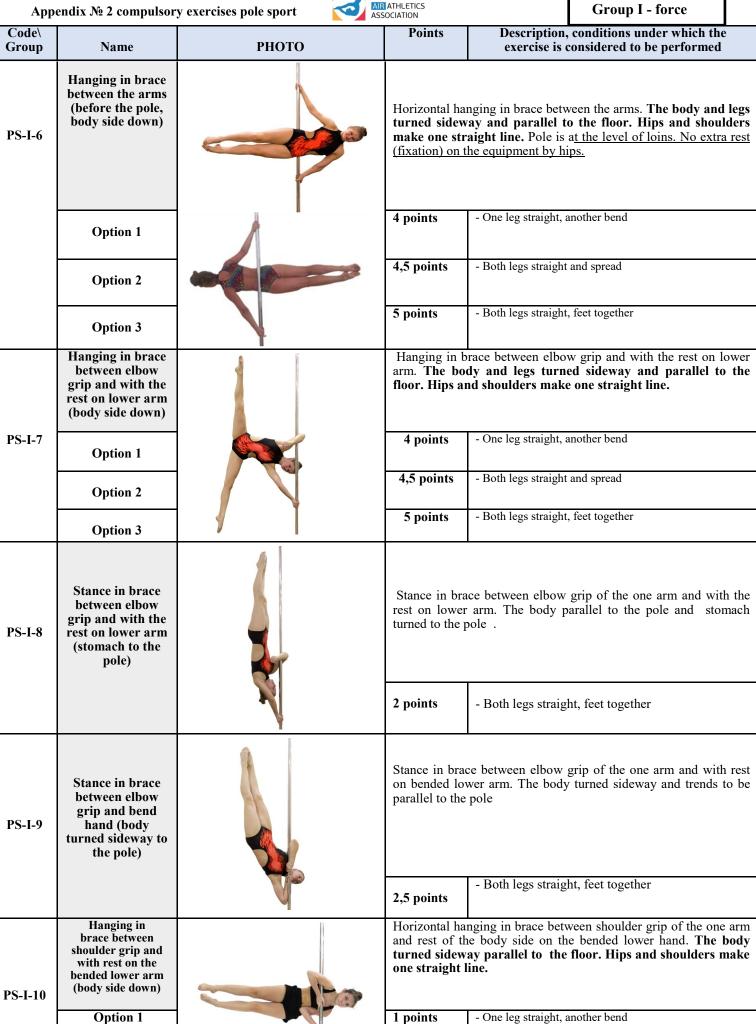
Appen	Appendix № 2 compulsory exercises pole sport		Group I - force		Group I - force	
Code\ Group	Name	РНОТО	Points		on, conditions under which is considered to be perform	
	Hanging in brace between elbow grip farther arm and with the rest on lower arm (stomach down)		arm and w eponymous down" posi	ith the rest on shoulder. The	the between elbow grip of f lower arm additory rest of body straight in the "sto to the floor. Hips and show	on the mach
PS-I-1	Option 1		3,5 points	0	ght, another bend	
	Option 2		3,5 points		aight and spread on 160° or a straight line parallel to the f	
	Option 3	Y	4 points		aight and spread on 90° or le straight line parallel to the f	
	Option 4		4,5 points	- Both legs str	aight, feet together	
	Hanging in brace between the arms. Upper hand in underhand grip (body side down)		underhand g	grip. The body	between the arms. Upper ha turned sideway parallel to make one straight line.	
PS-I-2	Option 1		2,5 points	- One leg strai	ght, another bend	
	Option 2		3 points	- Both legs stra	aight and spread	
	Option 3		3,5 points	- Both legs stra	aight, feet together	
PS-I-3	Hanging in brace between two arms with additory rest on the side of the body (stomach down)		rest on the "stomach d	side of the b	e between two arms with ad ody. The body straight i , parallel to the floor. Hip ht line.	n the
	Option 1		4 points	- Closer leg str	raight, another bend	
	Option 2	2	4,5 points	- Both legs stra	aight and spread	
	Option 3		5 points	- Both legs str	aight, feet together	
	Hanging on two hands with additory rest on shoulder (stomach down)				vo hands with additory re e rs make one straight line.	st on
PS-I-4	Option 1		4 points	-	ght, another bend	
	Option 2		4 points	- Legs make a	aight and spread on 160° or r straight line parallel to the f	loor
	Option 3		4,5 points		aight and spread on 90° or le straight line parallel to the f	
	Option 4	I	5 points	- Both legs str	aight, feet together	
	Hanging in brace between crossed arms (body side down)			d sideway para	ace between crossed arms I llel to the floor. <u>No extra r</u>	
PS-I-5	Option 1		4 points	- One leg strai	ght, another bend	
	Option 2		4,5 points	- Both legs stra	aight and spread	
	Option 3		5 points	- Both legs stra	aight, feet together	



INTERNATIONAL

1 points	- One leg straight, another bend
1,5 points	- Both legs straight, feet together
2,5 points	- Both legs straight, feet together -Upper arm straight

Option 2 Option 3



Γ

Option 2 more - Legs make a straight line parallel to the floor 4,5 points - Both legs straight and spread on 90° or less	Appen	dix № 2 compulsory	exercises pole sport	AIR ATHLETICS ASSOCIATION	Group I - force
Hanging on elbows Ingrise on two elbows PS-I-11 Option 1 Option 2 Ingrise on two elbows PS-I-12 Hanging on two elbows between hands (hody in fold) Imaging on two elbows PS-I-12 Hanging on between hands (hody in fold) Imaging on elbow grip and elbow grip and elbob (grip grip) PS-I-1		Name	РНОТО	Points	
PS-1-11 Option 1 I.S points - Legs straight Option 2 2 points - Legs straight - Legs straight PS-1-12 Hanging in brace between hands (body in fold) Imaging on a clbow, second arm set aside - Legs straight - Legs straight PS-1-12 Hanging on elbow grip and differry grip by farther handy Imaging on elbow grip and differry grip by farther hand - Legs straight PS-1-13 Hanging in brace elbow grip and differry grip by farther handy Imaging on elbow grip and differry grip by farther hand - Legs straight PS-1-14 Hanging in brace elbow grip and differry grip by farther handy Imaging on elbow grip and differry grip by farther hand - Legs straight and spread PS-1-14 Hanging in brace elbow grip and differry grip by farther hand Imaging on trace between hands, with additory res on shoulders. Th e hody side down, parallel to the floor. (body side down) PS-1-14 Hanging on two hands with additory rest on body side (somach down) Imaging on two hands with additory rest on body side (somach down) PS-1-15 Option 1 - Closer leg straight, another bend PS-1-15 Option 2 - Closer leg straight fact spread on 160° or mace one straight line, Non tradition yere on body rest on straight line, Non tradition or tes equipment by line. PS-1-15 Option 3 - Option 3					
Option 2 2 points - Legs straight PS-1-12 Hanging in brace between hands (body in fold) Imaging on elbow grip and additory grip by farther hand Imaging on elbow grip and rest on lower hand (body side down) Imaging in brace between hands elbow grip and rest on lower hand (body side down) Imaging in brace between hands elbow grip and rest on lower hand (body side down) Imaging in brace between hands elbow grip and rest on lower hand (body side down) PS-1-14 Imaging in brace between hands elbow grip and rest on lower hand (body side down) Imaging in brace between hands elbow grip and rest on lower hand (body side down) Imaging in brace holy side down, parallel to the floor. (body side down) PS-1-14 Imaging in two hands with additory rest on body side (stoanch down) Imaging in two hands with additory rest on body side (stoanch down) Imaging in two hands with additory rest on body side (stoanch down) PS-1-15 Option 1 Imaging in two bands with additory rest on body side (stoanch down) Imaging in two hands with additory rest on body side (stoanch down) PS-1-15 Option 1	PS-I-11			1,5 points	- Hanging on two elbows - Legs straight
PS-I-12 between hands (body in fold) Image: problem in the proble		Option 2		2 points	
PS-I-13 Hanging on clow grip and additory grip by farther hand additory grip and rest on lower hand, with additory rest on shoulders. PS-I-14 Hanging in brace between hands elbow grip and rest on lower hand, with additory rest on shoulders. The body side down are set on lower hand, with additory rest on shoulders. Horizontal hanging in brace between hands elbow grip and rest on lower hand, with additory rest on shoulders. PS-I-14 Option 1 Imaging on two hands with additory rest on body side down are straight and spread. PS-I-15 Option 1 Spoints - Both legs straight, feet together 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. No extra rest (fixation) on the equipment by hips. PS-I-15 Option 1 - Closer leg straight and spread on 160° or more - Legs make a straight and spread on 160° or more - Legs make a straight and spread on 90° or less - Legs make a straight and spread on 90° or less - Legs make a straight and spread on 90° or less - Legs make a straight ine parallel to the floor.	PS-I-12	between hands		Hanging in b floor. Legs ar	race between arms. Body in fold, parallel to the re spread.
PS-I-13 Hanging on elbow grip and additory grip by farther hand Image: Comparison of the system of the system Legs are spread 4 points - Both legs straight and spread 4 points - Both legs straight and spread Best on lower hand (body side down) Image: Comparison of the system of the system Horizontal hanging in brace between hands elbow grip and rest on lower hand, with additory rest on shoulders. Th e body side down, parallel to the floor. (body side down) PS-I-14 Option 1 Image: Comparison of the system of the system 0ption 1 Image: Comparison of the system of the system Image: Comparison of the system of the system of the system of the system of the system of the system of the system of the system of the system of the system of the system of th				2,5 points	- Legs straight
PS-I-14 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) PS-I-14 Hanging on 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) PS-I-14 Option 1 Image: paragraphic down Image: paragraphic down Option 2 Option 3 - One leg straight, another bend Image: paragraphic down Image: paragraphic down Image: paragraphic down Image: paragraphic down PS-I-15 Option 1 Image: paragraphic down Image: paragraphic down Image: paragraphic down Image: paragraphic down PS-I-15 Option 1 Image: paragraphic down Image: paragraphic down <thimage: down<="" paragraphic="" td=""><td>PS-I-13</td><td>elbow grip and additory grip by</td><td></td><td></td><td></td></thimage:>	PS-I-13	elbow grip and additory grip by			
PS-I-14 between hands elbow grip and rest on lower hand (body side down) rest on lower hand, with additory rest on shoulders. Th e body side down, parallel to the floor. (body side down) PS-I-14 Option 1 4 points - One leg straight, another bend 0ption 2 Option 3 - Both legs straight and spread PS-I-15 Option 1 Hanging on two hands with additory rest on body side (stomach down) Image: Comparison of the parallel to the floor. (body side down) PS-I-15 Option 1 Image: Comparison of the parallel to the floor of the parallel to the floor of the parallel to the gripment by hips. Image: Comparison of the parallel to the floor PS-I-15 Option 1 Image: Comparison of the parallel to the gripment by hips. - Closer leg straight and spread on 160° or more - Legs make a straight line parallel to the floor Option 3 Option 3 - Closer leg straight and spread on 90° or less - Legs make a straight line parallel to the floor		farther hand		4 points	- Both legs straight and spread
Option 1	PS-I-14	between hands elbow grip and rest on lower hand (body side		rest on lower	hand, with additory rest on shoulders. Th
Option 2 Image: Section 1 Option 3 5 points - Both legs straight, feet together 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. No extra rest (fixation) on the equipment by hips. PS-I-15 Option 1 Option 2 - Closer leg straight, another bend 4 points - Closer leg straight and spread on 160° or more - Legs make a straight line parallel to the floor Option 3 - Both legs straight and spread on 90° or less - Legs make a straight line parallel to the floor		Option 1		4 points	- One leg straight, another bend
PS-I-15 Option 1 Horizontal hanging on two hands with additory rest on body side (stomach down) Option 2 Option 3 Image: Constrained		Option 2		4,5 points	- Both legs straight and spread
PS-I-15 Option 1 Option 2 - closer leg straight, another bend 4 points - closer leg straight, another bend 4 points - Both legs straight and spread on 160° or more - Legs make a straight line parallel to the floor 4,5 points - Both legs straight and spread on 90° or less - Legs make a straight line parallel to the floor		Option 3	4	5 points	- Both legs straight, feet together
Option 2 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 - Legs make a straight line parallel to the floor		hands with additory rest on body side		side. Body an make one st	nd legs parallel to the floor. Hips and shoulders traight line. No extra rest (fixation) on the
Option 2 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 - Legs make a straight line parallel to the floor	PS-I-15	Option 1		-	
Option 3 - Legs make a straight line parallel to the floor		Option 2		4 points	- Legs make a straight line parallel to the
		Option 3		4,5 points	- Legs make a straight line parallel to the
		Option 4		5 points	- Both legs straight, feet together



Code\			D • /	
Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
PS-I-16	Hanging in brace between the arms		Hanging in underhand g parallel to th	brace between the arms. Upper hand in grip. The body turned back to the pole and e 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)		underhand g	bend arm on the floor, second hand im rip rests the pole. The body turned sideway the floor. Hips and shoulders make one
	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)		one hand an turned side	anging in brace between underhand grip of d with rest on bend lower arm. The body eway parallel to the floor. Hips and take 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		Stance in b underhand g the pole, feet	prace between the arms. Upper hand in rip. The body turned sideway and parallel to t together
	sideway to the pole)		1 point	- Upper hand in underhand grip.
PS-I-20	Stance in brace between the arms in pronated grip (stomach to the pole)			prace between the arms. Upper hand in p. The body stomach to the pole and parallel eet together
			2 points	- Upper hand in pronated grip



Group I - force

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	1 0	exercises pole sport	ASSOCIATION	Group I - force
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
	Hanging on two hands with additory rest on shoulder (stomach up)			anging on two hands with additory rest on shoulder. rallel to the floor, stomach up. Hips and shoulders aight line.
PS-I-21	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	I	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.		on lower sho	nging in brace between elbow grips (with the rest ulder), lower closer hand holds the opposite leg and hand holds another bended leg.
		2	3,5 points	- Legs opening 180 ° or more
	Hanging on elbow grip		Hanging on homonymous	elbow grip with additory rest on shoulder of s hand.
PS-I-23	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 t the leg.	he rest on feet and opposite hand. Free hand holds
			4 points	Legs opening 180 ° or more - Legs parallel to the floor
PS-I-25	Horizontal hanging with the rest on gluteus		Horizontal ha floor	anging with the rest on gluteus. Body parallel to the
			2,5 points	- Body parallel to the floor



Appen	dix № 2 compulsory e		NTERNATIONAL AIR ATHLETICS ASSOCIATION	Group II - flexibility
Code\ Group	Name	РНОТО	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			grip between the hips with strong deflection in ds hold the opposite feet
			0,5 points	- Strong deflection in the back, head back
	Horizontal hanging in split on the pole with rest of hand on the waist		shoulder, with	ging on the pole, holding the pole with back side of the rest of closer to the pole hand on waist. Free hand nous ногу ankle, opening split line.
	Option 1		1 point	-Legs opening less than 180 ° -Closer hand rests on waist
PS-II-2	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
	Vertical split			on the pole in brace between upper hand in nder the knee of upper leg and lower hand under er leg
PS-II-3	Option 1		1 point	-Legs opening less than 180 °
	Option 2		1,5 points	-Legs opening 180 ° or more
	Front split with rest onc foot «Chinese split».		Front split wir side of the pol	th rest on foot, hands in classic grip on the upper le. Free leg opening split line.
	Option 1		0,5 points	-Legs opening less than 180 °
PS-II-4	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		pole. The op	her hand in underhand grip, The body before the posite straight leg holds the pole by hip. Free nonymous leg opening split line.
	Option 1		1 point	-Legs opening less than 180 °
	Option 2		1,5 points	-Legs opening 180 ° or more



Group Name PHOTO 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 opposition in classic grip on the top of the pole. Another liss est back, Leg straight. Deflection in loins, free and set in front. PS-II-6 Option 1 Sir on inner side of hips with knee grip of the pole. Another liss est back, Leg straight. Deflection in loins, free and set in front. PS-II-7 Hanging with knee grip and holding feet by opposite hands Image: performed feet by opposite hands PS-II-7 Hanging with knee grip and holding feet by opposite hands Image: performed feet by opposite hands			AS		· ·
PS-II-6 of thip with knee grip Image: provide the poil.		Name	РНОТО	Points	
PS-II-7 Option 2 Hanging with knee grip and boding feet by opposite hands Imaging with knee grip and boding feet by opposite hands Imaging with knee grip of farther from the pole lo Closer leg straight along the pole. The body turned the front. The hands hold the opposite feet. PS-II-7 Split with the rest on lower leg Imaging with knee grip and boding feet by opposite hands Imaging with knee grip of farther from the pole lo Closer leg straight. PS-II-8 Split with the rest on lower leg Imaging with the rest on lower leg Imaging with the rest on lower leg Imaging with the rest on lower leg Option 1 Option 2 Imaging with the rest on lower leg Option 1 Option 2 Imaging with the rest on lower leg Imaging with the rest on lower leg Imaging with the rest on lower leg Option 2 Option 1 Imaging with the rest on lower leg Imaging with the rest opposite leg shaket of the pole hand in Chinese grip. Homonyma arm is on the shoulder of that arm. Free arm holds to opposite leg by ankle opening split line. PS-II-0 Option 1 Imaging with inter side of him of eloser 1 Option 2 Imaging with inter side of him of eloser 1 PS-II-10 Hanging with rest paradises head down Imaging with inter side of him of e	PS-11-6	of hips with knee		hand in classi is set back, L	c grip on the top of the pole. Another leg
PS-II-7 Option 2 Hanging with knee grip and boding feet by opposite hands Imaging with knee grip and boding feet by opposite hands Imaging with knee grip of farther from the pole lo Closer leg straight along the pole. The body turned the front. The hands hold the opposite feet. PS-II-7 Split with the rest on lower leg Imaging with knee grip and boding feet by opposite hands Imaging with knee grip of farther from the pole lo Closer leg straight. PS-II-8 Split with the rest on lower leg Imaging with the rest on lower leg Imaging with the rest on lower leg Imaging with the rest on lower leg Option 1 Option 2 Imaging with the rest on lower leg Option 1 Option 2 Imaging with the rest on lower leg Imaging with the rest on lower leg Imaging with the rest on lower leg Option 2 Option 1 Imaging with the rest on lower leg Imaging with the rest opposite leg shaket of the pole hand in Chinese grip. Homonyma arm is on the shoulder of that arm. Free arm holds to opposite leg by ankle opening split line. PS-II-0 Option 1 Imaging with inter side of him of eloser 1 Option 2 Imaging with inter side of him of eloser 1 PS-II-10 Hanging with rest paradises head down Imaging with inter side of him of e		Option 1	and the second s	1 points	- Free arm set in front
Option 2 opening split line. PS-II-7 Hanging with knee grip and bolding feet by opposite hands Image: provide the option of the opposite feet. PS-II-7 Split with the rest on lower leg Image: provide the option of the option option of the option opt					
Hanging with knee grip and holding feet by opposite hands Image of the pole is the pole. The body turned the front. The hands hold the opposite feet. Closer I the pole by foot. The hold the opposite feet. Closer I straight. PS-II-8 Split with the rest on lower leg Diagonal rest on lower part of the pole by foot. To opposite leads in classic grip. Free hand holds to opposite leg's ankle, opening split line. The body turned to the pole. The body turned holds to opposite leg's ankle, opening split line. The body turned holds to opposite leg's ankle, opening split line. The body turned holds to opposite leg's ankle, opening split line. The body turned by a split on the shoulder in Chinese grip. PS-II-8 Split on the shoulder in Chinese grip. Closer to the pole hand in Chinese grip. Homonymo arm is on the shoulder of that arm. Free arm holds to opposite leg by ankle opening split line. PS-II-9 Option 1 Closer to the pole hand in Chinese grip. Homonymo arm is on the shoulder of that arm. Free arm holds to opposite leg by ankle opening split line. PS-II-9 Option 1 Closer to the pole hand in Chinese grip. Homonymo arm is on the shoulder of that arm. Free arm holds to opposite leg by ankle opening split line. PS-II-10 Option 2 Diagonal hanging with inner side of hip of closer 1 grip, back and thow of opposite ram. Stelland to be leg. The should of the pole. The log opening split line. PS-II-10 Hanging edited of paradises head down Diagonal hanging with inner side of hip of closer 1 grip, back and thow of opposite ram. Stelland to pole. arm lock-d. Free leg opening split line. <td></td> <td>Option 2</td> <td></td> <td>. points</td> <td></td>		Option 2		. points	
PS-II-8 Split with the rest on lower leg Option 1 Diagonal rest on lower part of the pole by foot. T opposite heard in classic grip. Free hand holds t opposite leg's ankle, opening split line. The body turn back to the pole. PS-II-8 Option 1 Image: split on the shoulder in Chinese grip Image: split on the shoulder in Chinese grip PS-II-9 Option 1 Image: split on the shoulder in Chinese grip Image: split on the shoulder in Chinese grip PS-II-9 Option 1 Image: split on the shoulder in Chinese grip Image: split on the shoulder in Chinese grip PS-II-9 Option 1 Image: split on the shoulder in Chinese grip Image: split on the shoulder in Chinese grip PS-II-9 Option 1 Image: split on the shoulder in Chinese grip Image: split on the shoulder in Chinese grip PS-II-9 Option 1 Image: split on the shoulder in Chinese grip Image: split on the shoulder in Chinese grip PS-II-10 Option 2 Image: split on the shoulder of that arm. Free arm holds to opposite leg by ankle opening less than 180 ° PS-II-10 Option 1 Image: split on the shoulder of poposite leg opening less than 180 ° PS-II-10 Image: split on the shoulder of opposite leg opening less than 180 °	PS-II-7	knee grip and holding feet by		Closer leg str	aight along the pole. The body turned to
PS-II-8 Split with the rest on lower leg opposite leg's ankle, opening split line. The body turn back to the pole. PS-II-8 Option 1 -Legs opening less than 180° Option 2 2 points -Legs opening less than 180° PS-II-9 Split on the shoulder in Chinese grip Closer to the pole hand in Chinese grip. Homonymo arm is on the shoulder of that arm. Free arm holds to opposite leg by ankle opening split line. PS-II-9 Option 1 -Legs opening less than 180° Option 2 0ption 1 -Legs opening split line. PS-II-9 Option 1 -Legs opening less than 180° PS-II-9 Option 2 -Legs opening less than 180° PS-II-10 Option 1 -Legs opening less than 180° PS-II-10 Hanging «Bird of paradise» head down Diagonal hanging with inner side of hip of closer 1 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. PS-II-10 Option 1 -Legs opening less than 180°				0,5 points	hands hold the opposite feet. Closer leg
Option 1 I,5 points -Legs opening less than 180° Option 2 2 points -Legs opening 180° or more Split on the shoulder in Chinese grip Closer to the pole hand in Chinese grip. Homonymo arm is on the shoulder of that arm. Free arm holds to opposite leg by ankle opening split line. PS-II-9 Option 1 I,5 points -Legs opening less than 180° Option 2 Option 1 -Legs opening less than 180° -Body and legs diagonally PS-II-10 Hanging «Bird of paradise» head down Diagonal hanging with inner side of hip of closer 1 grip, back and clow of opposite arm. Closer arm set behind the leg, farther arm set behind to pole, arms locked. Free leg opening split line. PS-II-10 Option 1 Diagonal hanging with inner side of hip of closer 1 grip, back and clow of opposite arm. Closer arm set behind to pole, arms locked. Free leg opening split line.				opposite hand opposite leg's	l in classic grip. Free hand holds the ankle, opening split line. The body turned
Split on the shoulder in Chinese grip Closer to the pole hand in Chinese grip. Homonymon arm is on the shoulder of that arm. Free arm holds to opposite leg by ankle opening split line. PS-II-9 Option 1 Image: Closer to the pole hand in Chinese grip. Homonymon arm is on the shoulder of that arm. Free arm holds to opposite leg by ankle opening split line. PS-II-10 Option 1 Image: Closer to the pole hand in Chinese grip. Homonymon arm is on the shoulder of that arm. Free arm holds to opposite leg by ankle opening split line. PS-II-10 Option 1 Image: Closer to the pole hand in Chinese grip. Homonymon arm is on the shoulder of that arm. Free arm holds to opposite leg by ankle opening split line. PS-II-10 Image: Closer to the pole hand in Chinese grip. Homonymon arm is on the shoulder of that arm. Free arm holds to opposite arm. Closer to the pole hand in Chinese grip. Homonymon arm is on the shoulder of that arm. Free arm holds to opposite arm. Closer arm set behind the leg, farther arm set behind to pole, arms locked. Free leg opening split line. PS-II-10 Option 1 Image: Closer to the pole hand in Chinese grip. Closer to the pole hand in Chinese grip. Closer to the pole, arms locked. Free leg opening split line.	PS-II-8	Option 1	9	1,5 points	-Legs opening less than 180 °
PS-II-9 Split on the shoulder in Chinese grip arm is on the shoulder of that arm. Free arm holds to opposite leg by ankle opening split line. PS-II-9 Option 1 I,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 I 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. PS-II-10 Option 1 Z,5 points -Legs opening less than 180 °		Option 2		2 points	-Legs opening 180 ° or more
PS-II-10 Option 1 Option 1 Option 2 Imaging with of paradises head down Imaging with of paradises head down Option 1 Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with of paradises head down Imaging with paradises head down Imaging with of paradises head down Imaging with paradises head down Imaging with of paradises head down Imaging with paradises head head head head head head head head		shoulder in		arm is on the	shoulder of that arm. Free arm holds the
Option 2 -Body and legs horizontally Hanging «Bird of paradise» head down Diagonal hanging with inner side of hip of closer 1 grip, back and elbow of opposite arm. Closer arm set behind the leg, farther arm set behind the leg, farther arm set behind the pole, arms locked. Free leg opening split line. PS-II-10 Option 1	PS-II-9	Option 1		1,5 points	
PS-II-10 Hanging «Bird of paradise» head down 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		2,5 points	
	PS-II-10	paradise» head		grip, back and Closer arm set	l elbow of opposite arm. t behind the leg, farther arm set behind the
		Option 1		2,5 points	-Legs opening less than 180 °
Option 2 3 points -Legs opening 180 ° or more		-			
		Option 2		3 points	-Legs opening 180 ° or more



Code			Points	Description, conditions under
Group	Name	РНОТО	1 Units	which the exercise is considered to be performed
PS-II-11	Bird of paradise head up		holding by th Closer arm se	nging with inner side of hip grip, e back and elbow of opposite arm. et behind the leg, farther arm set behind s locked. Free leg opening split line.
	Option 1		3,5 points	-Legs opening less than 180 °
	Option 2	4	4 points	-Legs opening 180 ° or more
PS-II-12	Stance in brace between arms rest on the floor and feet grip		feet grip, the strong deflect	ce between hands rest on the flor and e body set aside from the pole with tion in the back. Arms and supporting 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.
	Hanging in brace with feet grip.		of closer to t	race wide brace on the pole with grip he pole feet. Free leg bend or straight line. Deflection in loins.
PS-II-13	Option 1		0,5 points	lower leg bandDeflection in loins.
	Option 2		1 point	-Legs opening 180 ° or more - Deflection in loins.
	Scorpion or leg grip from knee to		from knee to	wide brace on the pole with leg grip feet. The body along the pole, stomacl ree leg bend or straight.
PS-II-14	feet. Stance in brace.		0,5 points	-Free leg bend or straight
PS-II-15	Hanging on homonymous hand and feet.	E	and feet. Arm	he pole by holding homonymous hand n in elbow grip — leg in knee grip. Fe nd set back holding by free hand.
			1 point	- Leg bend - back in deflection



Appen	dix № 2 compulsory ex	xercises pole sport and a state of the second se	ERNATIONAL ATHLETICS SOCIATION	Group II - flexibility
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
PS-II-16	Hanging «Crescent»			p between the hips, legs straight and horizontal to ng deflection in the back. Arms straight in brace.
			1,5 points	-Deflection in loins -Legs horizontal to the floor -Arms straight
	Hanging «Russian split»			nging with rest on foot of lower leg between the free leg opening split line.
PS-II-17	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		closer hand an	ing with hold by the back side of shoulder of the d hip of homonymous straight leg, pressed to the d 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		shoulder of clo	nging with synchronous hold by back side of oser hand and ankle of homonymous leg. Free hand of free leg symmetrically. Strong deflection in the
r 5-11-1 <i>9</i>	Option 1		3 points	-Legs bend
	Option 2		3,5 points	-Legs straight
	Vertical hanging in front split with feet grip		Vertical hangir	ng in split line with feet grip
PS-II-20	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	4,5 points	-Both arms stretched back, The back in deflection (without holding the equipment)

Name

Diagonal hanging in wide arm brace and feet grip «Star»

Option 1

Option 2

Horizontal hanging in holding the pole between the legs

Option 1 Option 2

Hanging in holding upper hand in elbow grip, moving legs in split

Option 1

Option 2 Horizontal split on

Code\ Group

PS-II-21

PS-II-22

PS-II-23

es pole sport	ITERNATIONAL IR ATHLETICS SSOCIATION	Group II - flexibility		
	Points	Description, conditions under which the		
РНОТО		exercise is considered to be performed		
V A	Diagonal hanging in wide arm brace and feet. Free leg opening split line.			
	0,5 points	-Legs opening less than 180 °		
	1 point	-Legs opening 180 ° or more		
	straight and s	nging on the pole grip between the hips. Legs pread. The hand homonymous with upper leg and holds the hip. Free arm set in front		
	2 points -Feet of the lower leg on the pole			
¥	2,5 points	-Feet of the lower leg not on the pole		
		olding upper hand in elbow grip and rest on er, free hand holds the ankle of opposite leg ine.		
	3 points	- Diagonal hanging -Legs opening less than 180 °		
	4 points - Horizontal hanging - Legs opening 180 ° or more			
	the homonym	nging on the pole with grip by hand holding ous leg. Free hand holds the ankle of opposite olit line. Legs straight.		
	0,5 points	-Body and legs placed diagonally. Legs opening less than 180 °		
	1,5 points	- Body and legs parallel to the floor Legs		

	the pole with grip by homonymous hand	the homonym	inging on the pole with grip by hand holding ous leg. Free hand holds the ankle of opposite plit line. Legs straight.
PS-II-24	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)
	Vertical split- Stance on hand		ce, hands in brace, a closer to the pole leg rest wer arm (thumb up). The body straight, free leg line.
PS-11-25	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	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
	Fold on the pole		Legs in fold v	vith rest on the pole. The body before the pole
PS-11-26	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
	Hanging «Biman»		and shoulder of	I ag with rest of front side of the hips, the body side on the pole. One leg holds the pole (from foot to leg held by hands
PS-11-27	Option 1		1,5 point	-Bend leg hold by hands in regular grip
1 5-11-27	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).
	Hanging on knee	Er IS	Hanging with ankle. Arms s	h knee grip, hands grab the second leg by the straight.
PS-II-28	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 Free hand hol line	in a grip with back side of shoulder and feet . ds the ankle of the opposite leg opening split
	Option 1		3 points	-Closer to the pole arm on the pole
	Option 2		3,5 points	- closer to the pole arm straight
DC 11 20	Horizontal hanging with rest on back side of shoulder and the body side		closer hand a	anging with rest on back side of shoulder of nd the body side. Closer hand holds the hip of farther hand holds the pole. The back in gs straight
PS-II-30	Option 1		4 points	-The back in deflection - lower farther hand on the pole
	Option 2	Ĩ	5 points	-The back in deflection -lower farther hand holds the opposite leg by feet



I

				Group II Inclusing
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
	Hanging with rest on the pole with feet of farther leg and chinese grip of closer hand		chinese grip	rest on the pole with feet of farther leg and of closer hand. Free leg bend or straight, line. Deflection in loins, the body up to the
PS-II-31	Option 1		0,5 points	- lower leg bend - Deflection in loins
	Option 2	N	1 point	-Legs opening 180 ° or more - Deflection in loins
	Stance in split in brace between one hand resting on the floor and underhand grip of the pole of another hand		floor and und Closer suppor	it in brace between one hand resting on the derhand grip on the pole of another hand. rting leg straight and fixed on the pole, free bening split line.
PS-II-32	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-11-33	Hanging with the rest on pole by the front side of hips		Hanging with straight, back 3 points	rest on the pole by front side of hips. Legs in deflection -The body in maximal deflection, legs straight
PS-II-34	Hanging with fixation of leg between the arm and the equipment		shoulder, <u>free l</u> opposite leg f Bend free leg	h fixation of the equipment by back side of <u>hand on the equipment in pronated grip.</u> The fixated between the arm and the equipment. g is opening a split line or is also fixated rm and the equipment
r 5-11- 3 4	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
	Split with rest on hip of closer leg		Diagonal han leg. Free leg c	iging in brace with rest on hip-knee of closer opening split line The back in deflection
PS-II-35	Option 1		0,5 points	-Legs opening less than 180 °
	Option 2		1 point	-Legs opening 180 ° or more

Аррен	ndix № 2 compulsory ex	ercises pole sport 🧭	INTERNATIONAL AIR ATHLETICS ASSOCIATION	Group II - flexibility
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
PS-11-36	Hanging on elbow with with legs opening split line			brace between elbow grip and rest on wrist of pper hand holds the opposite leg, opening split
	Option 1		2,5 points	-Legs opening less than 180 °
	Option 2		3 points	-Legs opening 180 ° or more
	Diagonal hanging on the back side of shoulder		on the back	ging on the back side of shoulder with the rest side of hips of homonymous leg. The hands posite feet, opening split line. Back in strong
PS-II-37			3,5 points	- Legs opening 180 ° or more - Legs straight
	Diagonal split	÷ ·	Diagonal han	ging on hands opening split line
PS-II-38	Option 1		0,5 points	 Legs opening less than 180 ° Legs straight
	Option 2		1 points	- Legs opening 180 ° or more - Legs straight
	Hanging «Rainbow»		Hanging with inner side o deflection	n grasp by the back side of shoulder and rest on f hips of homonymous leg, Back in strong
PS-11-39	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-11-40	Hanging on the back side of shoulder		Hanging на t equipment in	the back side of shoulder with the rest on the ner side of hips
			2 points	- Legs straight



Code\ Group	Name	РНОТО	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	C.	4 points	- Upper leg straight	
	Option 3		5 points	- Hand holds both legs	
	Front split with the rest foot rest on the pole		top of the pole	th the rest foot rest on the pol, hands on the b. Back in deflection. <u>llel to the floor.</u>	
	Option 1		2,5 points	- Free leg bend	
PS-II-42	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		neck (neck is i	 elbow grip with rest on lower shoulder and in front of the pole). Free hand holds the ankle g opening a split line (leg is at the back of the Legs opening 180 ° or more Legs straight in split Legs an body parallel to the floor 	
				ging on the equipment with the rest between ips and back. Hands in lock fixating upper leg quipment)	
PS-II-44	Diagonal hanging on the equipment with the rest between inner side of hips and back		3 points	- Legs opening 180 ° or more	
DS 11 45	Hanging in brace between elbow grip and rest on wrist of lower hand			ace between elbow grip and rest on wrist of Jpper hand holds the opposite leg, Back in on	
PS-II-45	Option 1		4 points	- Legs opening more than 180 $^\circ$ from knee	
	Option 2		4,5 points	 Legs opening 180 ° or more Legs straight 	
	Option 3		5 points	- Hand holds both legs	





Name nging with the rest on the oment inner side of hips Option 1 Option 2 Option 3 ging «Origami» Option 1 Option 3 option 3 option 3 option 4 option 5	PHOTO	hips, one han opposite leg. I 0,5 points 1 points 3 points Hanging on th	Description, conditions under which the exercise is considered to be performed a the rest on the equipment by inner side of d on the equipment, another hand holds the Back in strong deflection - Hand holds bend leg - Hand holds straight leg - Hand holds straight leg in "Biellmann" grip with shoulder twist be pole c knee grip of the closer to the pole leg. ion in back. Arms straight in brace holding the - Arms and leg straight and parallel - Homonymous hand holds free straight leg
rest on the oment inner side of hips Option 1 Option 2 Option 3 ging «Origami» Option 1 Option 2 Option 2 Option 3		hips, one han opposite leg. I 0,5 points 1 points 3 points Hanging on th Strong deflect pole. 2,5 points	 ad on the equipment, another hand holds the Back in strong deflection Hand holds bend leg Hand holds straight leg Hand holds straight leg in "Biellmann" grip with shoulder twist ae pole c knee grip of the closer to the pole leg. ion in back. Arms straight in brace holding the Arms and leg straight and parallel
Option 1 Option 2 Option 3 ging «Origami» Option 1 Option 2 Option 3 mging on elbow ip holding the		1 points 3 points Hanging on the Strong deflect pole. 2,5 points	 Hand holds straight leg Hand holds straight leg in "Biellmann" grip with shoulder twist Pole c knee grip of the closer to the pole leg. ion in back. Arms straight in brace holding the Arms and leg straight and parallel
Option 3 ging «Origami» Option 1 Option 2 Option 3 nging on elbow ip holding the		3 points Hanging on the Strong deflect pole. 2,5 points	 Hand holds straight leg in "Biellmann" grip with shoulder twist ne pole c knee grip of the closer to the pole leg. ion in back. Arms straight in brace holding the Arms and leg straight and parallel
ging «Origami» Option 1 Option 2 Option 3 Option 3		Hanging on th Strong deflect pole. 2,5 points	grip with shoulder twist the pole c knee grip of the closer to the pole leg. tion in back. Arms straight in brace holding the - Arms and leg straight and parallel
Option 1 Option 2 Option 3 Option 3		Strong deflect pole. 2,5 points	ion in back. Arms straight in brace holding the - Arms and leg straight and parallel
Option 2 Option 3 nging on elbow		2,5 points	
Option 3 nging on elbow ip holding the		3 points	- Homonymous hand holds free straight lea
nging on elbow			in regular grip under the knee
ip holding the		4 points	- Homonymous hand holds free straight leg in "Biellmann" grip
e of opposite leg			elbow grip holding the ankle of opposite leg. kated on the equipment or is hold by free hand
Option 1		3 points	- Free hand (lower) holds the pole
Option 2	10	4 points	- Free hand (lower) doesn't hold the pole
Option 3	R	4,5 points	- Free hand holds the lower leg
nging with the rest on the pment by elbow farther arm		Hanging with arm, back side of hips.	the rest on the equipment by elbow of farther e of the shoulder of closer arm and inner side
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	T	5 points	- Legs opening 180 ° or more - Legs straight
nging In front split			ront split, when arms are on different sides of k 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
		5 points	- Hand holds homonymous straight leg. - Legs straight
	Option 3 nging In front split Option 1	Option 3 Option 1 Option 2	Option 3 5 points nging In front split Hanging In fithe body. Back Option 1 3 points Option 2 3,5 points



Аррени	nx 32 2 computsory exc	creases pore spore	ASSOCIATION	Group II - flexibility
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
	Hanging in knee grip		Hanging in knee grip, hands hold Hand hold the free leg in "Biellmann" grip.	
PS-II-51	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)
	Vertical hanging in split		Vertical hang deflection	I ging in split. Hands hold the pole, back in
PS-11-52	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 inner side of hips of opposite leg. Knee (hip between the arm and pole	
			3 points	- Legs opening more than 180 $^\circ$ from knee
PS-11-54	Diagonal hanging		and inner sid	I ging with the rest on the back side of shoulder de of hips of opposite leg. The leg is fixated arm and pole opening a split line.
	in split		3,5 points	- Legs opening 180 ° or more
	Hanging with the rest on back side of the shoulder and			anging with the rest back side of the shoulder le of hips of homonymous leg. Hands hold the
PS-11-55	inner side of hips 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



Group III - balance

			ASSOCIATION	_		
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed		
	Balance in the stance on the pole legs laid back		grip, lower h	he stance on the pole, upper hand in underhand hand in classic grip (thump down), The body in tion, legs laid back, bend or straight and parallel		
PS-III-1	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		
	Balance «Dragon's tail»			rest of waist on farther arm, closer to the pole pole, legs straight and parallel to the floor		
PS-III-2	Option 1		2,5 points	- Farther from the pole leg is set in front, opening split line -Legs straight		
	Option 2	A	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-111-3	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		
		I	1,5 points	-The body parallel to the floor		
PS-111-4	Horizontal hanging in brace of elbow and bend arm		arm and low	anging in brace of elbow of closer to the pole er farther bend arm, shoulders turned. The leg n the shoulder and the pole, free leg is laid back, line		
			4 points	-The body parallel to the floor		
	Balance «Dangerous bridge»	ic.	feet grip, The deflection in	race between rest on hands in classic grip and ne body set aside from the pole with strong the back, Arms, supporting leg straight, free leg th opening split line		
	Option 1		2 points	- <u>Shoulder rests the pole</u> - Free leg bend		
PS-III-5	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 <u>angle 45 ° or more.</u> Free leg in split (180 ° or more) Body and arms make one line 		



Group III - balance

Code\Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
PS-111-6	Horizontal Balancec with knee grip and rest on hand			lance with rest on closer to the pole hand and homonymous leg, the body parallel to the straight
			0,5 points	-The body parallel to the floor
	Diagonal sit on the equipment with the rest on back side of hip		Diagonal sit of hip (buttocks) aside opening	on the equipment with the rest B back side of) opposite hand holds the pole. Free leg is set g split line
PS-III-7	Option 1	5	2,5 points	-Legs opening up to 180 °
	Option 2		3 points	-Legs opening 180 ° or more
PS-III-8	Balance horizontal hanging hanginge with grasp between the bodyside and hip	turned sideway and farther hand, free straight		orizontal hanging in grip between the body ay and hip of homonymous leg and rest on free hand is laid back, knee of free leg is
			1 point	-The body parallel to the floor
PS-III-9	Balance in front split in arm balance			e stance on hands on the floor with rest of feet ree leg is laid back, opening split line
		A.	1 point	-Legs parallel to the floor
PS-III-10	Balance in side split in arm balance			e stance on hands on the floor with rest of hip on the pole, free leg set aside, opening split
			1,5 points	-Legs parallel to the floor
	«Russian split» with the rest on the floor		Balance with back, the bod	rest on one feet on the flor, another leg is laid y trends to be parallel to the floor
PS-III-11	Option 1		1,5 points	- Body drawn set aside on angle 45°
			2,5 points	- Body drawn set aside on angle 45°



Group III - balance

Code\Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
PS-III-12	PS-III-12 Stance on hands with rest of two legs on the pole		Stance on har and strong de	nds with rest of two legs on the pole flection in the back
			1,5 points	-Angle between the pole and thee body 90°
PS-III-13	Stance on the floor with rest on bend arm on the pole (body turned sideway to the pole)		second hand	e stance on one hand on the floor, bend and rests the pole. Feet y turned sideway to the pole, straight o the pole
	b 2000)		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)		second hand	e stance on one hand on the floor, rests the pole. Feet together, Body o the pole, straight and parallel to the
			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)		second hand i	e stance on bend arm on the floor, n underhand grip rests the pole. Feet y turned sideway to the pole, straight o 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			e stance on the floor with rest of one ole, body in balance opening a split
			2 points	-Split line parallel to the floor the floor

Appendix	Appendix № 2 compulsory exercises pole sport		ERNATIONAL ATHLETICS SOCIATION	Group III - balance	
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed	
	Balance «Lotus»		Balancec with and rest on kn	h inner side of knee of upper leg grip nee of lower leg. Arms set aside	
PS-III-17	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 homonymous	h the rest on foot, holding the pole by 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 of the foot of	the rest on feet of lower leg and bridge another leg.	
			4,5 points	- Body parallel to the floor	
			Balance with back side of sho	fixation by front side of the hips with oulder of the opposite arm.	
PS-111-20	Balance «Star»		1,5 points	- Legs opening 180 or more - Arms line is parallel to legs line	
PS-III-21	Hanging «Superman»		Hanging with grip.	n inner side of hip grip and pronated	
		S OF R	0,5 points	- Legs parallel to the floor	



	12 2 compuisor y exer	Group III - balance				
Code\Gr oup	Name	РНОТО	Points	Description, con exercise is cons	ditions under which the idered 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 18()° or more	
	Hanging on arms with the rest on shoulder		Hanging on a	rms with the rest on	shoulder.	
PS-III-23	Option 1		2 points	- Legs opening up - Legs straight and		
	Option 2		3 points	 Legs opening 180 Legs straight and Legs parallel to the straight of the straight of	spread (split)	
	Option 3		3 points	- Legs set back in ' - Feet touch the he	"Mexican" position ad (shoulders)	
	Hanging on arms with grip in different sides		Hanging on a body.	arms, when arms are	e on different sides of the	
PS-III-24	Option 1		3,5 points	- Leg bend - deflection in loins	S	
	Option 2		4 points	-Legs opening 180 - split line parallel - deflection in loin	to the floor	
	Hanging with bridge of the foot grip and rest on the shoulder		Hanging with homonymous		foot grip and rest on	
PS-III-25	Option 1		2 points	- Free hand on the - Free leg bend	pole	
	Option 2		2,5 points	-Legs opening 180 - Free hand on the	° or more pole	
	Option 3		3 points	- Free hand holds t -Legs opening 180	° or more	
	Hanging with grasp by bridge		opposite_show	ulder	f the foot and rest on the	
PS-III-26	of the foot and rest on the opposite shoulder (hands free)		5 points	-Legs opening 180 - Hands holding th	° or more e leg	
		7				



Group	III	- balance
Group	Ш	- balance

			Group III Summee	
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
Balance with the rest on foot of lower leg and			th the rest on foot of lower leg and lift of upper a strong deflection , hands on the equipment.	
PS-III-27	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>
	Hanging on the back side of shoulder		Hanging of fixation on	on the back side of shoulder with additory the pole.
PS-III-28	Option 1	Cia	0,5 points	- Free arm fixates closer arm by elbow or wrist
	Option 2		1 points	- Free arm set in front



Group IV - special

Code\Group	Name	РНОТО	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	
	Change of grasps of lower hand		Change of grasps of lower hand		
PS-IV-2	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	
	Change of grasps of upper hand		Cha	nge of grasps of upper hand	
PS-IV-3	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	
	Combined change of grasps of lower and upper hand		Combined ch hand	ange of grasps of lower and upper	
PS-IV-4	Option 1		3,5 points	-Minimum number of grasps <u>4 (2-</u> lower hand, 2 upper hand)	
	Option 2		5 points	-Minimum number of grasps <u>8</u> and more	



Code\Gro up	Name	РНОТО	Стоимость, pointsы	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>)	
	Back flip		Back flip, body turns on 360°		
PS-IV-6	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		leg, free leg ma	hanging in split with rest on hips of closer akes a swing, body makes a flip on 360°. ump down on the floor	
			2 points	Start position –hanging on the pole in split End position- jump down on the floor	
				l	

Appendix No 2 compulsory exercises pole sport		INTERNATIONAL AIR ATHLETICS ASSOCIATION	Group G - Duets		
Code\ Group	Name	РНОТО	Points Description, conditions under which to 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	
				Sitting on the pole with the rest on the equipment	
PS-G-2 Synchronous hanging		Second athlet	of hips, hand holds the equipment te: 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	and the second sec	4 points	-Legs opening less than 180 ° o - Diagonal split line is possible	
	Option 2		5 points	-Legs opening 180 ° or more - Horizontal split line	
	Hanging on partner's hand with additory rest		by inner side	Sitting on the pole with the rest on the equipment of hips, arm in shoulder grip on the equipment. e: Hanging on partner's hand with additory rest on	
	Option 1		2,5 points	Second athlete: -Legs spread	
PS-G-4	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 и parallel to the floor. Hips and shoulders make one straight line - Both legs straight, feet together	

Group G - Duets

Code\ Group	Name	РНОТО	Points	Description, contract of the second s	onditions under which the nsidered 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	he 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 str	raight
	Hanging partner's feet		back side of sh Second athlet	houlder, arms rotated	er's feet when one or both legs
PS-G-7	Option 1		3 points	or both legs are fit	langing partner's feet when one xated on one foot and neck on urms set aside without additory or the equipment.
	Option 2		4 points	one leg is fixate another.	Hanging on partner's feet when d on one foot and neck on pens a split line and is fixated
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 foo and grasp on partner's leg by upper leg. Second athlete: Stance with rest on the pole by the foo and grasp on partner's leg by upper leg.		r leg. on the pole by the foot of lower
		Y'	2,5 points	- Arms and legs St	raight
PS-G-9	Horizontal hanging in brace between arms		пилон, legs str Second athlet Upper hand partner's second	raight. te: Horizontal hang hold partner's foo	ежду бедер и упором рукой в ing in brace between руками. ot with additory fixation by egs parallel to the floor. Hips t line.
	Option 1		4 points	Second athlete: - One leg straight ar	10ther bend
	Option 2		4 points		gle 160 degrees or more ke a straight line parallel to the
	Option 3		4,5 points	Second athlete: - Both legs straight - Legs make a strai	t and spread on less than 90° ight line parallel to the floor
	Option 4		5 points	Second athlete: - Both legs straight,	

Appendix № 2 compulsory exercises pole sport		cises pole sport	NTERNATIONAL NR ATHLETICS SSOCIATION	Group G - Duets
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
	Synchronous Hanging in brace		Second athlete	Hanging in brace between arms. Body straight. hanging two hands with additory rest on shoulder. stomach up. Feet rest the partner's legs.
PS-G-10	Option 1	R	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			fixates on inner side of hips, body faces the pole. e: Hanging on feet on the back side of partner's
			3 points	- Straight arms set aside
PS-G-12	Balancec with the rest on bend of elbow		inner side of connected with Second athlete	Sitting on the pole with the rest on the equipment hips, arm in shoulder grip on the equipment another in wrist-lock grip. Legs straight. Balance with the rest on foot of lower leg и lift of e partner's elbow.
15-0-12			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 upper leg of the partner, straight legs in "L-sit" position to the floor Second athlete: Horizontal hanging. Upper hand in grip. The body and legs turned sideway parallel to the f 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 is 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

Appendix № 2 compulsory exercises pole sport



Group G - Duets

Appendix M2 compulsory exercises pole sport —				Group G Ducts	
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed	
	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.		
PS-G-15	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).	