5 points	-Legs opening 180 ° or more -Closer hand rests on waist
	Option 3		2 points	-Legs opening 180 ° or more -Without rest on waist (arm straight)
	Option 4		2,5 points	-Legs opening 180 ° or more -Holding the ankle with opposite closer hand
PS-II-3	Vertical split			Vertical split on the pole in brace between upper hand in classic grip under the knee of upper leg and lower hand under the hip of lower leg
	Option 1		1 point	-Legs opening less than 180 °
	Option 2		1,5 points	-Legs opening 180 ° or more
PS-II-4	Front split with rest one foot «Chinese split».			Front split with rest on foot, hands in classic grip on the upper side of the pole. Free leg opening split line.
	Option 1		0,5 points	-Legs opening less than 180 °
	Option 2		1 points	-Legs opening 180 ° or more
	Option 3		3 points	-Grip of the foot by the homonymous hand -Legs opening 180 ° or more (leg bend)
	Option 4		3,5 points	-Grip of the foot by the homonymous hand -Legs opening 180 ° or more (leg straight)
PS-II-5	Split with hold by the hip			Hanging farther hand in underhand grip, The body before the pole. The opposite straight leg holds the pole by hip. Free hand hold homonymous leg opening split line.
	Option 1		1 point	-Legs opening less than 180 °
	Option 2		1,5 points	-Legs opening 180 ° or more






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-II-6	Sir on inner side of hips with knee grip			Sir on inner side of hips with knee grip. The opposite hand in classic grip on the top of the pole. Another leg is set back, Leg straight. Deflection in loins, free arm set in front.
	Option 1		1 points	- Free arm set in front
PS-II-7	Option 2		4 points	- Free hand holds the ankle of lower leg opening split line.
	Hanging with knee grip and holding feet by opposite hands		0,5 points	- The body turned to the front. The hands hold the opposite feet. Closer leg straight.
PS-II-8	Split with the rest on lower leg			Diagonal rest on lower part of the pole by foot. The opposite hand in classic grip. Free hand holds the opposite leg's ankle, opening split line. The body turned back to the pole.
	Option 1		1,5 points	-Legs opening less than 180 °
PS-II-9	Option 2		2 points	-Legs opening 180 ° or more
	Split on the shoulder in Chinese grip			Closer to the pole hand in Chinese grip. Homonymous arm is on the shoulder of that arm. Free arm holds the opposite leg by ankle opening split line.
PS-II-10	Option 1		1,5 points	-Legs opening less than 180 ° - Body and legs diagonally
	Option 2		2,5 points	-Legs opening 180 ° or more -Body and legs horizontally
PS-II-10	Hanging «Bird of paradise» head down			Diagonal hanging with inner side of hip of closer leg grip, back and elbow of opposite arm. Closer arm set behind the leg, farther arm set behind the pole, arms locked. Free leg opening split line.
	Option 1		2,5 points	-Legs opening less than 180 °
	Option 2		3 points	-Legs opening 180 ° or more




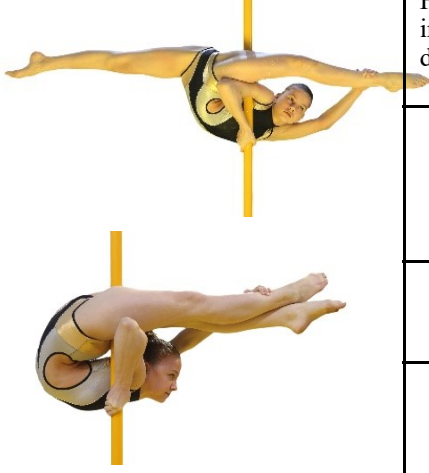

Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-II-11	Bird of paradise head up			Diagonal hanging with inner side of hip grip, holding by the back and elbow of opposite arm. Closer arm set behind the leg, farther arm set behind the pole, arms locked. Free leg opening split line.
	Option 1		3,5 points	-Legs opening less than 180 °
	Option 2		4 points	-Legs opening 180 ° or more
PS-II-12	Stance in brace between arms rest on the floor and feet grip			Stance in brace between hands rest on the floor and feet grip, the body set aside from the pole with strong deflection in the back. Arms and supporting leg straight. Free leg straight opening split line.
	Option 1		0,5 points	-Legs opening less than 180 °
	Option 2		1 point	-Legs opening 180 ° or more - Deflection in loins.
PS-II-13	Hanging in brace with feet grip.			Hanging in brace wide brace on the pole with grip of closer to the pole feet. Free leg bend or straight, opening split line. Deflection in loins.
	Option 1		0,5 points	- lower leg band - Deflection in loins.
	Option 2		1 point	-Legs opening 180 ° or more - Deflection in loins.
PS-II-14	Scorpion or leg grip from knee to feet. Stance in brace.			Hanging in wide brace on the pole with leg grip from knee to feet. The body along the pole, stomach to the pole. Free leg bend or straight.
			0,5 points	-Free leg bend or straight
PS-II-15	Hanging on homonymous hand and feet.			Hanging on the pole by holding homonymous hand and feet. Arm in elbow grip — leg in knee grip. Free leg straight and set back holding by free hand.
			1 point	- Leg bend - back in deflection






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-II-16	Hanging «Crescent»			Hanging in grip between the hips, legs straight and horizontal to the floor. Strong deflection in the back. Arms straight in brace.
			1,5 points	-Deflection in loins -Legs horizontal to the floor -Arms straight
PS-II-17	Hanging «Russian split»			Horizontal hanging with rest on foot of lower leg between the arms, holding , free leg opening split line.
	Option 1		3 points	-Legs opening less than 180 ° - Diagonal split line
	Option 2		3,5 points	-Legs opening 180 ° or more - Horizontal split line
PS-II-18	Diagonal hanging with hold by the back side of shoulder of the closer hand and hip			Diagonal hanging with hold by the back side of shoulder of the closer hand and hip of homonymous straight leg, pressed to the pole. Free hand holds the homonymous leg, opening split line
	Option 1		2 points	-Legs opening less than 180 °
	Option 2		3 points	-Legs opening 180 ° or more
PS-II-19	Hanging with hold by back side of shoulder and ankle homonymous leg grip			Horizontal hanging with synchronous hold by back side of shoulder of closer hand and ankle of homonymous leg. Free hand hold the ankle of free leg symmetrically. Strong deflection in the back
	Option 1		3 points	-Legs bend
	Option 2		3,5 points	-Legs straight
PS-II-20	Vertical hanging in front split with feet grip			Vertical hanging in split line with feet grip
	Option 1		2,5 points	-Closer hand in shoulder grip holding closer leg -Farther hand in classic grip holding the pole under the feet
	Option 2		3,5 points	-Closer hand in shoulder grip holding closer leg -Farther arm free and stretched vertically
	Option 3		4 points	-Closer arm only in in shoulder grip and stretched vertically -Farther arm free and stretched vertically
	Option 4		4,5 points	-Both arms stretched back, The back in deflection (without holding the equipment)






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-II-21	Diagonal hanging in wide arm brace and feet grip «Star»			Diagonal hanging in wide arm brace and feet. Free leg opening split line.
	Option 1		0,5 points	-Legs opening less than 180 °
	Option 2		1 point	-Legs opening 180 ° or more
PS-II-22	Horizontal hanging in holding the pole between the legs			Horizontal hanging on the pole grip between the hips. Legs straight and spread. The hand homonymous with upper leg in elbow grip and holds the hip. Free arm set in front
	Option 1		2 points	-Feet of the lower leg on the pole
	Option 2		2,5 points	-Feet of the lower leg not on the pole
PS-II-23	Hanging in holding upper hand in elbow grip, moving legs in split			Hanging in holding upper hand in elbow grip and rest on lower shoulder, free hand holds the ankle of opposite leg opening split line.
	Option 1		3 points	- Diagonal hanging -Legs opening less than 180 °
	Option 2		4 points	- Horizontal hanging - Legs opening 180 ° or more
PS-II-24	Horizontal split on the pole with grip by homonymous hand			Horizontal hanging on the pole with grip by hand holding the homonymous leg. Free hand holds the ankle of opposite leg opening split line. Legs straight.
	Option 1		0,5 points	-Body and legs placed diagonally. Legs opening less than 180 °
	Option 2		1,5 points	- Body and legs parallel to the floor Legs opening 180 ° or more
	Option 3		2 points	-Grip of foot of closer to the pole leg by the homonymous hand -Legs opening 180 ° or more (leg bend)
	Option 4		2,5 points	Grip of foot of closer to the pole leg by the homonymous hand-Legs opening 180 ° or more (leg straight)
PS-II-25	Vertical split- Stance on hand			Vertical Stance, hands in brace, a closer to the pole leg rest on hand of lower arm (thumb up). The body straight, free leg opening split line.
	Option 1		2,5 points	-Legs opening less than 180 ° - Free leg holds the pole by feet
	Option 2		3 points	-Legs opening 180 ° or more -Free leg in split without touching the pole

Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-II-26	Fold on the pole			Legs in fold with rest on the pole. The body before the pole
	Option 1		2,5 points	- rest on center of feet -Arms in elbow grip holds the pole
	Option 2		4,5 points	- Rest on heels -Hands do not hold the pole -The pole under the bladebones
PS-II-27	Hanging «Biman»			Vertical hanging with rest of front side of the hips, the body side and shoulder on the pole. One leg holds the pole (from foot to knee). Second leg held by hands
	Option 1		1,5 point	-Bend leg hold by hands in regular grip
	Option 2		3 points	-Hands hold bend leg in "Biellmann" grip (with a shoulder twist).
	Option 3		4,5 points	-Hands hold straight leg in "Biellmann" grip (with a shoulder twist).
PS-II-28	Hanging on knee			Hanging with knee grip, hands grab the second leg by the ankle. Arms straight.
	Option 1		3 points	-Hands hold bend leg in "Biellmann" grip (with a shoulder twist).
	Option 2		4 points	-Hands hold straight leg in "Biellmann" grip (with a shoulder twist).
PS-II-29	Vertical hanging in front split			Vertical split in a grip with back side of shoulder and feet . Free hand holds the ankle of the opposite leg opening split line..
	Option 1		3 points	-Closer to the pole arm on the pole
	Option 2		3,5 points	- closer to the pole arm straight
PS-II-30	Horizontal hanging with rest on back side of shoulder and the body side			Horizontal hanging with rest on back side of shoulder of closer hand and the body side. Closer hand holds the hip of closer leg, farther hand holds the pole. The back in deflection, legs straight
	Option 1		4 points	-The back in deflection - lower farther hand on the pole
	Option 2		5 points	-The back in deflection -lower farther hand holds the opposite leg by feet






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-II-31	Hanging with rest on the pole with feet of farther leg and chinese grip of closer hand			Hanging with rest on the pole with feet of farther leg and chinese grip of closer hand. Free leg bend or straight, opening split line. Deflection in loins, the body up to the leg
	Option 1		0,5 points	- lower leg bend - Deflection in loins
	Option 2		1 point	-Legs opening 180 ° or more - Deflection in loins
PS-II-32	Stance in split in brace between one hand resting on the floor and underhand grip of the pole of another hand			Stance in split in brace between one hand resting on the floor and underhand grip on the pole of another hand. Closer supporting leg straight and fixed on the pole, free leg straight opening split line.
	Option 1		0,5 points	-Legs opening less than 180 °
	Option 2		1 points	-Legs opening 180 ° or more
	Option 3		2,5 points	-Legs opening 180 ° or more - Split line paralel to the floor
PS-II-33	Hanging with the rest on pole by the front side of hips			Hanging with rest on the pole by front side of hips. Legs straight, back in deflection
			3 points	-The body in maximal deflection, legs straight
PS-II-34	Hanging with fixation of leg between the arm and the equipment			Hanging with fixation of the equipment by back side of shoulder, <u>free hand on the equipment in pronated grip</u> . The opposite leg fixated between the arm and the equipment. Bend free leg is opening a split line or is also fixated between the arm and the equipment
	Option 1		3,5 points	- Upper leg bend - Lower leg bend
	Option 2		4 points	- Upper leg bend - Lower leg straight - Legs opening more than 180 ° from knee
	Option 3		4,5 points	- Both legs straight - Legs opening 180 ° or more
	Option 4		5 points	- Both legs are fixated between the arm and the equipment
PS-II-35	Split with rest on hip of closer leg			Diagonal hanging in brace with rest on hip-knee of closer leg. Free leg opening split line.. The back in deflection
	Option 1		0,5 points	-Legs opening less than 180 °
	Option 2		1 point	-Legs opening 180 ° or more






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-II-36	Hanging on elbow with with legs opening split line			Hanging in brace between elbow grip and rest on wrist of lower arm. Upper hand holds the opposite leg, opening split line
	Option 1		2,5 points	-Legs opening less than 180 °
	Option 2		3 points	-Legs opening 180 ° or more
PS-II-37	Diagonal hanging on the back side of shoulder			Diagonal hanging on the back side of shoulder with the rest on the back side of hips of homonymous leg. The hands hold the opposite feet, opening split line. Back in strong deflection
			3,5 points	- Legs opening 180 ° or more - Legs straight
PS-II-38	Diagonal split			Diagonal hanging on hands opening split line
	Option 1		0,5 points	- Legs opening less than 180 ° - Legs straight
	Option 2		1 points	- Legs opening 180 ° or more - Legs straight
PS-II-39	Hanging «Rainbow»			Hanging with grasp by the back side of shoulder and rest on inner side of hips of homonymous leg, Back in strong deflection
	Option 1		4 points	- Legs opening 180 ° or more - Legs parallel to the floor - Hand holds the pole
	Option 2		4,5 points	- Legs straight and set back in "mexican" - Legs parallel to the floor - Hand holds the pole
	Option 3		5 points	- Legs straight and set back in "mexican" - Legs parallel to the floor - hands do not hold the pole (arm set in front, hands hold leg in "Biellmann" grip (with a shoulder twist)).
PS-II-40	Hanging on the back side of shoulder			Hanging on the back side of shoulder with the rest on the equipment inner side of hips
			2 points	- Legs straight







Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-II-41	Hanging with the rest on gastrocnemius			Hanging with the rest on inner side of hips additory rest on gastrocnemius. Hand hold the ankle of upper leg in "Biellmann" grip (with shoulder twist), lower leg bend, back in deflection
	Option 1		3,5 points	- Upper leg bend
	Option 2		4 points	- Upper leg straight
	Option 3		5 points	- Hand holds both legs
PS-II-42	Front split with the rest foot rest on the pole			Front split with the rest foot rest on the pole, hands on the top of the pole. Back in deflection. Split line <u>parallel to the floor</u> .
	Option 1		2,5 points	- Free leg bend
	Option 2		3 points	- Legs opening less than 180 °
	Option 2		3,5 points	- Legs opening 180 ° or more
PS-II-43	Hanging in elbow grip with rest on lower shoulder			Hanging in elbow grip with rest on lower shoulder and neck (neck is in front of the pole). Free hand holds the ankle of opposite leg opening a split line (leg is at the back of the pole)
			4 points	- Legs opening 180 ° or more - Legs straight in split - Legs an body parallel to the floor
PS-II-44	Diagonal hanging on the equipment with the rest between inner side of hips and back			Diagonal hanging on the equipment with the rest between inner side of hips and back. Hands in lock fixating upper leg (not holding equipment)
			3 points	- Legs opening 180 ° or more
PS-II-45	Hanging in brace between elbow grip and rest on wrist of lower hand			Hanging in brace between elbow grip and rest on wrist of lower hand. Upper hand holds the opposite leg, Back in strong deflection
	Option 1		4 points	- Legs opening more than 180 ° from knee
	Option 2		4,5 points	- Legs opening 180 ° or more - Legs straight
	Option 3		5 points	- Hand holds both legs






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-II-46	Hanging with the rest on the equipment inner side of hips		Hanging with the rest on the equipment by inner side of hips, one hand on the equipment, another hand holds the opposite leg. Back in strong deflection	
	Option 1		0,5 points	- Hand holds bend leg
	Option 2		1 points	- Hand holds straight leg
	Option 3		3 points	- Hand holds straight leg in "Biellmann" grip with shoulder twist
PS-II-47	Hanging «Origami»		Hanging on the pole c knee grip of the closer to the pole leg. Strong deflection in back. Arms straight in brace holding the pole.	
	Option 1		2,5 points	- Arms and leg straight and parallel
	Option 2		3 points	- Homonymous hand holds free straight leg in regular grip under the knee
	Option 3		4 points	- Homonymous hand holds free straight leg in "Biellmann" grip
PS-II-48	Hanging on elbow grip holding the ankle of opposite leg		Hanging on elbow grip holding the ankle of opposite leg. Free leg is fixated on the equipment or is hold by free hand	
	Option 1		3 points	- Free hand (lower) holds the pole
	Option 2		4 points	- Free hand (lower) doesn't hold the pole
	Option 3		4,5 points	- Free hand holds the lower leg
PS-II-49	Hanging with the rest on the equipment by elbow of farther arm		Hanging with the rest on the equipment by elbow of farther arm, back side of the shoulder of closer arm and inner side of hips.	
	Option 1		4 points	- One leg straight (as shown on the photo)
	Option 2		4,5 points	- Legs opening more than 180 ° from knee
	Option 3		5 points	- Legs opening 180 ° or more - Legs straight
PS-II-50	Hanging In front split		Hanging In front split, when arms are on different sides of the body. Back in deflection	
	Option 1		3 points	- Legs opening 180 ° or more - Legs straight
	Option 2		3,5 points	- Legs opening 180 ° or more, upper leg bend, foot on the pole - lower leg straight
	Option 3		5 points	- Hand holds homonymous straight leg. - Legs straight






Group II - flexibility






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-II-51	Hanging in knee grip		Hanging in knee grip, hands hold Hand hold the ankle of free leg in “Biellmann” grip.	
	Option 1		1,5 points	-Hand hold bend leg in regular grip
	Option 2		3 points	-Hand hold bend leg in “Biellmann” grip (with shoulder twist)
	Option 3		4 points	-Hand hold straight leg in “Biellmann” grip (with shoulder twist)
PS-II-52	Vertical hanging in split		Vertical hanging in split. Hands hold the pole, back in deflection	
	Option 1		4 points	- Legs opening 180 ° or more
	Option 2		4,5 points	- Legs opening 180 ° or more - Lower leg is took aside
PS-II-53	Diagonal hanging в half split		Diagonal hanging with the rest the back side of shoulder и inner side of hips of opposite leg. Knee (hip) is fixated between the arm and pole	
			3 points	- Legs opening more than 180 ° from knee
PS-II-54	Diagonal hanging in split		Diagonal hanging with the rest on the back side of shoulder and inner side of hips of opposite leg. The leg is fixated between the arm and pole opening a split line.	
			3,5 points	- Legs opening 180 ° or more
PS-II-55	Hanging with the rest on back side of the shoulder and inner side of hips		Horizontal hanging with the rest back side of the shoulder and inner side of hips of homonymous leg. Hands hold the opposite feet	
	Option 1		3,5 points	- Leg bend - Legs opening more than 180 ° from knee
	Option 2		4,5 points	- Leg straight - Legs opening 180 ° or more



Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-III-1	Balance in the stance on the pole legs laid back			Balance in the stance on the pole, upper hand in underhand grip, lower hand in classic grip (thump down), The body in strong deflection, legs laid back, bend or straight and parallel to the floor
	Option 1		3,5 points	-Legs bend -Back in deflection
	Option 2		4 points	- Legs straight diagonal to the floor
	Option 3		4,5 points	-Legs bend and touching the head
	Option 4		4,5 points	-Legs straight and parallel to the floor
PS-III-2	Balance «Dragon's tail»			Balance with rest of waist on farther arm, closer to the pole arm rests the pole, legs straight and parallel to the floor
	Option 1		2,5 points	- Farther from the pole leg is set in front, opening split line -Legs straight
	Option 2		3,5 points	- Both legs set back -Legs straight, feet together. Can be not parallel to the floor.
	Option 3		4 points	- Both legs set back -Legs straight, <u>parallel to the floor</u> , feet together.
PS-III-3	Hanging with rest of body side on elbow			Balance on elbow, body turned back to the pole and parallel to the floor, feet together and legs straight, free arm set aside
			1,5 points	-The body parallel to the floor
PS-III-4	Horizontal hanging in brace of elbow and bend arm			Horizontal hanging in brace of elbow of closer to the pole arm and lower farther bend arm, shoulders turned. The leg fixed between the shoulder and the pole, free leg is laid back, opening split line
			4 points	-The body parallel to the floor
PS-III-5	Balance «Dangerous bridge»			Balance in brace between rest on hands in classic grip and feet grip, The body set aside from the pole with strong deflection in the back, Arms, supporting leg straight, free leg bend or straight opening split line
	Option 1		2 points	- <u>Shoulder rests the pole</u> - Free leg bend
	Option 2		2,5 points	- <u>Shoulder rests the pole</u> - Free leg in split (180 ° or more)
	Option 3		3 points	- The body is set aside. Body and arms line is set on angle 45 ° or less. - Free leg is bend - Body and arms make one line
	Option 4		3,5 points	- The body is set aside. Body and arms line is set on angle 45 ° or more. - Free leg in split (180 ° or more) - Body and arms make one line





Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-III-6	Horizontal Balance with knee grip and rest on hand			Horizontal balance with rest on closer to the pole hand and knee grip of homonymous leg, the body parallel to the floor, free leg straight
			0,5 points	-The body parallel to the floor
PS-III-7	Diagonal sit on the equipment with the rest on back side of hip			Diagonal sit on the equipment with the rest on back side of hip (buttocks) opposite hand holds the pole. Free leg is set aside opening split line
	Option 1		2,5 points	-Legs opening up to 180 °
	Option 2		3 points	-Legs opening 180 ° or more
PS-III-8	Balance horizontal hanging with grasp between the bodyside and hip			Balance in horizontal hanging in grip between the body turned sideways and hip of homonymous leg and rest on farther hand, free hand is laid back, knee of free leg is straight
			1 point	-The body parallel to the floor
PS-III-9	Balance in front split in arm balance			Balance in the stance on hands on the floor with rest of feet on the pole, free leg is laid back, opening split line
			1 point	-Legs parallel to the floor
PS-III-10	Balance in side split in arm balance			Balance in the stance on hands on the floor with rest of hip and shoulder on the pole, free leg set aside, opening split line
			1,5 points	-Legs parallel to the floor
PS-III-11	«Russian split» with the rest on the floor			Balance with rest on one feet on the floor, another leg is laid back, the body tends to be parallel to the floor
	Option 1		1,5 points	- Body drawn set aside on angle 45°
	Option 2		2,5 points	- Body drawn set aside on angle 45°






Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-III-12	Stance on hands with rest of two legs on the pole			Stance on hands with rest of two legs on the pole and strong deflection in the back
			1,5 points	-Angle between the pole and the body 90°
PS-III-13	Stance on the floor with rest on bend arm on the pole (body turned sideway to the pole)			Balance in the stance on one hand on the floor, second hand bend and rests the pole. Feet together, body turned sideway to the pole, straight and parallel to the pole
			1 point	- Body straight and parallel to the pole
PS-III-14	Stance on the floor c elbow grip of the pole (Body turned back to the pole)			Balance in the stance on one hand on the floor, second hand rests the pole. Feet together, Body turned back to the pole, straight and parallel to the pole
			1 point	- Body straight and parallel to the pole
PS-III-15	Stance on the floor on bend arm with rest on pole in underhand grip (body turned sideway to the pole)			Balance in the stance on bend arm on the floor, second hand in underhand grip rests the pole. Feet together, body turned sideway to the pole, straight and parallel to the pole
			0,5 points	- Body straight and parallel to the pole
PS-III-16	Balance in the stance on the floor in side split			Balance in the stance on the floor with rest of one hand on the pole, body in balance opening a split line
			2 points	-Split line parallel to the floor the floor





Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-III-17	Balance «Lotus»			Balancec with inner side of knee of upper leg grip and rest on knee of lower leg. Arms set aside
	Option 1		1,5 points	- Feet grip
	Option 2		2,5 points	- Without feet grip - Legs parallel to the floor
PS-III-18	Balance «Russian loop»			Balancec with the rest on foot, holding the pole by homonymous hand. Free hand holds the feet.
			5 points	- The angle between the body and the equipment is 45° or more
PS-III-19	Balance «Starfish»			Balance with the rest on feet of lower leg and bridge of the foot of another leg.
			4,5 points	- Body parallel to the floor
PS-III-20	Balance «Star»			Balance with fixation by front side of the hips with back side of shoulder of the opposite arm.
			1,5 points	- Legs opening 180 or more - Arms line is parallel to legs line
PS-III-21	Hanging «Superman»			Hanging with inner side of hip grip and pronated grip.
			0,5 points	- Legs parallel to the floor






Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-III-22	Balance with the rest on foot			Balance with the rest on foot. Hands fixate leg and pole in elbow grasp making a lock.
			3,5 points	- Legs opening 180 ° or more
PS-III-23	Hanging on arms with the rest on shoulder			Hanging on arms with the rest on shoulder.
	Option 1		2 points	- Legs opening up to 180 ° - Legs straight and spread
	Option 2		3 points	- Legs opening 180 ° or more - Legs straight and spread (split) - Legs parallel to the floor
	Option 3		3 points	- Legs set back in "Mexican" position - Feet touch the head (shoulders)
PS-III-24	Hanging on arms with grip in different sides			Hanging on arms, when arms are on different sides of the body.
	Option 1		3,5 points	- Leg bend - deflection in loins .
	Option 2		4 points	- Legs opening 180 ° or more - split line parallel to the floor - deflection in loins
PS-III-25	Hanging with bridge of the foot grip and rest on the shoulder			Hanging with bridge of the foot grip and rest on homonymous shoulder
	Option 1		2 points	- Free hand on the pole - Free leg bend
	Option 2		2,5 points	- Legs opening 180 ° or more - Free hand on the pole
	Option 3		3 points	- Free hand holds the leg - Legs opening 180 ° or more
PS-III-26	Hanging with grasp by bridge of the foot and rest on the opposite shoulder (hands free)			Hanging with grasp by bridge of the foot and rest on <u>the opposite</u> shoulder
			5 points	- Legs opening 180 ° or more - Hands holding the leg






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-III-27	Balance with the rest on foot of lower leg and			Balance with the rest on foot of lower leg and lift of upper leg. Back in strong deflection , hands on the equipment.
	Option 1		4 points	- Upper legs rests the arm (like on the photo) - Body parallel to the floor
	Option 2		5 points	- Without additory rest on hand - Body and arms <u>parallel to the floor</u>
PS-III-28	Hanging on the back side of shoulder			Hanging on the back side of shoulder with additory fixation on the pole.
	Option 1		0,5 points	- Free arm fixates closer arm by elbow or wrist
	Option 2		1 points	- Free arm set in front


Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-IV-1	Hanging on one hand		Hanging on one hand on spinning pole. Body doesn't touch the pole. The shoulders, hips and legs are in one level parallel to the floor.	
	Option 1		3,5 points	- 3 spins
	Option 2		5 points	- 6 spins
PS-IV-2	Change of grasps of lower hand		Change of grasps of lower hand	
	Option 1		2,5 points	--Minimum number of grasps 2 -Return into start position — lower hand pronated grip
	Option 2		3 points	--Minimum number of grasps 3 and more -Return into start position — lower hand pronated grip
PS-IV-3	Change of grasps of upper hand		Change of grasps of upper hand	
	Option 1		2,5 points	--Minimum two different grasps -Return into start position — upper hand underhand grip
	Option 2		3 points	-Minimum two different grasps or more -Return into start position underhand grip upper hand
PS-IV-4	Combined change of grasps of lower and upper hand		Combined change of grasps of lower and upper hand	
	Option 1		3,5 points	-Minimum number of grasps 4 (<u>2-lower hand, 2 upper hand</u>)
	Option 2		5 points	-Minimum number of grasps <u>8 and more</u>

Code/Gro up	Name	PHOTO	Стоимость, points	Description, conditions under which the exercise is considered to be performed
PS-IV-5	Fongi			Change of grasps and body position from the position hanging on two hands with additory rest on shoulder (stomach up) to the position hanging in brace between shoulder grip of one hand and rest of stomach on the bended lower hand (stomach down) and return to the start position.
	Option 1		3 points	-1 change of position done (positions: stomach up-stomach down-stomach up or stomach down-stomach up-stomach down)
	Option 2		5 points	-3 an more change of position done (positions: stomach up-stomach down-stomach up or stomach down-stomach up-stomach down <u>counts as one</u>)
PS-IV-6	Back flip			Back flip, body turns on 360°
	Option 1		2 points	Start position -standing on the floor End position- jump down on the floor
	Option 2		3,5 points	Start position - hanging on the pole End position- jump down on the floor
	Option 3		5 points	Start position - hanging on the pole End position- sitting on the pole
PS-IV-7	Flip hanging in split			Start position - hanging in split with rest on hips of closer leg, free leg makes a swing, body makes a flip on 360°. End position- jump down on the floor
			2 points	Start position –hanging on the pole in split End position- jump down on the floor

Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-G-1	Synchronous hanging in half split			First athlete: Hanging on farther leg's knee grasp. Closer leg is straight, along the pole. Body turned to the front. Closer to the pole arm holds the opposite leg. Free hand holds partner's ankles. Second athlete: Hanging in half split holding partner's ankles.
			2,5 points	- Legs straight
PS-G-2	Synchronous hanging			First athlete: Sitting on the pole with the rest on the equipment by inner side of hips, hand holds the equipment Second athlete: Hanging on waist, legs and arms set aside.
			2 points	- Legs straight
PS-G-3	Synchronous «Russian split»			First athlete: Horizontal hanging with the rest of lower leg's foot on the pole between arms, hand in grip, all the fingers on the pole. Free leg opens a split line . Second athlete: Horizontal hanging with the rest of lower leg's foot on the pole between arms, hand in grip, all the fingers on the pole. Free leg opens a split line .
	Option 1		4 points	-Legs opening less than 180° - Diagonal split line is possible
	Option 2		5 points	-Legs opening 180° or more - Horizontal split line
PS-G-4	Hanging on partner's hand with additory rest			First athlete: Sitting on the pole with the rest on the equipment by inner side of hips, arm in shoulder grip on the equipment. Second athlete: Hanging on partner's hand with additory rest on the pole
	Option 1		2,5 points	Second athlete: -Legs spread
	Option 2		4 points	Second athlete: - The body and legs turned sideway, parallel to the floor. Hips and shoulders make one straight line - One leg straight another bend
	Option 3		4,5 points	Second athlete: - The body and legs turned sideway, parallel to the floor. Hips and shoulders make one straight line - Both legs straight and spread
	Option 4		5 points	Second athlete: - The body and legs turned sideway π parallel to the floor. Hips and shoulders make one straight line - Both legs straight, feet together

Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-G-5	Synchronous Hanging on inner side of hips			First athlete: Hanging on grip between the hips, legs straight horizontally to the floor. Strong deflection in back. Straight arms hold partner's legs. Second athlete: Hanging on grip between the hips and hand in pronated grip to partner's feet.
			2,5 points	- Legs parallel to the floor
PS-G-6	Synchronous hanging			First athlete: Sitting on the pole in backbend holding partner's legs by hands. Second athlete: Hanging on arms on the pole. Back in strong deflection
			2,5 points	- Arms and legs straight
PS-G-7	Hanging partner's feet			First athlete: Hanging on arms on the pole, with fixation by the back side of shoulder, arms rotated. Second athlete: Hanging on partner's feet when one or both legs are fixated on one foot and neck on another.
	Option 1		3 points	Second athlete: Hanging partner's feet when one or both legs are fixated on one foot and neck on another. Straight arms set aside without additory fixation to the feet or the equipment.
	Option 2		4 points	Second athlete: Hanging on partner's feet when one leg is fixated on one foot and neck on another. стопе. Free leg opens a split line and is fixated by hands in lock.
PS-G-8	Synchronous stance with rest on foot and grasp on partner's leg.			First athlete: Stance with rest on the pole by the foot of lower and grasp on partner's leg by upper leg. Second athlete: Stance with rest on the pole by the foot of lower and grasp on partner's leg by upper leg.
			2,5 points	- Arms and legs Straight
PS-G-9	Horizontal hanging in brace between arms			First athlete: Упор с зацепом между бедер и упором рукой в пилон, legs straight. Second athlete: Horizontal hanging in brace between руками. Upper hand hold partner's foot with additory fixation by partner's second leg. Body and legs parallel to the floor. Hips and shoulders make one straight line.
	Option 1		4 points	Second athlete: - One leg straight another bend
	Option 2		4 points	Second athlete: - Legs spread on angle 160 degrees or more - legs and body make a straight line parallel to the floor
	Option 3		4,5 points	Second athlete: - Both legs straight and spread on less than 90° - Legs make a straight line parallel to the floor
	Option 4		5 points	Second athlete: - Both legs straight, feet together

Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-G-10	Synchronous Hanging in brace			First athlete: Hanging in brace between arms. Body straight. Second athlete: hanging two hands with additory rest on shoulder. Body straight, stomach up. Feet rest the partner's legs.
	Option 1		3 points	Both athletes: legs straight
	Option 2		3,5 points	First athlete: Legs bend and touch the head
PS-G-11	Hanging on the back side of shoulder			First athlete: fixates on inner side of hips, body faces the pole. Second athlete: Hanging on feet on the back side of partner's shoulders.
			3 points	- Straight arms set aside
PS-G-12	Balancec with the rest on bend of elbow			First athlete: Sitting on the pole with the rest on the equipment inner side of hips, arm in shoulder grip on the equipment connected with another in wrist-lock grip. Legs straight. Second athlete: Balance with the rest on foot of lower leg и lift of upper leg to the partner's elbow.
			3,5 points	Second athlete: - Body parallel to the floor, arms set aside
PS-G-13	Hanging with holding partners leg			First athlete: Hanging in brace between grip on the pole and upper leg of the partner, straight legs in "L-sit" position и parallel to the floor Second athlete: Horizontal hanging. Upper hand in underhand grip. The body and legs turned sideway parallel to the floor. Hips and shoulders make one straight line, legs spread
	Option 1		4 points	First athlete: Closer to the pole arm bend , without additory fixation by the back side of shoulder
	Option 2		4,5 points	First athlete: Closer to the pole arm straight
PS-G-14	Stance on chest on arms-neck of the partner			First athlete: Stance on chest on arms-neck of the partner, Back in strong deflection Second athlete: Foot rests the pole, hands in classic grip on the top of the pole. Free leg on the pole or opens a split line
	Option 1		3,5 points	Second athlete: Free leg on the pole
	Option 2		4,5 points	Second athlete: Free leg opens a split line

Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
PS-G-15	Hanging on partner on knee grip			First athlete: Horizontal hanging on the pole with leg grasp holding homonymous hand. Free hand holds homonymous leg. Second athlete: Hanging on partner on knee grip, one hand holds the ankle of free leg, another hand rests the pole.
	Option 1		2,5 points	First athlete: Additory fixation of upper legs to the pole Second athlete: Hands hold bend leg in "Biellmann" grip (with a shoulder twist).
	Option 2		3,5 points	First athlete: Additory fixation of upper legs to the pole, leg straight. Second athlete: Hands hold straight leg in "Biellmann" grip (with a shoulder twist).