

Thirty-six new elements named, added to the POSA Pole Sport Code of Points

22/09/2022

It is a way of achieving immortality in Pole Sport: the athlete who has an original skill named after them in the Code of Points assures that his or her name will live on in the sport, years after they have taken their final bows on the international stage.

With the increased technical value of several of the new movements submitted to this federation in recent months, there will be an inevitable downgrading of some values of several elements, in the 2023 Code of Points version, especially in Group C.

Indeed, not only will old movements be further downgraded, but also some of these new movements that had already had a value assigned to them last May during the European Championships in Spain.

The technique grows, we grow with it.

These weeks, the POSA Pole Sport's Technical Committee approved thirty-six new elements to be named for the athletes who performed them. All were done successfully at Continental Championships or Nationals events in late 2022 and will be published in the Pole-Sport-2023.pdf. They are as follows:

Name awarded: The Tatarintseva Split

Performed by: **Magdalena Karasinska, Poland**

Group: A

Code: A159

Element description: Over Split on pole with no hands

Element value: 1.0

Note: It may be downgraded as provided for in the Code of Points.

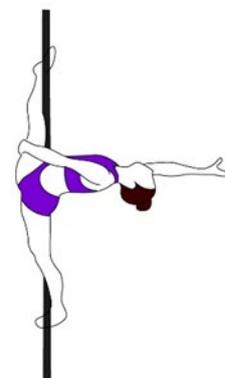
Performed at: European Pole Sport Championship 2022

Video: <https://youtu.be/AvP7mleG3oA>

Minimum Requirements:

- Opening of the legs minimum 180°
- No hands in contact with the pole
- Upper body parallel to the floor
- Hold the position 2 seconds

The Tatarintseva Split. All drawings by *Angelica Jupiter*.



Name awarded: Outside Knee Hang Back Bend (The Mira Back Bend)

Performed by: **Mira Valentin, Hungary**

Group: A

Code: A158

Element description: Outside Knee Hang Back Bend (variation of A133)

Element value: 0.8

Note: none

Performed at: European Pole Sport Championship 2022

Video: <https://youtu.be/ZBXCRYWld7Y>

Minimum Requirements:

- Both hands in contact with legs
- Lower foot in contact with the head
- Hold the position 2 seconds



Name awarded: Brass monkey/ elbow hold split 180 behind the back (The Kivela Elbow/Monkey split)

Performed by: **Oona Kivela, Finland**

Group: A

Code: A161

Element description: Brass monkey/ elbow hold split 180 behind the back

Element value: 0.7

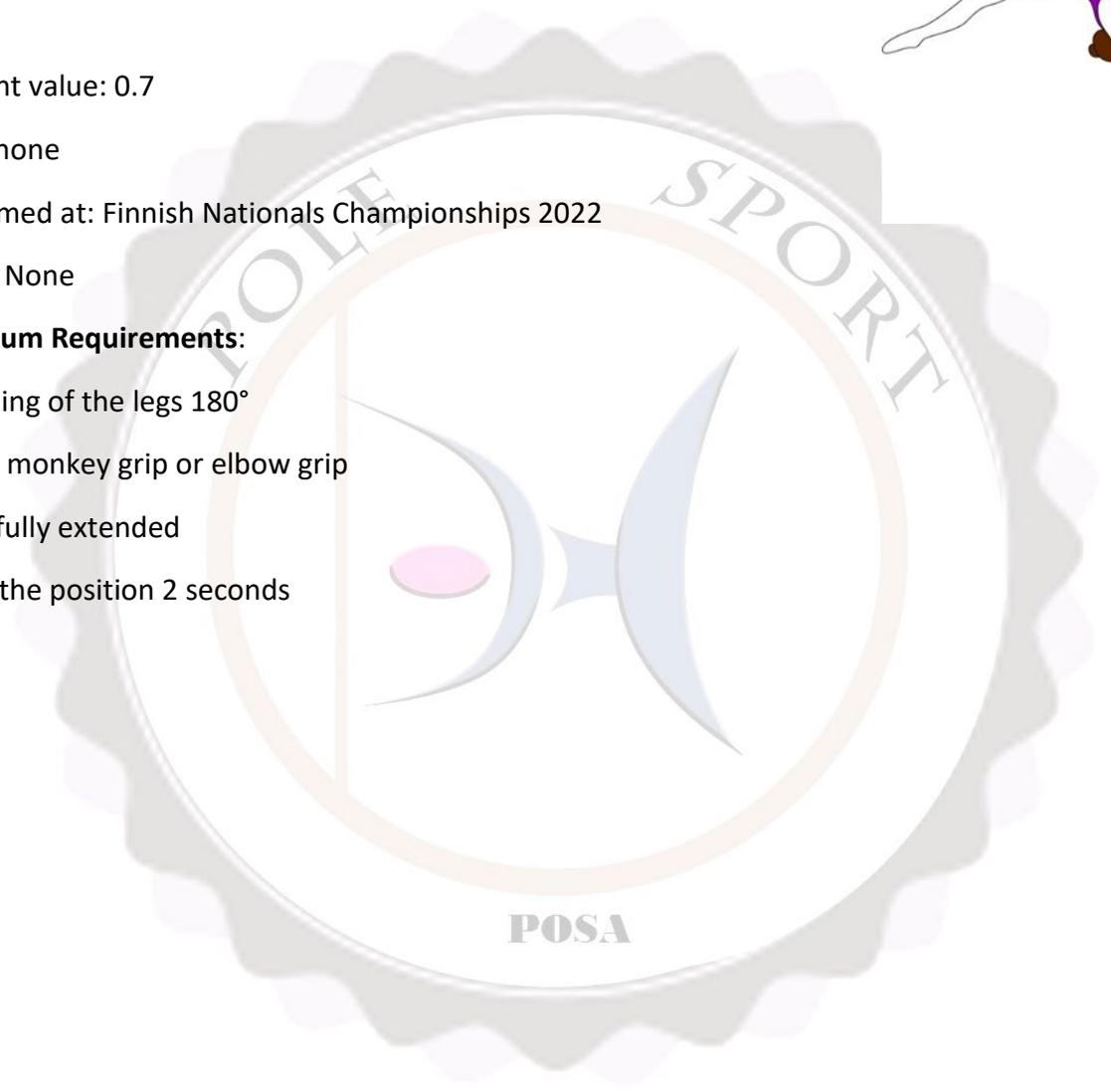
Note: none

Performed at: Finnish Nationals Championships 2022

Video: None

Minimum Requirements:

- Opening of the legs 180°
- Brass monkey grip or elbow grip
- Legs fully extended
- Hold the position 2 seconds



Name awarded: Twisted grip Ayesha extended legs

Performed by: **Oona Kivela, Finland**

Group: A

Code: A162

Element description: Twisted grip Ayesha extended legs

Element value: 0.9

Note: It may be downgraded as provided for in the Code of Points.

Performed at: Finnish Nationals Championships 2022

Video: None

Minimum Requirements:

- Legs fully extended, open and parallel to the floor
- Both hands only in contact with the pole
- Hold the positions 2 seconds

Name awarded: Thread through front split

Performed by: **Oona Kivela, Finland**

Group: A

Code: A163

Element description: Thread thru front split

Element value: 0.8

Note: none

Performed at: Finland

Minimum Requirements:

- Opening of the legs 180°
- Upper leg behind pole
- Hold the position 2 seconds



Name awarded: Forearm/armpit horizontal split (Sally split)

Performed by: **Beatrice Cogo, Italy, Andrew Kreuger, USA**

Group: A

Code: A164

Element description: Forearm/armpit horizontal split (Sally split)

Element value: 0.8

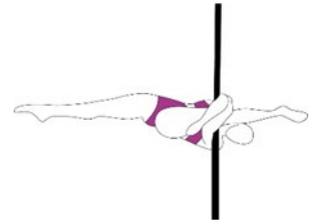
Note: It may be downgraded as provided for in the Code of Points.

Performed at: Italy

Video: <https://youtu.be/U6nEHHUgH-o>

Minimum Requirements:

- Opening of the legs minimum 180°
- Legs fully extended
- No hands in contact with the pole
- Body and legs (line) parallel to the floor
- Hold the position 2 seconds



Name awarded: Inside leg back bend broken split (Agnese Split)

Performed by: **Agnese Bresaola, Italy**

Group: A

Code: A165

Element description: Inside leg back bend broken split

Element value: 1.0

Note: none

Performed at: Italy

Video: None

Minimum Requirements:

- Opening of the legs minimum 180°
- Legs fully extended
- Lower arm fully extended, hand holding the pole
- Lower foot behind the pole
- Hold the position 2 seconds



Name awarded: Handspring split leg through (Wyatt Split)

Performed by: **Meghan Wyatt, USA**

Group: A

Code: A166

Element description: Handspring split leg through

Element value: 0.9

Note: It may be downgraded as provided for in the Code of Points.

Performed at: US Nationals 2022

Video: <https://youtu.be/Mn1cBK4YuEM>

Minimum Requirements:

- Opening of the legs 180°
- Legs fully extended and parallel to the floor
- Only hands and upper leg in contact with the pole

Name awarded: Elbow Split 1 (Di Trani Elbow split 1)

Performed by: **Elena Di Trani, Italy**

Group: A

Code: A167

Element description: Elbow Split

Element value: 0.7

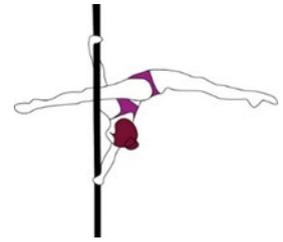
Note: None

Performed at: Italy

Video: <https://youtu.be/0y4ZbllroG8>

Minimum Requirements:

- Opening of the legs 180°
- Legs fully extended
- No hands in contact with the pole
- Hold the position 2 seconds



Name awarded: Elbow Split 2 (Di Trani Elbow split 2)

Performed by: **Elena Di Trani, Italy**

Group: A

Code: A168

Element description: Elbow Split

Element value: 0.5

Note: Video is the same of A167

Performed at: Italy

Video: <https://youtu.be/0y4ZbllroG8>

Minimum Requirements:

- Opening of the legs 160°
- Legs fully extended
- No hands in contact with the pole
- Hold the position 2 seconds

Name awarded: Extreme backbend elbow (Mcbrain backbend)

Performed by: **Sofia Cervelli, Italy**

Group: A

Code: A169

Element description: Backbend elbow

Element value: 1.0

Note: None

Performed at: Italy

Video: <https://youtu.be/dCJNPt9nNS0>

Minimum Requirements:

- Opening of the legs 180°
- Both hands holding opposite feet
- Upper arm: elbow grip
- Upper foot over the head



Name awarded: Shoulder Split (Snake Shoulder)

Performed by: **Luciana Serpe, Italy**

Group: A

Code: A170

Element description: Shoulder Split

Element value: 0.8

Note: none

Performed at: Italy

Video: <https://youtu.be/gDviPdB7Tus>

Minimum Requirements:

- Opening of the legs 180°
- Hold the position 2 seconds

Name awarded: Floor Based Balance Split (Jupiter Balance split)

Performed by: **Angelica Porrari, Italy**

Group: A

Code: A160

Element description: Floor Based Balance Split

Element value: 0.7

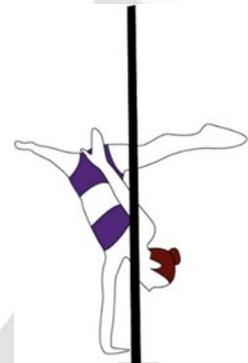
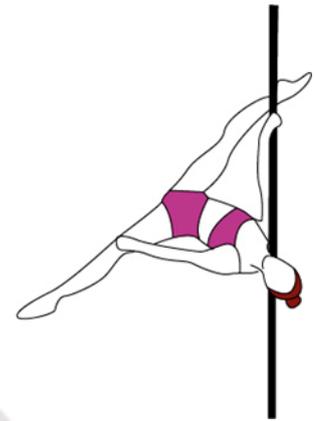
Note: It may be downgraded as provided for in the Code of Points.

Performed at: Italy

Video: <https://youtube.com/shorts/3prxTd3wZGE>

Minimum Requirements:

- Opening of the legs 180°
- Legs parallel to the floor
- One hand only in contact with the floor
- Upper hands not in contact with the pole
- Hold the position 2 seconds



Name awarded: Elbow-Forearm plank (Greshilov/Cogo Plank)

Performed by: **Beatrice Cogo, Italy**

Group: B

Code: B151

Element description: Elbow-Forearm plank

Element value: 0.8

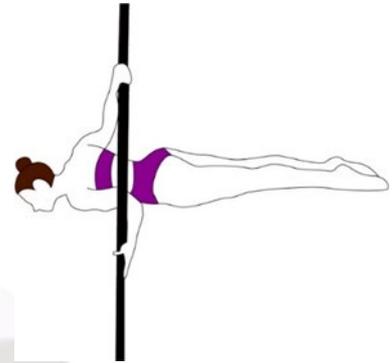
Note: It may be downgraded as provided for in the Code of Points.

Performed at: Italy

Video: None

Minimum Requirements:

- Legs closed and fully extended
- Body and legs parallel to the floor
- Upper arm fully extended
- Hold the position 2 seconds



Name awarded: Shoulder Stroll (Snake Stroll)

Performed by: **Luciana Serpe, Italy**

Group: B

Code: B152

Element description: From a shoulder pencil, droll down

Element value: 1.0

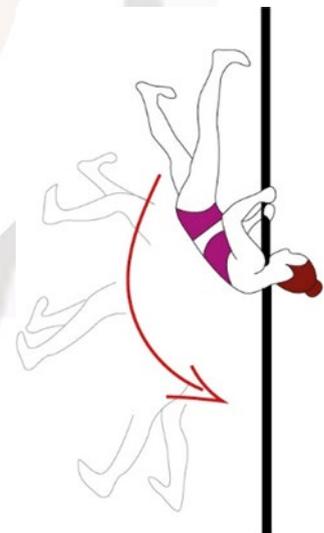
Note: none

Performed at: Italy

Video: <https://youtu.be/5YGTy98LHEQ>

Minimum Requirements:

- Starting position: vertical shoulder pencil parallel to the pole
- Shoulder plank to be hold 2 seconds, with body & legs parallel to the floor
- Final position: shoulder upright position, parallel to the pole
- No contact to the floor in the final position



Name awarded: Shoulder Clock closed (Snake Clock)

Performed by: **Luciana Serpe, Italy**

Group: B

Code: B153

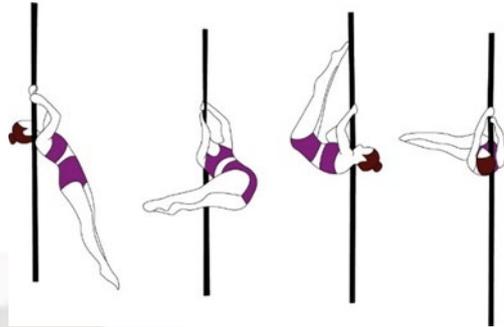
Element description: From a shoulder position, clock movement with both legs

Element value: 0.9

Note: None

Performed at: Italy

Video: <https://youtube.com/shorts/SFinK8-ON28>



Minimum Requirements:

- Starting position: shoulder upright with no contact to the floor
- Legs close and fully extended 2 time in jack knife position above the head
- No momentum during dead lifts
- Final position of choice

* In this element, there is no need to hold the position for 2 seconds.

POSA

Name awarded: Shoulder Clock Helicopter (Snake Helicopter)

Performed by: **Luciana Serpe, Italy**

Group: B

Code: B154

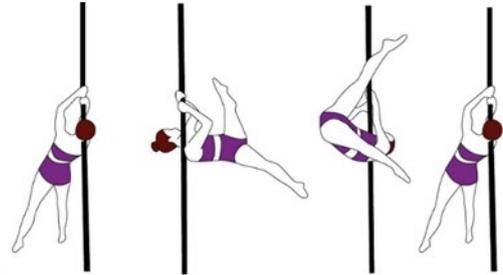
Element description: From a shoulder position, clock movement with both legs open

Element value: 0.8

Note: None

Performed at: Italy

Video: https://youtu.be/hncf77e3d_g



Minimum Requirements:

- Starting position: shoulder upright with no contact to the floor
- Legs open and fully extended 2 time in helicopter position above the head
- No momentum during dead lifts
- Final position of choice

* In this element, there is no need to hold the position for 2 seconds.

POSA

Name awarded: Double Flyby (Karasinska Flyby)

Performed by: **Magdalena Karasinska, Poland**

Group: C

Code: C056

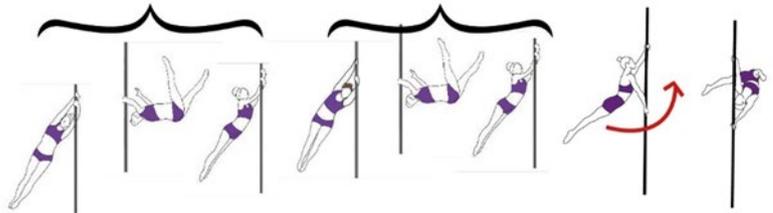
Element description: Double Flyby

Element value: 1.0

Note: None

Performed at: European Pole Sport Championship 2022

Video: <https://youtu.be/QOeelFzr7Vo>



Minimum Requirements:

- 1080° rotation (360° x 3) during the entire movement
- Final position: Ayesha cup grip (straddle, pencil, or Jacknife)
- No contact with the floor

Name awarded: Double reverse grab into Chinese phoenix (Palmerini)

Performed by: **Michelle Palmerini, Italy**

Group: C

Code: C057

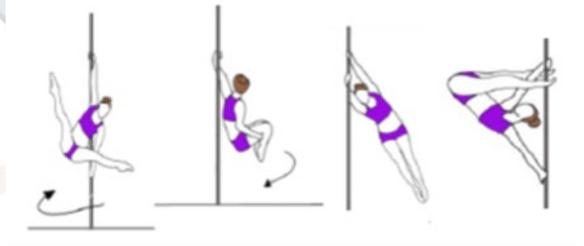
Element description: Double reverse grab into Chinese phoenix

Element value: 1.0

Note: None

Performed at: European Pole Sport Championship 2022

Video: <https://youtu.be/-eIWRTokUt0>



Minimum Requirements:

- 720° rotation (360° x 2) during the entire movement
- Final position: Handspring Ayesha cup grip (straddle, pencil, or Jacknife)
- No contact with the floor

Name awarded: Reverse Grab to Iron X (Reverse X Flip)

Performed by: **Andrew Kreuger, USA**

Group: C

Code: C058

Element description: Reverse grab into Iron X

Element value: 0.5

Note: None

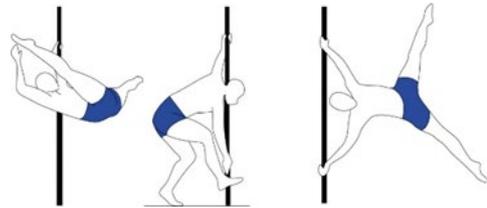
Performed at: US Nationals 2022

Video: <https://youtube.com/shorts/Eur700c8Cxc>

Minimum Requirements:

- 360° rotation before jumping into Iron X
- Final position: Iron X
- No contact with the floor before jumping into the Iron X

* In this element, there is no requirement to hold the Iron X



Name awarded: Double reverse grab into true grip phoenix jump out (Busani DRG)

Performed by: **Francesca Busani, Italy**

Group: C

Code: C059

Element description: Double reverse grab into true grip phoenix jump out

Element value: 1.0

Note: None

Performed at: Italy

Video: <https://youtu.be/5d0-Ct1vd60>



Minimum Requirements:

- Ending position before jumping out: true grip phoenix
- 720° rotation before jumping out
- Only upper hand in contact with the pole during rotation

Name awarded: Double Flyby into Phoenix (Filippini Flyby)

Performed by: **Asia Filippini, Italy**

Group: C

Code: C060

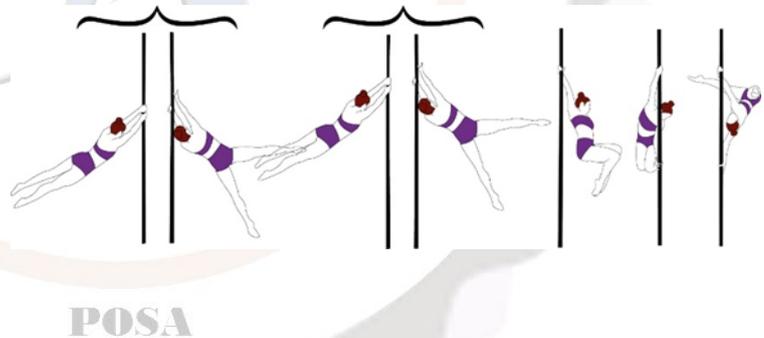
Element description: Double Flyby into phoenix

Element value: 1.0

Note: None

Performed at: Italy

Video: <https://youtu.be/ym3FTHmup7c>



Minimum Requirements:

- 1080° rotation (360° x 3) during the entire movement
- Final position: Ayesha twisted grip (straddle, pencil, or Jackknife)
- No contact with the floor

Name awarded: FlyBy full twist to phoenix (Kollia/Bassi FlyBy)

Performed by: Lydia Kollia, Greece

Group: C

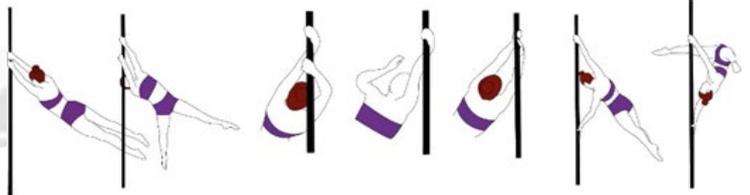
Code: C061

Element description: FlyBy full twist to phoenix

Element value: 1.0

Note: None

Performed at: Greece



Video: <https://youtu.be/iCr-t07Zk>

Minimum Requirements:

- 1080° rotation (360° x 3) during the entire movement
- Final position: Ayesha cup grip (straddle, pencil, or Jackknife)
- No contact with the floor

Name awarded: FlyBy into double reverse grab into phoenix (Kollia Spin)

Performed by: Lydia Kollia, Greece

Group: C

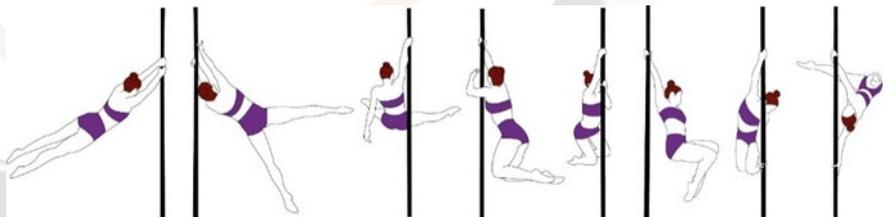
Code: C062

Element description: FlyBy into double reverse grab into phoenix

Element value: 1.0

Note: None

Performed at: Greece



Video:

<https://youtu.be/rjesoKCxkT4>

Minimum Requirements:

- 1080° rotation (360° x 3) during the entire movement
- Final position: Ayesha cup grip (straddle, pencil, or Jackknife)
- No contact with the floor

Name awarded: Hand changing full twist into true grip phoenix (Karasinska Spin)

Performed by: **Magdalena Karasinska, Poland**

Group: C

Code: C063

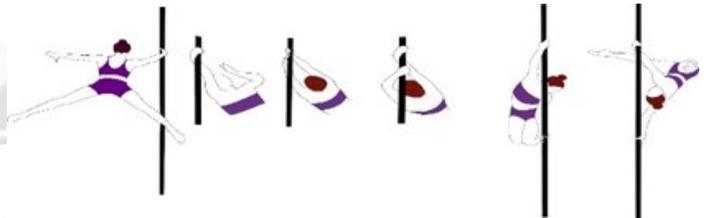
Element description: Hand changing full twist into true grip phoenix (Karasinska Spin)

Element value: 1.0

Note: None

Performed at: Poland

Video: https://youtu.be/Wthe_CriUiM



Minimum Requirements:

- 720° rotation (360° x 2) during the entire movement
- Final position: Ayesha true grip (straddle, pencil, or Jackknife)
- No contact with the floor

Name awarded: Leg trough spin into reverse Marion/Amber (Sulonen Spin)

Performed by: **Iida Sulonen, Finland**

Group: C

Code: C064

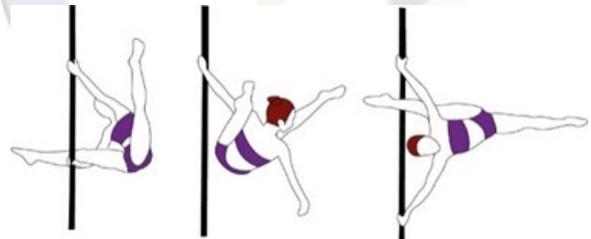
Element description: Phoenix into split leg through

Element value: 0.8

Note: None

Performed at: Finnish Nationals Championships 2022

Video: <https://youtube.com/shorts/VqZ54UUEJo>



Minimum Requirements:

- 720° rotation (360° x 2) during the entire movement
- Final position: Marion amber (split leg through)
- No contact with the floor

Name awarded: Armpit Double twist to shoulder mount (Karasinska twist)

Performed by: **Magdalena Karasinska, Poland**

Group: D

Code: D119

Element description:

Element value: 0.9

Note: None

Performed at: European Pole Sport Championships 2022

Video: <https://youtu.be/p2Q9EZXBviw>

Minimum Requirements:

- Starting position: upright on the pole
- Ending position: shoulder mount straddle
- No break during the move
- No contact with the floor

Name awarded: Marchetti drop (Kreuger drop)

Performed by: **Andrew Krueger, USA**

Group: D

Code: D120

Element description: From a Marchetti split position, perform a drop

Element value: 0.7

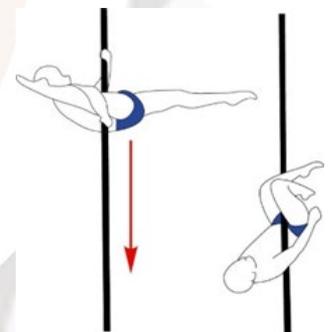
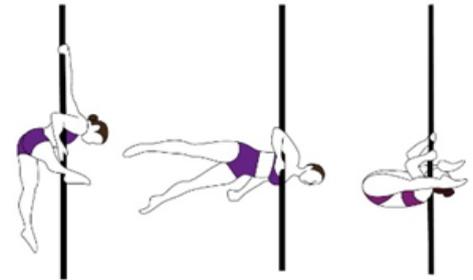
Note: None

Performed at: US Nationals Championship 2022

Video: <https://youtube.com/shorts/klEMwufDSHY>

Minimum Requirements:

- One meter drop minimum
- Opening of the legs 180°



Name awarded: Handspring jump out half turn open legs (Cogo jump 1)

Performed by: **Beatrice Cogo, Italy**

Group: D

Code: D121

Element description: Handspring jump out half turn with legs open

Element value: 0.5

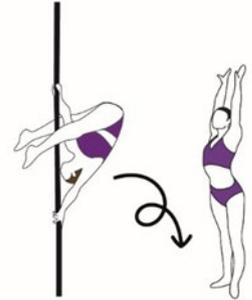
Note: In the video it is performed with the legs together (D122)

Performed at: Italy

Video: <https://youtu.be/Jz0-sFuhd0I>

Minimum Requirements:

- Starting position: Ayesha twisted grip legs open
- Twist 180° jump out
- Landing in upright position without hands in contact with the floor & pole



Name awarded: Jacknife cup grip jump out half turn legs Closed (Cogo jump 2)

Performed by: **Beatrice Cogo, Italy**

Group: D

Code: D122

Element description: Handspring cup grip jump out half turn with legs closed

Element value: 0.7

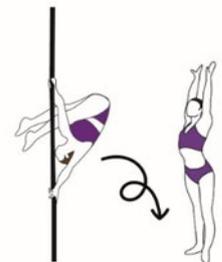
Note: Video is the same as D122

Performed at: Italy

Video: <https://youtu.be/FJSP4SOYU00>

Minimum Requirements:

- Starting position: Jacknife Cup grip legs closed
- Twist 180° jump out
- Landing in upright position without hands in contact with the floor & pole



Name awarded: Brass monkey to shoulder mount split flip (Kivela flip)

Performed by: **Oona Kivela, Finland**

Group: D

Code: D123

Element description: Brass monkey to shoulder mount split flip

Element value: 0.9

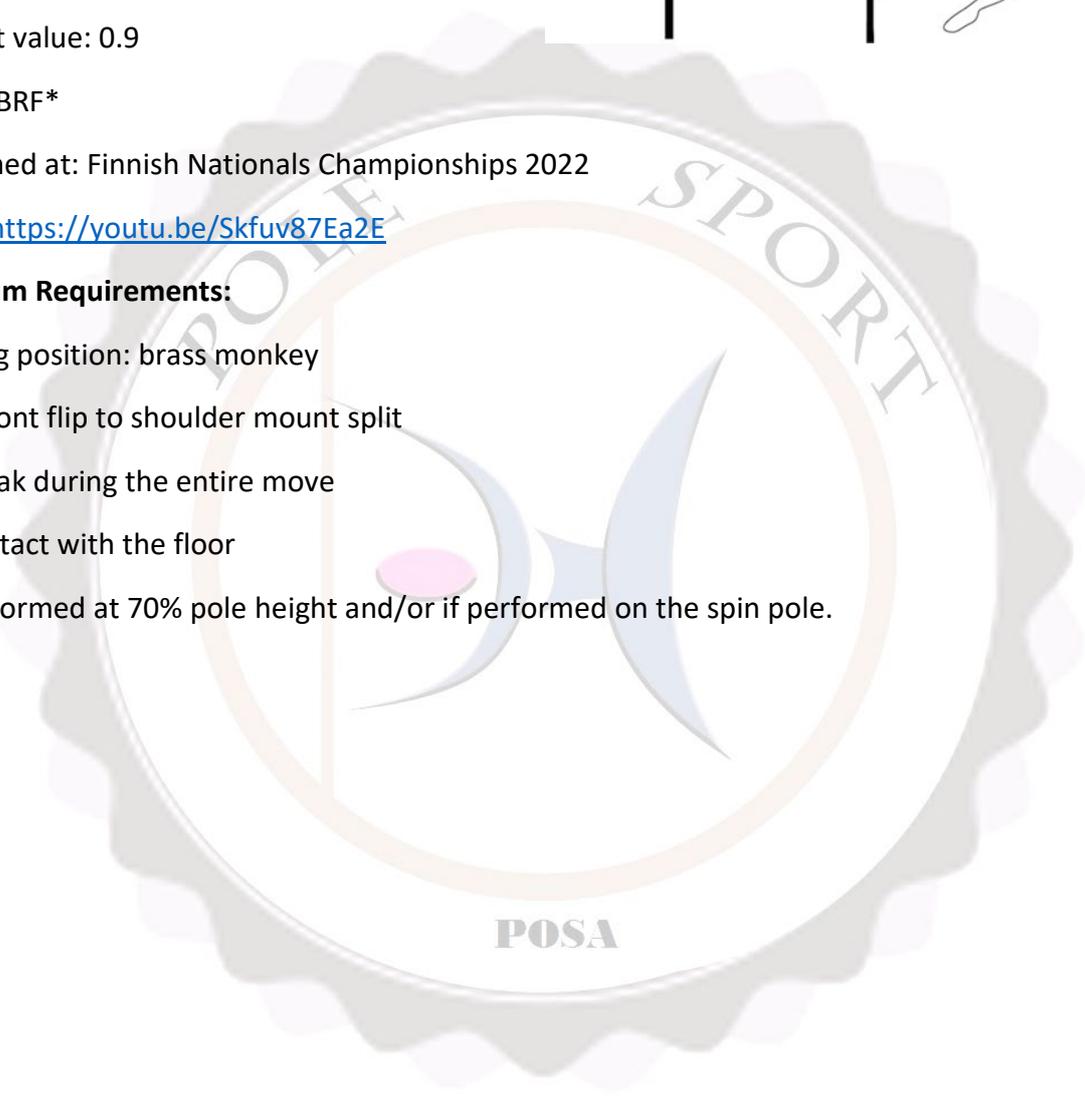
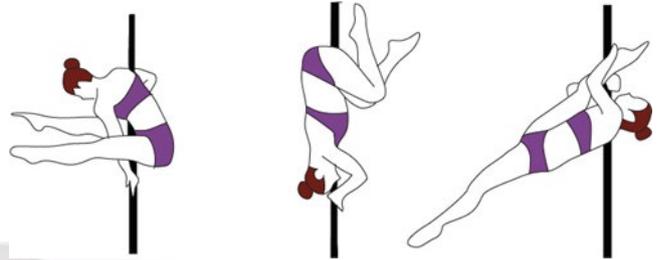
Note: CBRF*

Performed at: Finnish Nationals Championships 2022

Video: <https://youtu.be/Skfuv87Ea2E>

Minimum Requirements:

- Starting position: brass monkey
 - 360° front flip to shoulder mount split
 - No break during the entire move
 - No contact with the floor
- * If performed at 70% pole height and/or if performed on the spin pole.



Name awarded: Legs momentum to strong hold regrip aka Mig Twist (Gervasoni twist)

Performed by: **Maria Irene Gervasoni, Italy**

Group: D

Code: D124

Element description: Legs momentum to strong hold regrip full front twist

Element value: 1.0

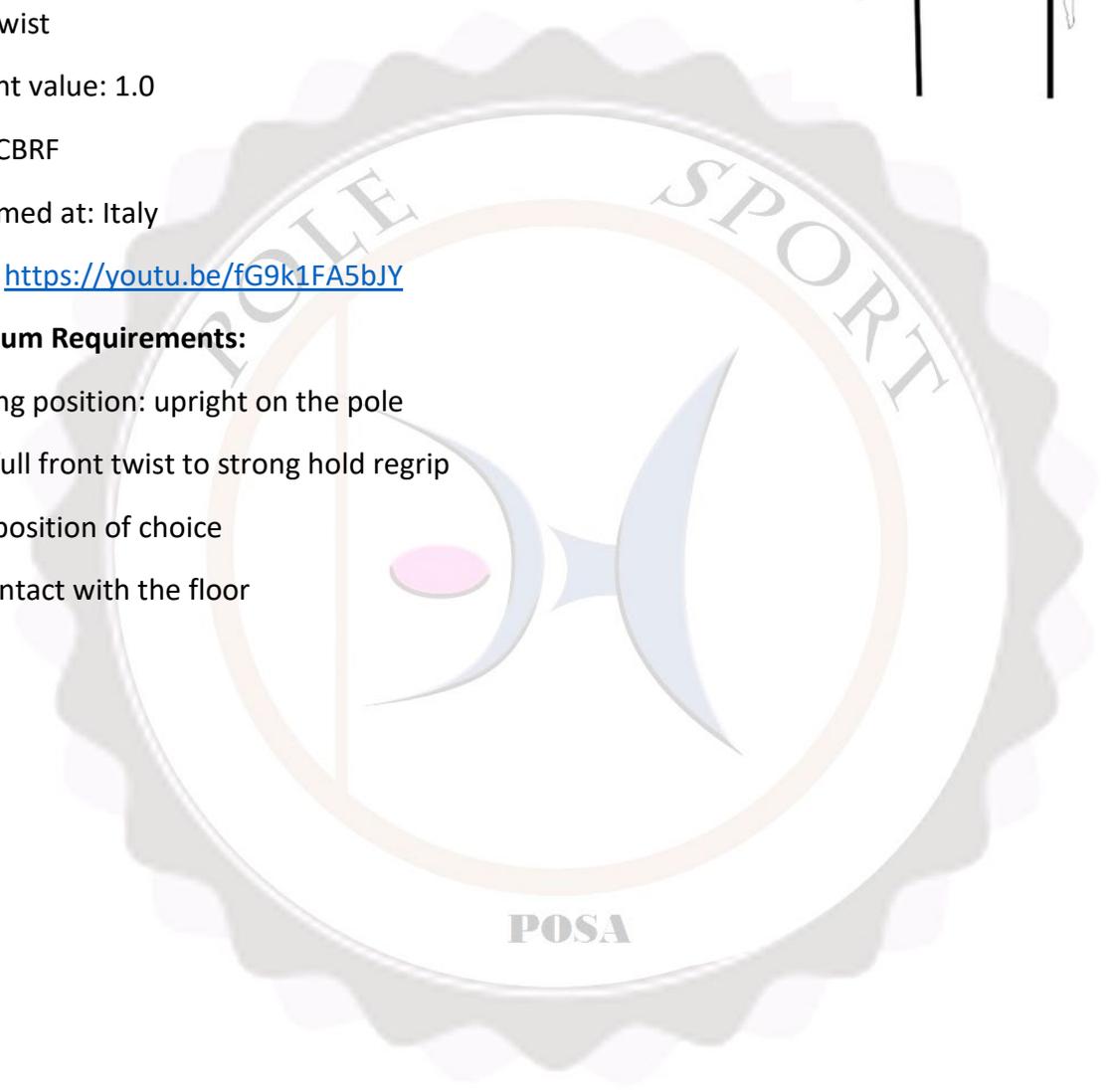
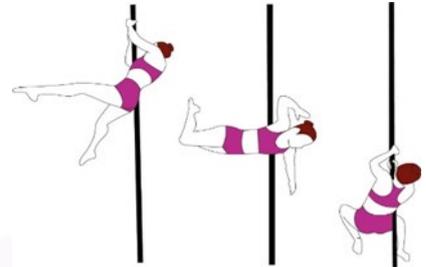
Note: CBRF

Performed at: Italy

Video: <https://youtu.be/fG9k1FA5bJY>

Minimum Requirements:

- Starting position: upright on the pole
- 360° full front twist to strong hold regrip
- Final position of choice
- No contact with the floor



Name awarded: Back grip drop (Nico drop)

Performed by: **Nicole Negro, Italy**

Group: D

Code: D125

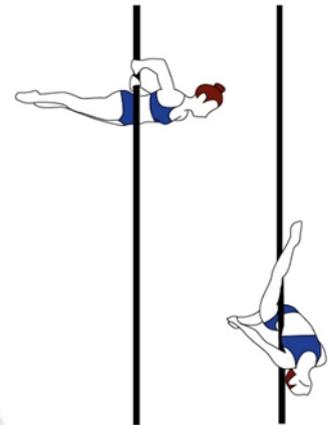
Element description: Back grip plank half twisted side drop into inside leg hang

Element value: 0.8

Note: CBRF

Performed at: Italy

Video: <https://youtu.be/TmItSw2D80o>



Minimum Requirements:

- Starting position in back grip plank extended
- No hands in contact with the pole during the drop
- Minimum one meter drop
- Final position in inside leg hang
- No contact with the floor

Name awarded: Dismount half twist back flip out (Breschi dismount)

Performed by: **Bianca Breschi, Italy**

Group: D

Code: D126

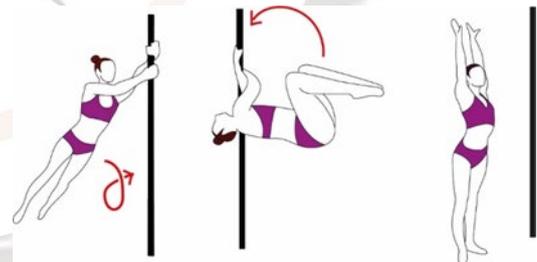
Element description: Dismount half twist back flip out

Element value: 0.9

Note: None

Performed at: Italy

Video: <https://youtu.be/eXRQ3xHgKXQ>



Minimum Requirements:

- Grip of choice
- No contact to the floor during the move
- No hands in contact to the floor in the landing

Name awarded: Floor based Elbow flic on pole (Mosca flic)

Performed by: **Erica Mosca, Italy**

Group: D

Code: D127

Element description: Elbow flic floor based

Element value: 0.8

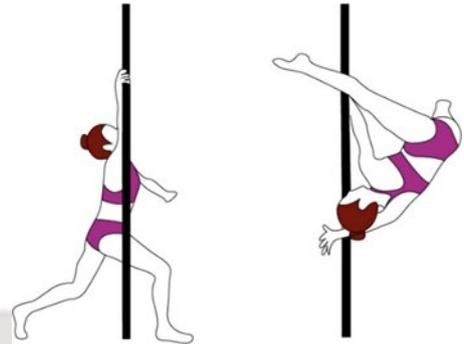
Note: None

Performed at: Italy

Video: <https://youtu.be/qT5KlFI98sg>

Minimum Requirements:

- Starting from the floor
- End position Ayesha (Elbow grip)



Name awarded: Brass monkey (Flag grip) to half twist (Kanellopoulou Twist)

Performed by: **Lydia Kanellopoulou, Greece**

Group: D

Code: D128

Element description: Flag grip to back half twist

Element value: 1.0

Note: CBRF

Performed at: Greece

Video: <https://youtu.be/B0aTbPcpnBI>

Minimum Requirements:

- Starting position: brass monkey (flag grip)
- 180° back twist
- Ending position upright or inverted
- Body rotates to the opposite direction of the pole
- No contact with the floor

