

Appendix №2






Compulsory exercises Aerial hoop






Edition № 4





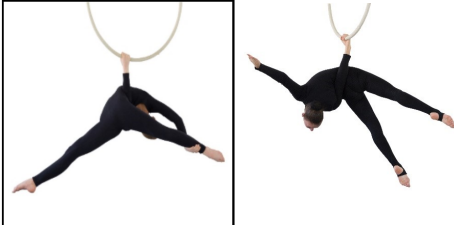







INTERNATIONAL
AIR ATHLETICS
ASSOCIATION






2019






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-I-1	Body stemme in brace			Shoulder rests on the lower arc of the hoop, arms spread holding upper and lower arcs of the hoop. Hips parallel to the floor, legs spread
			1 point	- Keep the hips above the head
AH-I-2	Taking body outside holding by hands and feet			Feet hold the upper arc of the hoop. Straight arms in brace on the lower arc taking the body outside. Legs bend or straight. No additory fixation by feet on rope or locking carabiner.
	Option 1		3,5 points	- Legs bend
	Option 2		4 points	- Legs straight
AH-I-3	Stance on the lower arc			Hands rests the lower arc, legs straight up or spread touching the hoop on one side. Back without deflection. Hips and shoulders on one line
	Option 1		3 points	- Feet together
	Option 2		3,5 points	- Legs spread up to the middle of the side arcs.
AH-I-4	Stance on the shoulder holding legs folded back			Shoulder rests on the lower arc of the hoop, the body faces the side of the hoop. Legs spread and laid back, back in deflection. The angle between the back and hips not more than 90°. No additory fixation with hands.
			3 points	- Legs do not touch the arm - Legs parallel to the floor
AH-I-5	Back blanche			Hanging on the lower arc of the hoop, keep the body parallel to the floor in the "stomach down position". <u>Legs, hips and shoulders make one straight line.</u>
	Option 1		3,5 points	- One leg bend - Back straight and parallel to the floor
	Option 2		4 points	- Legs spread, opening split line <u>more than 160°</u> - Legs and body on the same line, parallel to the floor
	Option 3		4,5 points	- Legs opening less than 90° - Legs and body on the same line, parallel to the floor
	Option 4		5 points	- feet together - Legs and body on the same line, parallel to the floor






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-I-6	Stance «Crocodile»		Stance on elbow on the lower arc of the hoop with the rest on the side arc of the hoop. The elbow rests the body. Legs parallel to the floor. Body and legs make one straight line parallel to the floor.	
	Option 1		2 points	- Start the exercise from the upper arc of the hoop
	Option 2		3,5 points	- Start the exercise from the lower arc of the hoop
	Option 3		4 points	- Upper arm set aside - Additory rest on the side arc by the shoulder (from shoulder to elbow) or neck
AH-I-7	Front split perpendicular to the hoop		Hands in brace holding both the upper and the lower arc of the hoop, legs spread in front split	
			2 points	- Split parallel to the floor, both arms straight
AH-I-8	Stance with rest on elbows on the lower arc of the hoop		Stance on the lower arc of the hoop, body resting the elbows.	
			4 points	- Legs and body parallel to the floor - Legs straight - Legs spread but do not touch the side arcs of the hoop
			4,5 points	- Legs and body parallel to the floor - Legs straight - Legs spread on the angle not more 30° (at shoulder length)
AH-I-9	Holding the hoop by feet and inner side of hips		Holding the hoop by feet (5th position) and inner side of hips. Back in deflection	
			1,5 points	- Feet close together - hands free
AH-I-10	Hanging on the back side of the shoulder in a split		Hanging on the back side of the shoulder on the lower arc of the hoop. Legs opening split line perpendicular to the floor.	
			3,5 points	- Legs opening 180° or more - Hips and shoulders on one line in the same plane - Split line perpendicular to the floor






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-I-11	Split with restom on lower hip			Hand holding the sides of the hoop. The hip of lower leg rests the lower arc of the hoop. Upper leg holds the upper side of the hoop by foot.
			2 points	- Legs opening 180° or more
AH-I-12	Front Flag			Hanging on one hand, the body turns in the «fold» position, free arm set aside.
			2,5 points	- Legs straight feet together (not crossed)
AH-I-13	Stance in split on the lower arc of the hoop			Stance on the lower arc of the hoop. One bend arm rests the lower arc, another rests the side of the hoop. Homonymous with the lower arm leg rests the shoulder. Free leg is set aside.
			4,5 points	- Legs and body parallel to the floor.
AH-I-14	Side hanging with feet rest on the hoop			Hanging on the hoop holding by legs and rest on inner side of hips and feet
	Option 1		0,5 points	- Feet are contracted
	Option 2		1,5 points	- Feet are stretched
AH-I-15	Back flag			Hanging on one hand, the body performs a turn in the deflection, free arm set aside
			3,5 points	- Legs straight
			4,5 points	- free hand holds the homonymous leg in a "Biellmann" grip (with a shoulder twist) opening split line






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-I-16	Hanging on one hand in deflection		Rest on the shoulder, holding the sides of the hoop by hands set back straight legs	
	Option 1		1,5 points	Legs straight, holding by two hands
	Option 2		2 points	Legs straight, hanging one hand
AH-I-17	Taking body outside holding by hands		Hanging on a knee on the upper arc of the hoop, arms rest on the lower arc, pushing the body. Free leg is set back	
			2 points	- Arms and one leg straight
AH-I-18	Stance with the rest on chest		Brace between chest and foot on the side arcs of the hoop. Free leg opening a split line not less than 160°. Legs straight. It is possible to perform without rest on the side arc if the leg cannot reach the side arc of the hoop. Neck and chest on the arc.	
	Option 1		3,5 points	- Holding the hoop by hands - Both legs straight tend to be parallel to the floor
	Option 2		4 points	- Hands free - Both legs straight tend to be parallel to the floor
AH-I-19	Hanging with rest on the side arc of the hoop by back		Hanging with the rest on the side arc of the hoop by back and neck	
	Option 1		0,5 points	- Holding by two hands - legs straight feet together
	Option 2		1 балл	-Holding only by lower hand - legs straight feet together
	Option 3		1,5 points	- Free hand holds the leg opening split line . - One leg bend
	Option 4		2 points	-Free hand holds the leg opening split line . - Both legs straight
AH-I-20	Hanging on the upper arc of the hoop holding by hand		Brace between the body and foot on the side arcs of the hoop, holding the upper arc of the hoop in underhand grip (with wrist twist) on the other side of the hoop (carbine). Inner side of the shoulder should be on the opposite side of the upper arc of the hoop. Free hand holds the homonymous free leg	
	Option 1		3 points	- Leg bend
	Option 2		3.5 points	- Leg straight






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-I-21	Brace in split holding by hand		Brace between the back and foot on the side arcs of the hoop. Holding the side arc by the hand. Free hand fixes free bend or straight leg in a "Biellmann" grip (with a shoulder twist).	
	Option 1		1,5 points	- One leg bend
	Option 2		3 points	- Both legs straight
AH-I-22	Back turn on the side arc of the hoop		Body turns "back" from the position when the back side of the shoulder rests the side arc of the hoop, arm is bend, hand rests the hoop, the body side rests the arm (shoulder). Free leg is straight and set aside	
	Option 1		3 points	- Both legs straight set back - free arm is set aside
	Option 2		3,5 points	- Free hand hold homonymous straight or bend leg in pronated grip.
	Option 3		4 points	Free hand hold homonymous bend leg in a "Biellmann" grip (with a shoulder twist).
	Option 4		4,5 points	Free hand hold homonymous straight leg in a "Biellmann" grip (with a shoulder twist).
AH-I-23	Front Blanche		Horizontal hanging on two hands. The body in "stomach up" position and parallel to the floor. Body, legs and shoulders make one straight line (the same plane)	
	Option 1		4 points	- One leg straight, another bend
	Option 2		4 points	- Legs spread to the sides on 160° or more - Legs and body in one line, parallel to the floor
	Option 3		4,5 points	- Legs spread to the sides on angle not more than 90° - Legs and body in one line, parallel to the floor
	Option 4		5 points	- Both legs straight feet together
AH-I-24	Hanging with body twist on 180 °		Hanging on one hand with hips twist on 180°. Free hand holds the opposite leg by ankle . Hips and shoulders should face opposite directions (left shoulder on the same line with right hip, right shoulder on the same line with left hip).	
			4,5 points	- Hips and shoulders face opposite directions . - Split is not required - Legs spread on not less than 100° - Legs straight
AH-I-25	Hanging on elbow on the lower arc of the hoop		Hanging on elbow on the lower arc of the hoop. Free hand holds the homonymous or the opposite leg.	
	Option 1		1 point	- Holding the homonymous straight leg in pronated grip.
	Option 2		2 points	- Holding the opposite straight leg in a "Biellmann" grip (with a shoulder twist).
	Option 3		2,5 points	- Holding the opposite straight leg in a "Biellmann" grip (with a shoulder twist). - split line 180° or more






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-II-1	Hanging on waist		The body in deflection, hanging on waist on the lower arc of the hoop. Legs spread.	
	Option 1		0,5 point	-Legs opening less than 180°
	Option 2		1 point	-Legs opening 180° or more
AH-II-2	Front split with rest on back		Back resting the lower arc of the hoop, one leg rests the upper arc (toes, foot, heel – leg straight). Another leg is hold by hands.	
	Option 1		1,5 point	- Bend leg holding by hands in regular grip
	Option 2		2,5 points	-Hands hold leg in a “Biellmann” grip (with a turn of shoulders)
	Option 3		3 points	-Hands hold straight leg in a “Biellmann” grip (with a turn of shoulders)
AH-II-3	Back fold holding the body on one side of the hoop		From the fold position with rest on the lower arc of the hoop by stomach lift the body and legs to move whole the body on one side of the hoop. Back in deflection	
	Option 1		1,5 points	- Feet together or “V” position - Knees locked
AH-II- 4	Russian split		Hands on the upper arc of the hoop or holding sides arcs in wide grip. The foot holds the lower arc lifting the hoop. Another leg set back opening a split line	
	Option 1		1,5 points	-Legs opening less than 180°
	Option 2		2 points	-Legs opening 180° or more
AH-II- 5	Taking leg under the lower arc of the hoop in “ring”		Hands on the lower arc of the hoop, upper arc under the knee. Back in deflection making a brace. One leg under the lower arc of the hoop	
			3,5 points	-Arms straight, lower leg straight




Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-II-6	Ring		Legs on the upper arc of the hoop, hands on the lower arc. Hands push the hoop, arms straight , back in deflection	
	Option 1		0,5 point	- Feet do not touch the head
	Option 2		1 point	- Feet touch the head
AH-II-7	Split with taking leg out of the hoop with deflection		Hands in wide grip on the upper arc of the hoop, one foot rests on the lower arc of the hoop, free bend leg opens split line. Back in deflection, body trends to the leg No additory fixation by hip on arc of the hoop or arm	
	Option 1		2 points	- Feet do not touch the head
	Option 2		2,5 points	- Foot touches the head
AH-II-8	Hanging on knee		Hanging on the knee on the lower arc of the hoop, hand hold another leg by ankle	
	Option 1		0,5 points	- Hand holds bend leg in regular grip
	Option 2		1 point	- Hand holds bend leg by ankle in a “Biellmann” grip (with a shoulder twist).
	Option 3		1,5 point	- Hand holds straight leg by ankle in a “Biellmann” grip (with a shoulder twist).
AH-II-9	Elbow split holding the lower arc of the hoop		The back and elbow on the lower arc of the hoop. Arm bend holding the lower arc and the opposite leg . Free leg opens split line	
	Option 1		2,5 points	-Legs opening less than 180°
	Option 2		3 points	-Legs opening 180° or more
AH-II-10	Split hanging on hand		Holding the hoop by farther hand. Homonymous hand hold by another hand opens split line	
	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
AH-II-11	Hanging on back side of the shoulder, legs in a split		Split with the rest on the front side of the hip. The body turns to hold the hoop in a “Biellmann” grip (with a shoulder twist)	
	Option 1		2 points	- Arms bend
	Option 2		2,5 points	- Arms straight
AH-II-12	Hanging on back side of the shoulder holding the opposite leg by free hand behind the shoulder		Hanging on back side of the shoulder on the lower arc of the hoop, free hand holds the opposite leg and moves it behind the shoulder. Legs in split	
			2,5 points	- Upper leg straight - The body turned to the body side
AH-II-13	Вис на бедре с удержанием кольца одной ногой		From the position hips on the lower arc of the hoop open the split. One leg holds the hoop (or straight), another leg is hold by hands (or arms is hold by hoop). Body in deflection	
	Option 1		2,5 points	- One leg holds the hoop - Hands hold bend leg in regular grip
	Option 2		3 points	- One leg holds the hoop - Hands hold straight leg in a “Biellmann” grip (with a shoulder twist)
	Option 3		3,5 points	- Legs opening 180° or more and parallel to the floor - Hands hold straight leg in a “Biellmann” grip (with a shoulder twist)
	Option 4		4,5 points	- Legs opening 180° or more - Arms bend and hold the hoop. - Leg between hands
	Option 5		5 points	- Legs opening 180° or more - Arms straight and hold the hoop. - Leg between hands
AH-II-14	Deflection taking body outside		Hands holding the upper arc of the hoop taking body out. Body in deflection. Lower arc is hold by the bridge of the foot. More difficult option: feet in the lower arc of the hoop, making a brace, the body taking outside.	
	Option 1		0,5 points	- Rest on the lower arc by bridge of the foot - Legs straight
	Option 2		1,5 points	- Rest on the lower arc by feet - Legs straight
AH-II-15	Side split hanging on the upper arc of the hoop		In hanging on hands on the upper arc of the hoop position pass the leg between the arm and the hoop The second leg opens split line on the same side of the hoop	
			2 points	- Legs opening 180° or more






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-II-16	Vertical split turned down			Hands in wide grip holding the upper arc of the hoop, legs and hips pressed to the hoop (without rest on the lower arc of the hoop by the foot). Back in deflection. The body trends to the leg
			1 point	-Legs opening less than 180°
			1,5 points	-Legs opening 180° or more
AH-II-17	Hanging on elbows holding the leg in a “Biellmann” grip			Hanging on elbows holding the leg in a “Biellmann” grip (with a shoulder twist)
	Option 1		3,5 points	- Upper leg is bend - Lower leg is bent or straight
	Option 2		4 points	- Upper leg is straight - Lower leg is bent or straight
AH-II-18	Hanging on elbow holding the leg			Hanging on the elbow on the lower arc of the hoop holding the opposite legs by ankles, opening split line
			2,5 points	- Legs opening 180° or more
AH-II-19	Hanging on knees holding the legs in a “Biellmann” grip			Hanging on knees on the lower arc of the hoop. Hands hold holding the legs in a “Biellmann” grip (with a shoulder twist)
			0,5 points	- Legs parallel to the floor or above the skyline - Arms straight
AH-II-20	Hanging on elbow in half split			Hanging on the elbow on the lower arc of the hoop holding the homonymous leg by ankle. Free hand holds another leg opening split line
			3 points	- Legs opening 180° or more






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-II-21	Hanging on the upper arc of the hoop, with deflection in "ring" position			In hanging on hands on the upper arc of the hoop position, straight legs press the upper arc. Back in strong deflection makes a full turn. Bend legs, making a "ring"
	Option 1		1,5 points	- Feet touch the head
	Option 2		2 points	- Feet touch the shoulders
AH-II-22	Hanging on front side of the hip on the lower arc of the hoop			Hanging on front side of the hip on the lower arc of the hoop holding the ankle by homonymous hand. Another leg is hold by free hand by ankle opening split line
	Option 1		2 points	- One leg bend - Legs opening 180° or more
	Option 2		3 points	- Both legs straight - Legs opening 180° or more
AH-II-23	Hanging on hands and foot holding the leg between hands			Hanging on the lower arc of the hoop in hand and foot grips, the body in "stomach down" position. Free leg is fixate between hands. Back in deflection.
			4 points	- Arms and legs straight - Arms in narrow grip (arms touching each other)
AH-II-24	Hanging on hands with foot rest on the lower arc of the hoop			Hanging on the lower arc of the hoop on hands in narrow grip, foot rest on the lower arc of the hoop. Back in deflection
	Option 1		3,5 points	- Upper leg is bend - Lower leg is bent or straight
	Option 2		4 points	- Upper leg is straight - Lower leg is bent or straight
AH-II-25	Split with the rest of the leg on the shoulder			Hanging on hands, one leg rests the shoulder and upper part of the arm. The body turns on 270° in "stomach down" position, opening split line (possible slight deviation of the leg in rests to the side)
	Option 1		1 point	- Hanging on the lower arc of the hoop - Legs opening 180° or more
	Option 2		1,5 points	-Hanging on the upper arc of the hoop Legs opening 180° or more
	Option 3		3 points	- One leg rests on the lower arc of the hoop with the foot, the second leg rests on the shoulder - Legs opening less than 180° - Legs is straight - Leg in rests on the hoop and body on the same line
	Option 4		3,5 points	- One leg rests on the lower arc of the hoop with the foot, the second leg rests on the shoulder - Legs opening 180° or more - Legs is straight - Leg in rests on the hoop and body on the same line






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-II-26	Deflection with foot rest			Straight hands hold the upper arc of the hoop, leg in brace holds the lower arc. Another straighten leg passes under the upper arc. The body in a strong deflection 180° from the hoop, hip, 2 shoulders from the hoop
			5 points	- Both legs straight - Hands straight
AH-II-27	“Basket” with bridge of the foot rest			Hands hold the lower arc of the hoop, the body in strong deflection. Legs straight, rest on ankles or feet
	Option 1		4 points	- Hands straight - Legs straight - Hand grip is not important, without shoulder twist
	Option 2		5 points	Arms straight in Biellmann grip (with a shoulder twist) - Legs straight - Grip 4 fingers pointing forward, thumb inward (as pictured)
AH-II-28	Front split in deflection			One hand holds the hoop, the hip on the lower arc of the hoop. The second leg passes between the hoop and back and straightened. The hand holds the leg in «Biellmann» grip with a shoulder twist
			4,5 points	- Legs straight and parallel to the floor - Legs and hips on the same line, parallel to the floor - Hip on the lower arc of the hoop
AH-II-29	Hanging on hands in front split			Hanging on hands on the upper arc of the hoop, arms straight. The leg is between the upper arc and homonymous hand. Lower leg goes into front split. Back in strong deflection
			3 points	- Legs opening 180° or more
AH-II-30	Front split with body twist			Front split with body twist. Lower leg perpendicular to the floor, upper leg diagonally
			5 points	- Legs straight - Hips and shoulders opposite each other - Front split






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-II-31	Hanging on back side of the shoulder , legs opening split line			Hanging on back side of the shoulder on the lower arc of the hoop, hands hold homonymous legs by ankles opening split line. The body in deflection
	Option 1		3 points	- Legs opening to the knee 180° or more
	Option 2		3,5 points	- Legs opening 180° or more - Both legs straight
AH-II-32	Wringing out on the lower arc of the hoop			Hanging on the lower arc of the hoop in wide grip and bridge of the foot grip. The body in “stomach down” position. Free leg fixate between hands. Back in deflection.
	Option 1		4,5 points	One leg holds the hoop, hands in wide grip. One leg passes between the hoop and arm. Both legs straight
	Option 2		5 points	One leg holds the hoop, hands in wide grip. One leg passes between the hoop and arm. Both legs straight. The leg holding the hoop goes down opening split line.
AH-II-33	Hanging on the lower arc of the hoop with holding legs			Hanging on back side of the shoulders on the lower arc of the hoop this hold opposites legs opening front split line
	Option 1		3,5 points	- One leg is bend - Legs opening to the knee 180° or more
	Option 2		4 points	- Legs opening 180° or more - Both legs straight







Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-III-1	Hanging on one hand c holding the body in deflection			Hanging on the lower arc of the hoop on one hand, Legs straight feet together close to the arm. Back in deflection, free arm is set free.
	Option 1		3 points	- Both legs straight and together - Feet do not touch the hoop, feet are not crossed
	Option 2		4,5 points	- Free hand holds both legs in biellmann grip with a shoulder twist.
	Option 3		5 points	- Free hand holds leg in biellmann grip with a shoulder twist - Legs opening 180° or more and parallel to the floor (possible slight deviation of the free leg to the side)
AH-III-2	Stance on shoulders holding by heel			Rest on the shoulder and back of the head on the lower arc of the hoop. The heel holds the upper arc, free leg is set back. Hands hold the hoop or set aside. Back in deflection
			0,5 points	- Free leg straight
AH-III-3	Stance on shoulders legs in fold not touching the hoop			Rest on the shoulder and back of the head on the lower arc of the hoop. Hands hold the hoop or set aside, legs in fold.
			2 points	-Both legs straight and parallel to the floor
AH-III-4	Stance on shoulders legs in split not touching the hoop			Rest on the shoulder and back of the head on the lower arc of the hoop. Hands hold the hoop or set aside, legs opening a split line.
			2 points	-Both legs straight
AH-III-5	Stance on elbow and body rest and legs resting the hoop			Stance on elbow on the lower arc of the hoop, the shoulder and back of the head rests the side of the hoop the elbow rests the body. Lower leg bend or straight. Upper leg straight press the hoop.
	Option 1		1 point	- Lower leg bend
	Option 2		1,5 points	- Both legs straight






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-III-6	Распорный вис в бедро		One foot rests the side of the hoop. The hip is fixated in front of the foot by resting the side of the hoop. Another leg opens a split line hold by the opposite hand. Legs straight complication of the option: fixation on the hoop by free hand or hand free. Support leg is parallel to the floor	
	Option 1		2 points	- One hand holds the hoop
	Option 2		2,5 points	- Hand holding opposite leg
	Option 3		3,5 points	- Hands free
AH-III-7	Rest inside the hoop head down		Brace between the back and feet resting side of the hoop. Arms set aside	
			2,5 points	- Hands free
AH-III-8	Balance on hip		Balance on the lower arc of the hoop on the back side of hips.	
			1,5 points	- Hands free - Hoop parallel to the floor
AH-III-9	Stance on shoulders, legs hold the hoop		Rest by the shoulders and neck on the lower arc of the hoop, hands hold the hoop or set aside, legs spread (split is not obligatory)	
			1 point	- Legs press the hoop - Both legs straight - Hips, body and head in the same plane (make one straight line)
AH-III-10	Holdout from rest on the shoulders		Rest by the shoulders and neck on the lower arc of the hoop. The heel fixates the upper arc. The body and free leg set back. Hands hold the sides of the hoop or spread. Back in deflection	
			0,5 points	- Both legs straight






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-III-11	Split, taking the leg out of the hoop		Hands in wide grip holding the upper arc of the hoop, the foot rests the lower arc. Free leg opening a split line back in strong deflection No additory fixation by hip on arc of the hoop or arm	
	Option 1		2,5 points	-Legs opening less than 180°
	Option 2		3 points	-Legs opening 180° or more
AH-III-12	“L-sit” in stance on one shoulder		One shoulder rests the lower arc of the hoop, hands hold the hoop, the body turned to the side of the hoop. Legs spread.	
	Option 1		2 points	- Rest on the shoulder. If hanging on hands without rest on the shoulder the exercise is not evaluated - Front arm bend.
	Option 2		4,5 points	- Hands hold the hoop, on the same side. Legs spread -the body turned to the side of the hoop
AH-III-13	Holding the leg in back flag		Hanging on one hand on the lower arc of the hoop in “back flag” position. Free hand holds pressed to the hoop or took aside. The second leg is set down opening split line Front splits or side splits	
	Option 1		3 points	- Leg touches the hoop
	Option 2		3,5 points	- Leg doesn't touch the hoop
AH-III-14	Split with the rest on the front side of the hip		Hanging on front side of the hip on the lower arc of the hoop, free leg opening a split line. The hand holds the opposite leg or both arms set aside.	
	Option 1		1,5 points	- The leg is hold by the opposite hand
	Option 2		2 points	- The leg is hold by the opposite hand - The free hand holds the far leg (“^” position)
	Option 2		3,5 points	- The leg is not hold by the hand
AH-III-15	Hanging on foot		Hanging on the lower arc of the hoop on one or both contracted foot The body is straightened Performing of the exercise «Option 2 or 3» is prohibited in children and junior subgroups “A” according to the paragraph 6.5 of these Rules.	
	Option 1		2 points	-Hanging on the lower arc of the hoop on both foot - The body is straightened
	Option 2		4 points	- Hanging on the lower arc of the hoop on one foot - Free leg straight and set aside
	Option 3		5 points	- Hanging on the lower arc of the hoop on one foot -Hands hold free straight leg in a “Biellmann” grip (with a shoulder twist)






Code\Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-III-16	Deflection with rest on hips		The hips rest the lower arc of the hoop. Hands hold the sides of the hoop. The body in deflection	
	Option 1		1 point	- Hands hold the hoop
	Option 2		2 points	- Hands free
AH-III-17	Hanging on ankle		Hanging on the lower arc of the hoop on one or both ankles. Legs bend or straight Performing of the exercise «Option 3 or 4» is prohibited in children and junior subgroups “A” according to the paragraph 6.5 of these Rules.	
	Option 1		2,5 points	- Legs bend
	Option 2		4,5 points	- Legs straight
	Option 3		4,5 points	- Hanging on one heel
	Option 4		5 points	- Hanging on one heel - Hands hold free hold straight leg in Biellmann grip
AH-III-18	Hanging on 2 ankle this holds both legs in biellmann grip		Hanging on the lower arc of the hoop on one or both ankles this holds hand both legs in biellmann grip with a shoulder twist.	
			4,5 points	- Legs bend
			5 points	- Legs straight
AH-III-19	Hanging on ankle holding it by hand		Hanging on the lower arc of the hoop on the ankle (heel),. Homonymous hands holds the ankle of the upper leg. Another leg set down выведена вниз and is hold by free hand in regular grip or in Biellmann grip Performing of this exercise is prohibited in children and junior subgroups “A” according to the paragraph 6.5 of these Rules.	
	Option 1		3,5 points	- Hands hold bend leg regular grip
	Option 2		4 points	- Hand holds bend leg in Biellmann grip
AH-III-20	Hanging on foot holding it by hand		Hanging on the contracted foot on the lower arc of the hoop. The hand, homonymous or opposite , press the foot. Another hand holds free leg by ankles, opening split line. Body in deflection Performing of this exercise is prohibited in children and junior subgroups “A” according to the paragraph 6.5 of these Rules.	
			3 points	- Legs opening 180° or more






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-III-21	Hanging on neck		Hanging on the neck on the lower arc of the hoop Performing of this exercise is prohibited in children and junior subgroups "A" according to the paragraph 6.5 of these Rules.	
	Option 1		3 points	- Hanging without touching the legs
	Option 2		3,5 points	- Hanging holding the legs («basket»), legs straight, Back in deflection
	Option 3		4 points	- Hanging in front split, holding legs by hands
	Option 4		4,5 points	- Hanging the upper leg in biellmann grip (straight arms over the hoop) lower leg opening split line - Legs straight
AH-III-22	Hanging on heel holding the leg in Biellmann grip by one or two hands		Hanging on foot (heel) on the lower arc of the hoop, holding that leg in a "Biellmann" grip (with a shoulder twist) by one or two hands. Free leg bend or straight Performing of this exercise is prohibited in children and junior subgroups "A" according to the paragraph 6.5 of these Rules.	
	Option 1		3,5 points	- Legs bend
	Option 2		4,5 points	- Legs straight
AH-III-23	Split on hip holding the hoop or hands free		The hip rests the lower arc of the hoop, the hand holds the opposite leg in front splits, body in deflection. Support leg is parallel to the floor (possible slight deviation of the free leg to the side)	
	Option 1		2 points	- Legs opening 180° or more - One hand holds the hoop, holds the leg in Biellmann grip
	Option 2		3,5 points	- Legs opening 180° or more - Both hands holds the leg in Biellmann grip
AH-III-24	Split with rest on front side of leg and elbow		Rest on the upper part of the hip. Elbow grip on the lower arc of the hoop, another hand holds the leg. Legs opening split line	
			3 points	- Legs opening 180° or more
AH-III-25	Hanging on waist		Hanging on waist on the lower arc of the hoop. Hands hold the legs. The back in strong deflection	
			2,5 points	- Legs straight - Hands hold straight leg in a "Biellmann" grip (with a shoulder twist)






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-III-26	Stance on chest holding the leg		Stance on the chest and back side of the shoulder on the lower arc of the hoop with additory fixation of the ankle on the upper arc. Arms straight, holding the leg in biellmann grip with a shoulder twist	
	Option 1		3 points	- Hands hold bend leg
	Option 2		3,5 points	- Hands hold straight leg
	Option 3		4 points	- Hands hold straight leg - Upper leg straight
AH-III-27	Rest on chest hands free		Stance on chest on the lower arc of the hoop. The upper part of the arm rest the hoop, legs in front split do not touch the hoop.	
			4 points	- Arms spread
AH-III-28	Split with rest on armpit hands free		Split with the rest on the back side of the shoulder without holding by upper hand. The body is set forward and does not touch the hoop.	
			3.5 points	- Legs opening 180° or more
AH-III-29	Hanging on one ankle with holds legs in biellmann grip		Hanging on one ankle on the lower arc of the hoop with holds legs in biellmann grip with a shoulder twist	
			Performing of this exercise is prohibited in children and junior subgroups "A" according to the paragraph 6.5 of these Rules.	
AH-III-30	Diagonal rests with deflection		Diagonal rests between feet and contracted feet on the up part side arc of the hoop. The hands on lower part side arc of the opposite part hoop. The back in strong deflection Arms and legs straight	
	Option 1		3,5 points	- Arms and legs straight
	Option 2		4,5 points	- The lower leg is fixed under the lower arc of the hoop - Arms and legs straight
AH-III-31	Rests this deflection		Rests between contracted feet on the up arc of the hoop and arms on the lower arc of the hoop The back in strong deflection Arms and legs straight	
	Option 1		3,5 points	- Arms and legs straight
	Option 2		4,5 points	- One leg under the lower arc of the hoop - Arms and legs straight


Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-IV-1	Spinning with the rest on the body and elbow grip		On the lower arc of the hoop fixate the body by elbow and bend leg. Making a swing by free hand and leg make a full turn forward or backward over the lower arc	
	Option 1		3,5 points	- Minimum 3 swings forward without stops - Free hand does not touch the hoop
	Option 2		3,5 points	- Minimum 3 swings backward without stops - Free hand does not touch the hoop
AH-IV-2	Spinning in split with rest on hip		From the position hanging on front side of hips holding the hoop make a swing by hand holding the hoop and free leg make a turn forward or backward	
	Option 1		4,5 points	- Minimum 3 swings forward without stops
	Option 2		4,5 points	- Minimum 3 swings backward without stops
AH-IV-3	Spinning on elbows		From the position brace between feet resting the upper arc of the hoop and back and turned arm bend in elbows resting on the lower arc of the hoop, turn the body forward on 360°	
			3,5 points	- Minimum 3 swings without stops
AH-IV-4	Turn forward under the knee		From the sitting on the lower arc of the hoop position, on the back side of the bend leg, body is up, hands holding the sides of the hoop, turn the body forward on 360°	
			0,5 points	- Minimum 3 swings without stops and additory grip - Free leg straight
AH-IV-5	Turn backward under the knee		From the sitting on the lower arc of the hoop position, on the back side of the bend leg, body is up, hands holding the sides of the hoop, turn the body backward on 360°	
			1 points	- Minimum 3 swings without stops and additory grip - Free leg straight





Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-IV-6	Roll forward straight legs without a stop			From the position sitting on the lower arc of the hoop, on back side of leg, legs straight. Hands hold the sides of the hoop, the body turns forward on 360°
			1,5 points	- Minimum 3 swings without stops - Legs straight
AH-IV-7	Spinning in body rest holding by hand			The body fixated on the lower arc of the hoop by elbow and knee. Doing swing by free arm and leg the body makes a full turn forward or backward over the lower arc of the hoop
	Option 1		3 points	- Minimum 3 swings forward without stops
	Option 2		3 points	- Minimum 3 swings backward without stops
AH-IV-8	Turns on hips			Backward or forward swings with the rest on upper part of the hips and elbows.
	Option 1		3,5 points	- Minimum 3 swings forward without stops
	Option 2		3,5 points	- Minimum 3 swings backward without stops
AH-IV-9	Spinning in split with body rest and elbow grip			On the lower arc of the hoop fixate by body, elbow and leg bend in knee. Doing swing by free arm and leg the body makes a full turn over the lower arc of the hoop. Lower arm on the hoop fixating bend leg. Then leg is straighten opening split line.
			4,5 points	- Both legs straight - Minimum 3 swings forward without stops
AH-IV-10	Fall from hands to elbows			Start position hanging on hands on the upper arc of the hoop. Fall on elbows on the lower arc of the hoop, Legs straight or bend. Performing of this exercise is prohibited in children and junior subgroups "A" according to the paragraph 6.5 of these Rules.
			2,5 points	- Hold the position before the fall for 2 sec.






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-IV-11	Fall from hands to hands		<p>Start position hanging on hands on the upper arc of the hoop. Fall in hanging on hands on the lower arc of the hoop.</p> <p>Performing of this exercise is prohibited in children and junior subgroups “A” according to the paragraph 6.5 of these Rules.</p>	
	Option 1		1,5 points	<p>- Keep the position for 2 sec before the fall</p> <p>Start position- Hanging on hands on the upper arc of the hoop</p> <p>End position- Hanging on hands on the lower arc of the hoop</p>
	Option 2		<p>Start position hanging on hands on the upper arc of the hoop, legs spread. Fall in hanging on hands on the lower arc position. Legs spread.</p> <p>Performing of this exercise is prohibited in children and junior subgroups “A” according to the paragraph 6.5 of these Rules.</p>	
AH-IV-12	From elbows to elbows		<p>Start position hanging on elbows on the upper arc of the hoop. Fall to hanging on elbows on the lower arc of the hoop position</p> <p>Performing of this exercise is prohibited in children and junior subgroups “A” according to the paragraph 6.5 of these Rules.</p>	
			3 points	<p>- Keep the position for 2 sec before the fall</p>
AH-IV-13	From elbows to inner side of the shoulders		<p>Start position hanging on elbows on the upper arc of the hoop. Fall to hanging on inner side of the shoulder on the lower arc of the hoop position</p> <p>Performing of this exercise is prohibited in children and junior subgroups “A” according to the paragraph 6.5 of these Rules.</p>	
			3,5 points	<p>- Keep the position for 2 sec before the fall</p>
AH-IV-14	From elbows to hands with turn		<p>Start position hanging on elbows on the upper arc of the hoop. Fall to hanging on hands on the lower arc of the hoop position, turning the body on 180°</p> <p>Performing of this exercise is prohibited in children and junior subgroups “A” according to the paragraph 6.5 of these Rules.</p>	
			4 point	<p>- Keep the position for 2 sec before the fall</p>






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-IV-15	Fall from waist to elbows			Start position hanging in brace between the waist and the rest on upper arc of the hoop, holding free bend leg in biellmann grip. By pressing the hoop by upper leg change the position into the hanging on elbows holding the leg
			3,5 points	Start position- Hanging on waist on the lower arc of the hoop End position- Hanging on elbows on the lower arc of the hoop
AH-IV-16	Fall from sitting to split squat			Start position sitting on the lower arc of the hoop, Legs spread, hands hold the hoop between the legs. The body goes down. End position hanging in split squat on the lower arc of the hoop
			3 points	Start position- sitting on the lower arc of the hoop. Legs spread End position- Hanging on hands, legs spread
AH-IV-17	Regrasp			Regrasp Performing of this exercise is prohibited in children and junior subgroups "A" according to the paragraph 6.5 of these Rules.
	Option 1		4 points	Start position: Hanging on hands on the lower arc of the hoop in wide grip, legs between arms End position: Hanging on the lower arc in narrow grip, legs spread
	Option 2		4,5 points	Start position: Hanging on the lower arc in narrow grip, legs spread End position: Hanging on hands on the lower arc of the hoop B wide grip, legs between arms
AH-IV-18	Spinning on hips and hands			Hands in pronate or underhand wide grip. The body makes a full turn on 360°. Legs straight during the performance of the exercise.
			3 points	Minimum 3 swings without stops
AH-IV-19	Spinning in laying on the lower arc of the hoop position			Start position: laying on the lower arc of the hoop on the hip. Upper leg parallel to the floor and is straight during the performance of the exercise. One hand at the level of the face, another hold the lower arc Lower leg beds to make a forward turn with returning in start position.
			1,5 points	Minimum 3 swings without stops






Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-IV-20	From elbows to elbows with turn			Start position hanging on elbows on the upper arc of the hoop. Fall in hanging on elbows on the lower arc, body turns on 180° Performing of this exercise is prohibited in children and junior subgroups "A" according to the paragraph 6.5 of these Rules
			4,5 points	- Keep the position for 2 sec before the fall Start position - Hanging on elbows on the upper arc End position - Hanging on elbows on the lower arc
AH-IV-21	Somersault hanging to hip			Start position hanging on hands on the upper arc of the hoop. Swinging the body hanging on hands, then turn the body on 360° to hanging on front side of the hips position Performing of this exercise is prohibited in children and junior subgroups "A" according to the paragraph 6.5 of these Rules
			3,5 points	- Keep the position for 2 sec before the fall Start position - Hanging on hands on the upper arc of the hoop End position - Hanging on front side of the hip on the lower arc
AH-IV-22	Somersault to the floor			Start position hanging on the back side of knees . Swinging the body then make a turn in the air in clockwise order landing on feet. End position standing feet. Performing of this exercise is prohibited in children and junior subgroups "A" according to the paragraph 6.5 of these Rules
			3,5 points	Start position - Hanging on the back side of knees End position - dismount on the floor, fixating the position standing on feet without losing balance and touching the floor.
AH-IV-23	Regrasp from hanging on knees to hanging on hands on the lower arc of the hoop			Start position hanging on the back side of knees . Swinging the body then when the hoop goes back make regrasp in hanging on hands on the lower arc of the hoop position. When intercepting the position in which the arms and legs are simultaneously on the hoop is unacceptable Performing of this exercise is prohibited in children and junior subgroups "A" according to the paragraph 6.5 of these Rules
			5 points	Start position - Hanging on the back side of knees End position - Hanging on hands, legs bend, hands and face from the front to the hoop, not from the side
AH-IV-24	Fall from feet to knees			Start position hanging on the bridge of the foot on the upper arc of the hoop, fall on the knees on the lower arc of the hoop Performing of this exercise is prohibited in children and junior subgroups "A" according to the paragraph 6.5 of these Rules
			4,5 points	Start position - Hanging on the bridge of the foot on the upper arc of the hoop End position - Hanging on back side of knees on the lower arc of the hoop


Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-IV-25	Spinning on elbows			From the position sitting on the lower arc of the hoop, on back side of legs, body in fold, legs straight. Elbow grip on hoop and arms holds the legs, the body turns forward on 360°. It is possible to bend the knees in the process of turning 360° until returning to the starting position.
			3,5 points	<ul style="list-style-type: none"> - Minimum 3 swings without stops - Start position legs straight

Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-G-1	Duet hanging, opening split line on the upper arc of the hoop		First athlete: Hanging on the upper arc of the hoop, opening split line, body in deflection Second athlete: Hanging on the lower arc of the hoop on the back side of the hips, holding the partner's ankles. Arms spread	
	Option 1		1,5 points	- Legs bend
	Option 2		2 points	- Legs straight - Legs opening 180° or more
AH-G-2	Synchronous hanging on the upper and lower arcs of the hoop, bodies in deflection		First athlete: Hanging on the upper arc of the hoop, hands in narrow grip, Legs straight feet together, pressed to the arm. Back in deflection Second athlete: Hanging on the lower arc of the hoop, hands in narrow grip. Legs straight feet together, pressed to the arm. Back in deflection The athletes bodies are placed symmetrically	
	Option 1		1,5 points	- Both legs bende
	Option 2		2 points	- Both legs straight
AH-G-3	Synchronous hanging on the body side on the lower arc of the hoop		Hanging on the body side on the lower arc of the hoop. The upper hand holds za the upper arc of the hoop, legs opening split line. Upper leg is fixated the upper arc of the hoop by foot. The athlete's bodies are placed symmetrically, face to face	
			1,5 points	- Both legs straight
AH-G-4	Hanging in split on the lower arc of the hoop		First athlete: Hanging on the lower arc of the hoop on one hand, free hand holds the opposite leg by ankle, opening split line Second athlete: Hanging on the back side of the hips on the lower arc of the hoop, the homonymous hand holds the wrist, opening split line. Free hand holds the partner's ankle. The athlete's bodies are placed symmetrically	
	Option 1		1 point	- Legs opening less than 180° (at least one partner)
	Option 2		2 points	- Legs opening 180° or more - Splits should be parallel

Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-G-5	Hanging in split on partner's wrist			First athlete: brace between back and feet between the side of the hoop, hands hold the partner's wrists. Second athlete: horizontal hanging in split, legs parallel to the floor, hands hold the partner's wrists
	Option 1		0,5 points	Second athlete: -Legs opening less than 180°
	Option 2		1 point	Second athlete: -Legs opening 180° or more
AH-G-6	Balance with the rest on partner's feet by shoulders			First athlete: the shoulders rest on partner's feet, hands holding the upper arc of the hoop. Legs straight and spread or feet together. Second athlete: the hips rest the lower arc of the hoop, hands hold the sides of the hoop, the body in deflection, feet hold the partner's weight.
	Option 1		2 points	First athlete: - straight legs spread - Body diagonally
	Option 2		2,5 points	First athlete: - Legs straight, feet together - Body diagonally
	Option 3		3,5 points	First athlete: - straight legs spread - Body parallel to the floor
	Option 4		4 points	First athlete: - Legs straight, feet together - Body parallel to the floor
AH-G-7	Split with the rest on partner's feet by shoulders			First athlete: The shoulders rests the partner's feet, hands hold the upper arc of the hoop. The heel holds the upper arc of the hoop. The body and another leg are set back. Second athlete: The hips rest the lower arc of the hoop, hands hold the sides of the hoop, the body in deflection, the feet hold the partner's weight.
	Option 1		2,5 points	-Legs opening less than 180°
	Option 2		3 points	-Legs opening 180° or more
AH-G-8	Symmetrical stance in deflection			Hands in wide grip on the upper arc of the hoop, the feet rest the lower arc of the hoop. Legs straight, back in deflection. The athletes are placed symmetrically .
			0,5 points	- Back in strong deflection
AH-G-9	Symmetrical hanging in split			Hands hold the hoop on the upper arc, lower leg rests the lower arc of the hoop, the hip of the upper leg rests the upper arc. 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
AH-G-10	Hanging on partner's hands and foot			First athlete: the back rests on the lower arc of the hoop, one leg rests the upper arc (toe, foot, heel - leg straight), another leg is set back, hands hold partner's head by neck. Second athlete: horizontal hanging, the neck rests on partner's hands, the ankle is hold by foot. Hands free.
			3,5 points	- Body parallel to the floor
AH-G-11	Symmetrical hanging with leg grip			The back rests the lower arc of the hoop, one leg rests the upper arc (toe, foot, heel - leg straight). Second leg is hold by hand
	Option 1		1,5 point	- Hands hold bend leg in regular grip
	Option 2		2,5 points	-Hands hold bend leg in Biellmann grip by ankles (with a shoulder twist)
	Option 3		3 points	-Hands hold straight leg in Biellmann grip by ankles (with a shoulder twist)
AH-G-12	Hanging on knee on partner's leg			First athlete: Hanging on hands on the lower arc of the hoop. The body parallel to the floor. Legs opening split line (180°) Second athlete: hanging on knee on the partner's leg. Back in deflection, arms spread стороны or hold a free leg
	Option 1		3 points	- Hands hold bend leg in regular grip
	Option 2		3,5 points	-Hands hold bend leg in Biellmann grip by ankles (with a shoulder twist)
	Option 3		4 points	-Hands hold straight leg in Biellmann grip by ankles (with a shoulder twist)
AH-G-13	Double split			First athlete: Hands in brace holding only the upper or the lower arc . Legs in front split. Second athlete: Hands in wide grip on the upper arc of the hoop, The foot rests the lower arc. Free leg opens a split line, the body in deflection.
	Option 1		3,5 points	First athlete: - Front split in the middle of the hoop - Hands in brace holding the lower and upper arcs of the hoop
	Option 2		4 points	First athlete: - Front split in the middle of the hoop - Hand hold only the upper arc of the hoop
AH-G-14	Balance, shoulders rests the partner's feet			First athlete: Hanging on hands on the lower arc of the hoop, feet together, body in deflection. the feet rests the partner's shoulders. Second athlete: Hanging on hands on the upper arc of the hoop, the shoulders rests the partner's feet. <u>Keep the body parallel to the floor.</u>
	Option 1		4,5 points	Second athlete: - Legs spread - Body parallel to the floor.
	Option 2		5 points	Second athlete: - Feet together - Body parallel to the floor.

Code\ Group	Name	PHOTO	Points	Description, conditions under which the exercise is considered to be performed
AH-G-15	Rest on the front side of the hip			First athlete: Hanging on front side of the hip on the lower arc of the hoop. One leg opens a split line and is hold by opposite hand, free arm set aside. Second leg rests partner's waist. Second athlete: Hanging on hands on the upper arc of the hoop, body in deflection, the back rests the partner's foot
			4 points	Legs straight, feet together.
AH-G-16	Hanging on on partner's foot and on the lower arc of the hoop			First athlete: Hanging on hands on the upper arc of the hoop, the body parallel to the floor. Legs opening split line 180° or more Second athlete: Hanging on foot on the lower arc of the hoop. Hands holding partner's foot, body in deflection.
	Option 1		4 points	Second athlete: Both legs bend
	Option 2		4,5 points	Second athlete: Both legs straight
AH-G-17	Balance in split on partner's foot and hands			First athlete: The back rests the lower arc of the hoop, one leg rests the upper arc (toe, foot, heel -leg straight). Another leg and hands hold partner's leg. Second athlete: balance in split on partner's foot and hands. support point - ankles.
	Option 1		3,5 points	Second athlete: one hand holds the hoop
	Option 2		4 points	Second athlete: hands free.
AH-G-18	Stance partner's chest			First athlete: sitting on the hoop on the back side of the hips, hands hold the side of the hoop. Back in deflection. Second athlete: Stance partner's chest, body in deflection, hands hold the hoop. The body and legs on the same side of the hoop.
	Option 1		1,5 points	Second athlete: legs touch the hoop
	Option 2		2 points	Second athlete: legs bend and do not touch the hoop, feet trends to the head.
	Option 3		2,5 points	Second athlete: Legs straight and parallel to the floor
AH-G-19	Synchronous blanche			Hanging on the lower and the upper arc of the hoop, the body kept parallel to the floor. The athlete's bodies should be placed symmetrically
	Option 1		3,5 points	- One leg straight, another bend
	Option 2		4 points	- Legs spread to the sides on 160° or more - Legs and body in the same plane, parallel to the floor
	Option 3		4,5 points	- Legs spread to the sides on angle not more than 90° - Legs and body in the same plane, 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
AH-G-20	Hanging in split with twist			First athlete: brace between back and feet between side of the hoop, both hands hold the panther's wrist. Second athlete: horizontal hanging, one leg rests the shoulder and upper part of the arm. The body turns on 270° in “stomach down” position opening split line (180°)
			1 point	-Legs opening 180° or more