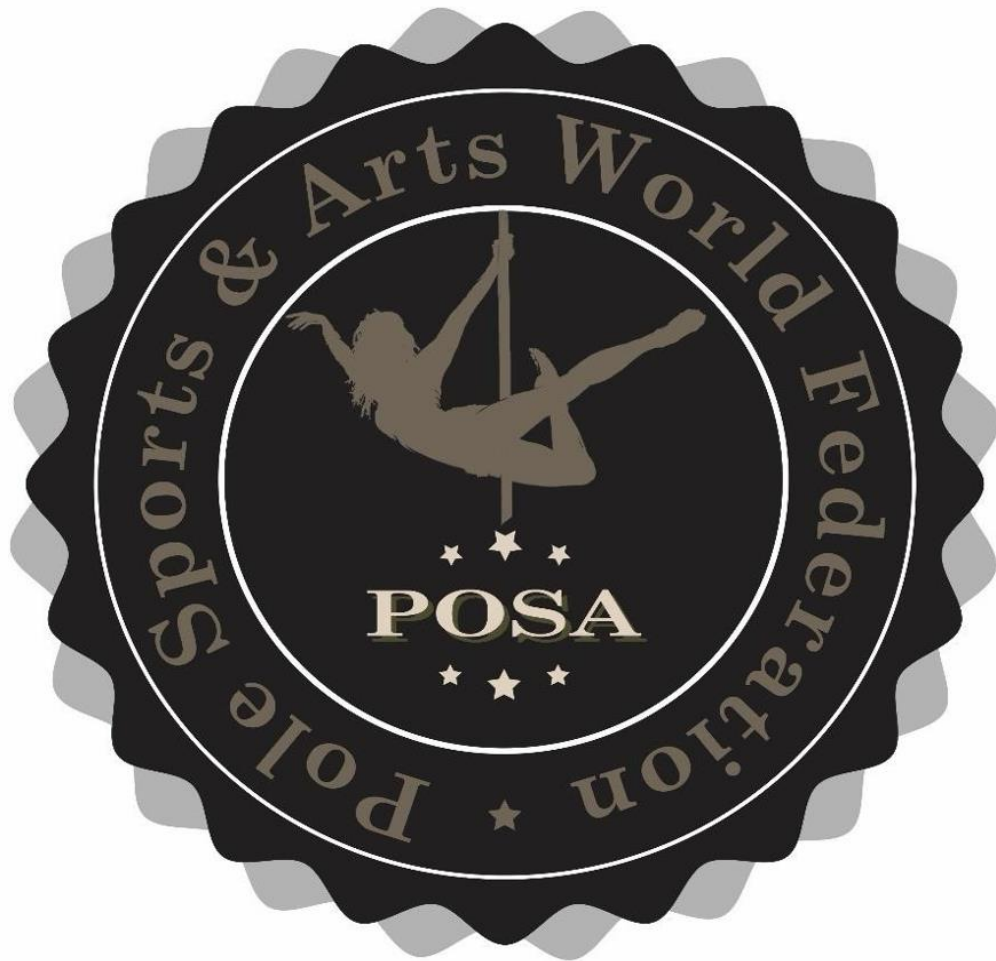


AERIAL & ARTS WORLD FEDERATION



CODE OF POINTS

AERIAL SPORT






Elements Table






Aerial Hammock




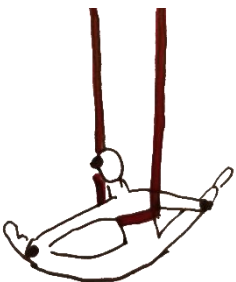

GROUP A – FLEXIBILITY ELEMENTS





Note: All flexibility elements must be held in fixed position for 2 seconds



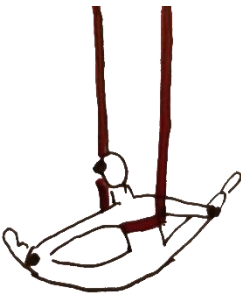
Note: In masters +50 category a tolerance of 20° is given for the requirement to open the legs to 180° if there is no 160° variation for the move. Moves, that do have different levels of execution are without tolerance.



Value	Element	Code	Requirements
0,1		AHA001	<p>Upright backbend</p> <ul style="list-style-type: none"> · Arms are fully extended · Only one foot in knot and hands in contact with the hammock
0,1		AHA002	<p>Inside leg hang 160°</p> <ul style="list-style-type: none"> · Opening of the legs 160° · Arms fully extended · Both hands hold on to the leg
0,2		AHA003	<p>Upright backbend</p> <ul style="list-style-type: none"> · Arms are fully extended · Only one foot and hands in contact with the hammock
0,2		AHA004	<p>Latern</p> <ul style="list-style-type: none"> · Back in bend
0,2		AHA005	<p>Split open silk 160°</p> <ul style="list-style-type: none"> · Opening of the legs 160° <p><i>Levels of execution:</i></p> <p><i>AHA005 Split open silk 160</i></p> <p><i>AHA019 Split open silk 180</i></p>


0,2		AHA006	<p>Open Silk Backbend</p> <ul style="list-style-type: none"> · Legs parallel to the floor or above parallel
0,2		AHA007	<p>Basket</p> <ul style="list-style-type: none"> · Back in bend
0.2		AHA008	<p>Dove(legs extended)</p> <ul style="list-style-type: none"> · Arms and legs fully extended · Legs parallel to the floor or above parallel <p><i>Levels of execution:</i> AHA008 Dove(legs extended) AHA013 Dove AHA083 Extreme Dove</p>
0,3		AHA009	<p>Elbow split passe 160°</p> <ul style="list-style-type: none"> · Only one elbow in contact with hammock · Upper hand in contact with the front extended leg · One hand in contact with passè leg · Opening of legs 160° <p><i>Levels of execution:</i> AHA009 Elbow split passe 160° AHA020 Elbow split passe 180°</p>
0,3		AHA010	<p>Split in knots 160°</p> <ul style="list-style-type: none"> ● Opening of the legs 160° <p><i>Levels of execution:</i> AHA010 Split in knots 160° AHA032 split in knots 180°</p>


0,3		AHA011	<p>Split passe 160°</p> <ul style="list-style-type: none"> • Opening of legs 160° • Arms fully extended • Back leg passè <p><i>Levels of execution:</i> AHA011 Split passe 160° AHA026 Split passe 180°</p>
0,3		AHA012	<p>Lantern extended</p> <ul style="list-style-type: none"> · Legs fully extended and parallel to the floor or below parallel · Only hands in contact with the silk
0,3		AHA013	<p>Dove</p> <ul style="list-style-type: none"> · Feet in contact with head , tolerance 20% · Hands fully extended <p><i>Levels of execution:</i> AHA008 Dove (legs extended) AHA013 Dove AHA083 Extreme Dove</p>
0,3		AHA014	<p>Armpit Split 160°</p> <ul style="list-style-type: none"> • Opening of legs 160° in front split • Arms fully extended • Only armpits in contact with hammock <p><i>Levels of execution:</i> AHA014 Armpit split 160° AHA022 Armpit extended split 180°</p>
0,3		AHA015	<p>Mona passé</p> <ul style="list-style-type: none"> • Front leg in bent • Head in contact with back foot • Arms fully extended <p><i>Levels of execution:</i> AHA015 Mona Passé AHA036 Mona Passé extended</p>


0,3		AHA016	<p>Knee wrap in backbend</p> <ul style="list-style-type: none"> · Back in bent · Arms fully extended
0,3		AHA017	<p>Standing Splits 160°</p> <ul style="list-style-type: none"> • Opening of legs 160° • No hands on hammock • Legs fully extended <p><i>Levels of execution:</i> AHA017 Standing Splits 160° AHA025 Standing Splits 180°</p>
0,3		AHA018	<p>Aurora Hang backbend</p> <ul style="list-style-type: none"> • Hands in contact with feet • Arms fully extended <p><i>Levels of execution:</i> AHA018 Aurora Hang backbend AHA038 Aurora Hang backbend extended AHA075 Aurora hang backbend fully extended</p>
0,3		AHA019	<p>Split open silk 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hands and feet in contact with the silk <p><i>Levels of execution:</i> AHA005 Split open silk 160° AHA019 Split open silk 180°</p>


0,4		AHA020	<p>Elbow split passè 180°</p> <ul style="list-style-type: none"> • Only one elbow in contact with hammock • Upper hand in contact with front extended leg • One hand in contact with passè leg • Opening of legs 180° <p><i>Level of execution</i> AHA009 Elbow split passe 160° AHA020 Elbow split passe 180°</p>
0,4		AHA021	<p>«T» Split 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Middle split • Hands are not in contact with the hammock and legs <p><i>Levels of execution</i> AHA021 «T» Split 160° AHA039 «T» Split 180°</p>
0,4		AHA022	<p>Armpit extended Split 180°</p> <ul style="list-style-type: none"> • Opening of legs 180° in front split • Arms fully extended • Only armpits in contact with hammock <p><i>Levels of execution:</i> AHA014 Armpit split 160° AHA022 Armpit extended split 180°</p>


0,4		AHA023	<p>Diamond Split 180°</p> <ul style="list-style-type: none"> • Opening of legs 180° in front split • Legs fully extended
0,4		AHA024	<p>Laysplit 180°</p> <ul style="list-style-type: none"> • Opening of legs 180° • Legs fully extended


0,4		AHA025	Standing Splits 180° <ul style="list-style-type: none"> • Opening of legs 180° • No hands on hammock • Legs fully extended <p><i>Levels of execution:</i> AHA017 Standing Splits 160° AHA025 Standing Splits 180°</p>
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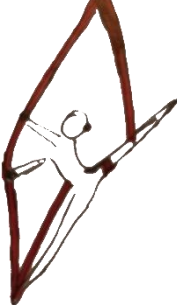
0,4		AHA026	Split passe 180° <ul style="list-style-type: none"> • Opening of legs 180° • Arms fully extended • Back leg passè <p><i>Levels of execution:</i> AHA011 Split passe 160° AHA026 Split passe 180°</p>
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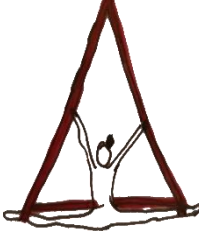
0,4		AHA027	Inverted Twist Split 180° <ul style="list-style-type: none"> • Opening of legs 180° • One thigh in wrap • One hand, pelvis, in contact with hammock • Hand in contact with opposite leg behind the shoulder • Legs fully extended
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0,4		AHA028	Box <ul style="list-style-type: none"> · Feet in contact with the head (with 20% tolerance) <p><i>Levels of execution:</i> AHA028 Box AHA048 Box 2</p>
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0,4		AHA029	Box legs extended <ul style="list-style-type: none"> · Legs parallel to the floor or above parallel · Arms fully extended
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0,4		AHA030	Allegra 160° <ul style="list-style-type: none"> ● Opening of legs 160° ● Legs fully extended <p><i>Levels of execution:</i> AHA030 Allegra 160° AHA041 Allegra 180° AHA055 Allegra passè</p>
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0,4		AHA031	Flyer Split <ul style="list-style-type: none"> ● Opening of legs 180° ● Arms fully extended ● Shoulders above level of pelvis ● Legs fully extended
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0,4		AHA032	Split in knots 180° <ul style="list-style-type: none"> ● Opening of the legs 180° ● Legs fully extended <p><i>Levels of execution:</i> AHA010 Split in knots 160° AHA032 split in knots 180°</p>
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0,4		AHA033	Fang Backbend <ul style="list-style-type: none"> ● Only lower back in contact with hammock ● Hands in contact with legs behind the head
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0,4		AHA034	Backsplit in loop passè <ul style="list-style-type: none"> ● Upper leg fully extended, back leg passè ● Both hands in contact with back foot ● Head in contact with the foot <p><i>Levels of execution:</i> AHA034 Backsplit in loop AHA070 Backsplit in loop extended</p>
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0,4		AHA035	Arrow <ul style="list-style-type: none"> ● Back leg fully extended ● Hands in contact with back extended leg
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0,4		AHA036	Mona Passe Extended <ul style="list-style-type: none"> ● Front leg fully extended ● Head in contact with back foot ● Hands fully extended <p><i>Levels of execution:</i> AHA015 Mona Passé AHA036 Mona Passé extended</p>
0,4		AHA037	Luna Split 180° <ul style="list-style-type: none"> ● Opening of legs 180° ● Front split ● Arms fully extended ● Legs fully extended
0,5		AHA038	Aurora Hang backbend Extended <ul style="list-style-type: none"> ● Hands in contact with feet ● One leg fully extended ● Arms fully extended <p><i>Levels of execution:</i> AHA018 Aurora Hang backbend AHA038 Aurora Hang backbend extended AHA75 Aurora hang backbend fully extended</p>
0,5		AHA039	«T» Split 180° <ul style="list-style-type: none"> ● Opening of legs 180° ● Middle split ● No hands in contact with the hammock and legs <p><i>Levels of execution:</i> AHA021 «T» Split 160° AHA039 «T» Split 180°</p>





0,5		AHA040	<p>Greta middle Split</p> <ul style="list-style-type: none"> ● Opening of the legs in middle split ● Back bent ● Hammock goes around the waist ● Hands in contact with the hammock
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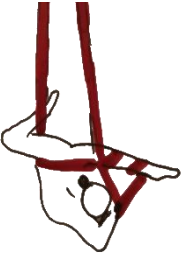

0,5		AHA041	<p>Allegra 180°</p> <ul style="list-style-type: none"> ● Opening of the legs 180° ● Legs fully extended <p><i>Levels of execution:</i> AHA030 Allegra 160° AHA041 Allegra 180° AHA055 Allegra passè</p>
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0,5		AHA042	<p>Inverted Front Split 160 °</p> <ul style="list-style-type: none"> ● Opening the legs 160° ● Legs are fully extended ● Hammock wrapped around the waist <p><i>Levels of execution:</i> AHA042 Inverted front split 160° AHA050 Inverted front split 180°</p>
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0.5		AHA043	<p>Candle in middle split</p> <ul style="list-style-type: none"> ● Legs are fully extended in middle split ● The opposite hand in contact with upper leg behind the shoulder ● Hands are not in contact with the hammock
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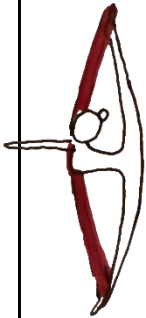
0,5		AHA044	<p>Moth 160°</p> <ul style="list-style-type: none"> ● Opening of the legs 160° ● Arms are fully extended <p><i>Levels of execution:</i> AHA044 Moth 160° AHA057 Moth 180° AHA076 Moth Extreme</p>
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0,5		AHA045	<p>X Backsplit 160°</p> <ul style="list-style-type: none"> • Opening of legs 160° • Supporting Leg fully extended • Hammock crossed behind the back • Hands in contact with back leg <p><i>Levels of execution:</i> AHA045 X Backsplit 160° AHA110 X Backsplit 180°</p>
0,5		AHA046	<p>Magnolia Split 160°</p> <ul style="list-style-type: none"> • Opening of legs 160° • Body parallel to the floor • Middle Split • Legs fully extended • Hands not in contact with hammock <p><i>Levels of execution:</i> AHA046 Magnolia split 160° AHA060 Magnolia split 180°</p>
0,6		AHA047	<p>Hang Marble Split 180°</p> <ul style="list-style-type: none"> • Opening of legs 180° • Front split • One foot in knot • One hand in contact with hammock • Legs fully extended
0,6		AHA048	<p>Box 2</p> <ul style="list-style-type: none"> • feet in contact with the head (no tolerance) <p><i>Levels of execution:</i> AHA028 Box AHA048 Box 2</p>


0,6		AHA049	<p>Split in knots in cambrè</p> <ul style="list-style-type: none"> • Opening of legs 180° • Legs fully extended • Back in bent • Hands in contact with the hammock <p><i>Levels of execution:</i></p> <p>AHA049 Split in knots in cambrè AHA074 Split cambrè one hand extreme</p>
0,6		AHA050	<p>Inverted Front Split 180°</p> <ul style="list-style-type: none"> • Opening the legs 180° • Hammock is wrapped around the waist • Legs fully extended <p><i>Levels of execution:</i></p> <p>AHA042 Inverted front split 160° AHA050 Inverted front split 180°</p>
0,6		AHA051	<p>Cocoon 160°</p> <ul style="list-style-type: none"> • Opening the legs 160° • Lower leg in spiral wrapping • Hands in contact with leg behind the head <p><i>Levels of execution :</i></p> <p>AHA051 Cocoon 160° AHA066 Cocoon 180°(extended)</p>
0,6		AHA052	<p>Bilman 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • The opposite hand in contact with leg behind the head and behind the hammock • Hands are not in contact with the hammock



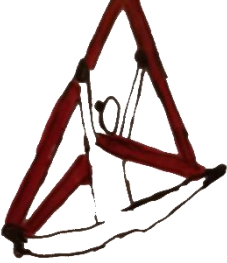


0,6		AHA053	<p>Fleurie Passe 180°</p> <ul style="list-style-type: none"> ● Opening of leg 180° ● Back leg passè ● Lower leg fully extended ● Hand in contact with opposite extended leg behind the shoulder
0,6		AHA054	<p>X Backsplit 180°</p> <ul style="list-style-type: none"> ● Opening of legs 180° ● Supporting Leg fully extended ● Hammock crossed behind the back ● Hands in contact with back leg <p><i>Levels of execution:</i> AHA045 X Backsplit 160 AHA054 X Backsplit 180</p>
0,7		AHA055	<p>Allegra passè</p> <ul style="list-style-type: none"> ● Opening the legs 180° ● Front leg fully extended <p><i>Levels of execution:</i> AHA030 Allegra 160° AHA041 Allegra 180° AHA055 Allegra passè</p>
0,7		AHA056	<p>X Backsplit Ring</p> <ul style="list-style-type: none"> ● Opening of legs 180° ● Supporting leg fully extended ● Hammock crossed behind the back ● Hands in contact with leg behind head ● Back foot in contact with the head <p><i>Levels Of execution:</i> AHA056 X Backsplit ring AHA065 X Backsplit ring extreme</p>

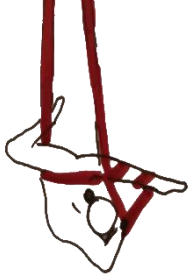



0,7		AHA057	<p>Moth 180°</p> <ul style="list-style-type: none"> ● Opening the split 180° ● Arms fully extended ● Hands in contact with the hammock <p><i>Levels of execution:</i></p> <p>AHA044 Moth 160° AHA057 Moth 180° AHA076 Moth Extreme</p>
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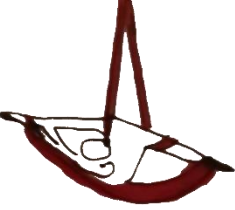

0,7		AHA058	<p>Peacock 180°</p> <ul style="list-style-type: none"> ● Opening of the legs 180° ● Front split ● Legs are fully extended ● Hands are not in contact with the silks <p><i>Levels of execution:</i></p> <p>AHA058 Peacock 180° AHA078 Extreme Peacock 180°</p>
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0,7		AHA059	<p>Inverted back Elbow lock Split 180°(M.Kolyza)</p> <ul style="list-style-type: none"> ● Opening of legs 180° ● Legs fully extended ● No hands on the hammock
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0,7		AHA060	<p>Magnolia Split 180°</p> <ul style="list-style-type: none"> ● Opening of legs 180° ● Body parallel to the floor ● Middle Split ● Legs fully extended ● Hands not in contact with hammock <p><i>Levels of execution:</i></p> <p>AHA046 Magnolia split 160 AHA060 Magnolia split 180</p>
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0,7		AHA061	<p>Dancer Split 180°</p> <ul style="list-style-type: none"> ● Opening of legs 180° ● Lower leg in knot ● Legs Fully extended
0,7		AHA062	<p>Arabesque 180°</p> <ul style="list-style-type: none"> ● Opening of legs minimum 180° ● One hand in contact with fully extended back leg ● Legs fully extended
0,7		AHA063	<p>Triangular split</p> <ul style="list-style-type: none"> ● Legs fully extended ● Arms fully extended ● Silk in contact with the shoulder ● Opening of legs 180° or more
0,7		AHA064	<p>Ballad Split 180°</p> <ul style="list-style-type: none"> ● Opening of legs 180° ● Lower leg in wrap ● Shoulders are above the level of the pelvis ● Arms fully extended ● Legs fully extended
0,8		AHA065	<p>X Backsplit Ring Extreme</p> <ul style="list-style-type: none"> ● Opening of legs 180° ● Supporting leg fully extended ● Hammock crossed behind the back ● Hands in contact with leg behind the head ● Head in contact with the back leg <p><i>Levels of execution:</i> AHA056 X Backsplit ring AHA065 X Backsplit ring extreme</p>

0,8		AHA066	<p>Cocoon 180° (extended)</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Lower leg in spiral wrapping • Hands in contact with leg behind the head • Head in contact with hip <p><i>Levels of execution:</i> AHA051 Cocoon 160° AHA066 Cocoon 180°(extended)</p>
0,8		AHA067	<p>Superbilman 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hands in contact with leg behind the head • Head in contact with leg <p><i>Levels of execution:</i> AHA067 Superbilman 180° AHA077 Superbilman extended 180°</p>
0,8		AHA068	<p>Inverted Snake 180°</p> <ul style="list-style-type: none"> • Opening of legs 180° • Arms fully extended • Legs in spiral wrapping • Legs fully extended
0,8		AHA069	<p>Ankle Croche Passè Split</p> <ul style="list-style-type: none"> • Opening of legs 180° • One hand in contact with hammock • Back leg bent at 90°, ankle in contact with hammock • Free hand in contact with front foot

0,8		AHA070	<p>Backsplit in loop extended</p> <ul style="list-style-type: none"> · Legs fully extended · Both hands in contact with back leg · Head in contact with back leg <p><i>Levels of execution:</i></p> <p>AHA034 Backsplit in loop passe AHA070 Backsplit in loop extended</p>
0,8		AHA071	<p>Fancy Split 180°</p> <ul style="list-style-type: none"> ● Opening of legs 180° or more ● Front Split ● Shoulder in contact with hammock ● Arms fully extended ● Legs fully extended
0,9		AHA072	<p>Inverted Lexa Split 180°</p> <ul style="list-style-type: none"> ● Opening of legs 180° ● Legs in spiral wrapping ● Hands in contact with leg behind the head ● Legs are fully extended
0,9		AHA073	<p>Elbow Lock Split 180°(M.Kolyza)</p> <ul style="list-style-type: none"> ● Opening of legs 180° and more ● Legs fully extended

0,9		AHA074	Split cambrè one hand extreme <ul style="list-style-type: none"> ● Opening the legs 180° ● Only one hand in contact with the hammock ● Head in contact with back leg <p><i>Levels of execution:</i></p> <p><i>AHA049 Split in knots cambrè</i> <i>AHA074 Split cambrè one hand extreme</i></p>
0,9		AHA075	Aurora Hang backbend Fully Extended <ul style="list-style-type: none"> ● Hands in contact with feet ● One leg fully extended ● Arms fully extended ● Head in contact with back leg <p><i>Levels of execution:</i></p> <p><i>AHA018 Aurora Hang backbend</i> <i>AHA038 Aurora Hang backbend extended</i> <i>AHA75 Aurora hang backbend fully extended</i></p>
1.0		AHA076	Moth Extreme <ul style="list-style-type: none"> ● Opening the legs 180° ● Only one arm fully extended, in contact with hammock ● Head in contact with foot <p><i>Levels of execution:</i></p> <p><i>AHA044 Moth 160°</i> <i>AHA057 Moth 180°</i> <i>AHA076 Moth Extreme</i></p>




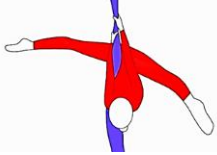

1.0		AHA077	<p>Super bilman extended 180°</p> <ul style="list-style-type: none"> ● Opening of the legs 180° ● Hands in contact with leg behind the head ● Head in contact with hip ● Legs fully extended <p><i>Levels of execution:</i> AHA067 Superbilman 180° AHA077 Superbilman extended 180°</p>
1,0 CBRF		AHA078	<p>Extreme Peacock 180°</p> <ul style="list-style-type: none"> · Opening of the legs 180° · Legs are fully extended · Hands in contact with the leg behind the head · Head in contact with the hip <p><i>Levels of execution:</i> AHA058 Peacock 180° AHA078 Extreme Peacock 180°</p>
1,0		AHA079	<p>Roll Up Split 180° Extended</p> <ul style="list-style-type: none"> ● Opening of legs 180° ● Arms fully extended ● Head in contact with the leg ● Head in lower position than the fully extended arms ● Legs fully extended
1,0		AHA080	<p>Extreme backbend</p> <ul style="list-style-type: none"> ● Only Back in contact with hammock ● Both hands in contact with fully extended legs ● Head in contact with legs






1,0		AHA081	<p>Serpent Backbend</p> <ul style="list-style-type: none"> • Legs fully extended • Arms fully extended • Head in contact with back extended leg
1,0		AHA082	<p>Extreme Double knee Hang backbend</p> <ul style="list-style-type: none"> • Both knees in contact with hammock • Both hands in contact with back feet • Head in contact with feet
1,0		AHA083	<p>Extreme Dove</p> <ul style="list-style-type: none"> • Legs fully extended • Back in bent • Arms fully extended • Hands in contact with hammock • Both legs in wrap <p><i>Levels of execution:</i></p> <p>AHA008 Dove (legs extended) AHA013 Dove AHA083 Extreme Dove</p>







GROUP B: STRENGTH ELEMENTS






Note: All Strength elements must be held in fixed position for 2 seconds






Value	Element	Code	Requirements
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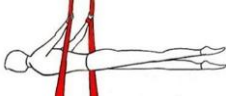
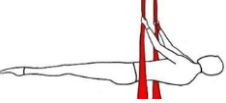


0,1		AHB001	Hang Cross Diagonal <ul style="list-style-type: none"> Arms are fully extended <i>Levels of execution:</i> AHB001 Hang cross diagonal AHA011 Hang cross
0,1		AHB002	Fairy <ul style="list-style-type: none"> Arms fully extended Legs fully extended in pencil position
0,1		AHB003	Inside leg hang <ul style="list-style-type: none"> Straight leg is parallel to the floor or below the parallel No hands in contact with hammock
0,1		AHB004	Inverted Straddle <ul style="list-style-type: none"> Legs in V-position Pelvis is higher than the level of shoulders
0,2		AHB005	One hand hang tuck <ul style="list-style-type: none"> Only one hand in contact with hammock Tuck position




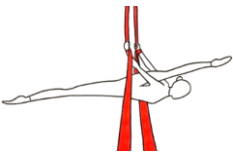


0,2		AHB006	Elbow Hang <ul style="list-style-type: none"> • Only one elbow in contact with hammock
0,2		AHB007	Hip hold-pike <ul style="list-style-type: none"> • Legs fully extended in pike position • Only one hip in contact with hammock
0,2		AHB008	Gazelle leg hang <ul style="list-style-type: none"> • Only one knee in contact with hammock • Free leg extended and parallel to the floor or below the level of parallel
0,3		AHB009	Celeste Split <ul style="list-style-type: none"> • Supporting leg in knot • Legs fully extended • Free hand in contact with front extended leg
0,3		AHB010	Echo Backbend <ul style="list-style-type: none"> • Back in bent • Legs are fully extended



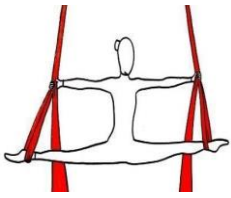
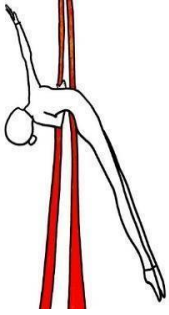
0,3		AHB011	Hang Cross <ul style="list-style-type: none"> • Arms are parallel to the floor • Arms are fully extended • Hands in single spiral wrapping <p><i>Levels of execution:</i> AHB001 Hang cross diagonal AHA011 Hang cross</p>
0,3		AHB012	Peter Pan <ul style="list-style-type: none"> • Supporting leg is extended • Hand in contact with upper leg <p><i>Levels of execution:</i> AHB012 Peter Pan AHB021 Peter Pan no hands</p>
0,3		AHB013	Hook front split <ul style="list-style-type: none"> • Legs fully extended
0,3		AHB014	Supporting Corner <ul style="list-style-type: none"> • Arms and legs fully extended • Legs parallel to the floor or above parallel
0,3		AHB015	Elbow Split <ul style="list-style-type: none"> • One hand in contact with extended front leg • Legs fully extended
0,4		AHB016	Reverse Passè <ul style="list-style-type: none"> • One foot and one shoulder in contact with the silk • Back leg fully extended • Both hands in contact with the silk • Hammock wrapped around the waist


0,4		AHB017	Crystal Elbow Split <ul style="list-style-type: none"> ● One Elbow in contact with hammock ● Extended arm in contact with front extended leg ● Front split
0,4		AHB018	Aerial leg hang <ul style="list-style-type: none"> ● Back leg fully extended and parallel to the floor or below the parallel ● Support hand in contact with hammock
0,4		AHB019	Iron Split <ul style="list-style-type: none"> ● Both hands are in single spiral wrapping ● Arms and legs fully extended
0,4		AHB020	Lizard <ul style="list-style-type: none"> ● Legs fully extended ● Only one thigh in wrap ● Hands and one shoulder in contact with hammock ● Body and legs parallel to the floor or above parallel <p><i>Levels of execution:</i> AHB020 Lizard AHB040 Lizard extended</p>
0,4		AHB021	Peter Pan no hands <ul style="list-style-type: none"> ● Supporting leg is extended ● Only legs in contact with the silks ● Hands are not in contact with legs <p><i>Levels of execution:</i> AHB012 Peter Pan AHB021 Peter Pan no hands</p>

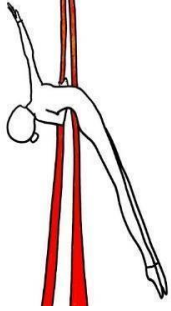

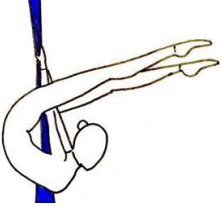
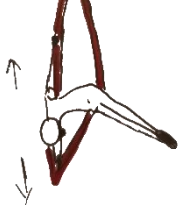
0,4		AHB022	<p>Front Flag</p> <ul style="list-style-type: none"> • Legs and body in pike position • Legs are closed and fully extended • Only one hand is in contact with hammock
0,5		AHB023	<p>Butterfly</p> <ul style="list-style-type: none"> • Supporting arm in spiral wrapping • Only hands, shoulder, neck and foot in contact with the hammock <p><i>Levels of execution:</i></p> <p>AHB023 Butterfly AHB035 Butterfly-one handed</p>
0,5		AHB024	<p>Pendant</p> <ul style="list-style-type: none"> • Arms are fully extended • No windings and knots
0,5		AHB025	<p>Hang attitude</p> <ul style="list-style-type: none"> • Hammock grabbed under the leg • No windings and knots <p><i>Levels of execution:</i></p> <p>AHB025 Hang attitude AHB043 Hang attitude extended</p>
0,5		AHB026	<p>Straddle Support</p> <ul style="list-style-type: none"> • Legs and arms fully extended • Legs parallel to the floor or below parallel






0,5		AHB027	Bridge <ul style="list-style-type: none"> • Arms fully extended • One foot in knot <p><i>Levels of execution:</i> AHB027 Bridge AHB050 Bridge Closed</p>
0,5		AHB028	Hold Split on the hip 160° <ul style="list-style-type: none"> • Opening of legs 160° • Only one hand and hip in contact with hammock • Legs fully extended <p><i>Levels Of execution:</i> AHB028 Hold Split on the Hip 160° AHB086 Hold Split on the Hip 180°</p>
0,5		AHB029	Back basic plank tuck <ul style="list-style-type: none"> • Tuck position • Body is parallel to the floor
0,5		AHB030	Basic plank tuck <ul style="list-style-type: none"> • Tuck position • Body is parallel to the floor
0,5		AHB031	Straddle Hold <ul style="list-style-type: none"> • Legs are fully extended • Support hand in contact with hammock at pelvis height • One hand is extended and in contact with same leg
0,5		AHB032	Heather Split <ul style="list-style-type: none"> • Legs in front split • Free hand in contact with the front extended leg • One thigh in wrap

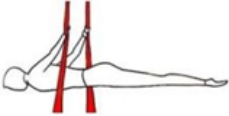

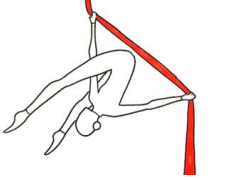



0,5		AHB033	Voltage Handstand(one hand) <ul style="list-style-type: none"> ● Pencil position ● Support arm fully extended
0,6		AHB034	Hold Split on the hip 180° <ul style="list-style-type: none"> ● Opening of legs 180° ● Only one hand and hip in contact with hammock ● Legs fully extended <p><i>Levels Of execution:</i> AHB028 Hold Split on the Hip 160° AHB0034 Hold Split on the Hip 180°</p>
0,6		AHB035	Butterfly-one handed <ul style="list-style-type: none"> ● Supporting arm in spiral wrapping ● Only one hand, shoulder, neck and foot in contact with the hammock <p><i>Levels of execution:</i> AHB023 Butterfly AHB035 Butterfly-one handed</p>
0,6		AHB036	Split in back basic plank <ul style="list-style-type: none"> ● Arms and legs are fully extended ● Body is parallel to the floor
0,6		AHB037	Reverse Chair <ul style="list-style-type: none"> ● Legs bent or fully extended ● Hammock wrapped around the waist ● Supporting Arm fully extended
0,6		AHB038	Plank V position <ul style="list-style-type: none"> ● Legs fully extended and in V position ● Lower leg and body parallel to the floor ● One thigh in wrap



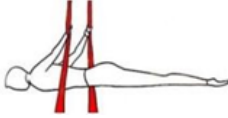
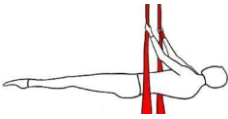


0,6		AHB039	Rocket <ul style="list-style-type: none"> • Hammock in contact with neck • Body and legs in pencil position
0,6		AHB040	Lizard Extended <ul style="list-style-type: none"> • Legs fully extended • Only one thigh in wrap • Arms fully extended • Body and legs parallel to the floor <p><i>Levels of execution:</i> AHB020 Lizard AHB040 Lizard extended</p>
0.6		AHB041	Weighing Machine <ul style="list-style-type: none"> • Opening of legs 180° • Arms are fully extended • Hands in basic grip
0,7		AHB042	Reversed flag <ul style="list-style-type: none"> • Only one hand and back in contact with hammock • Legs are fully extended






0,7		AHB043	Hang Attitude extended <ul style="list-style-type: none"> • Hammock is grabbed under leg • No windings and knots • The front leg is extended <p><i>Levels of execution:</i> AHB025 Hang attitude AHB043 Hang attitude extended</p>
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0,7		AHB044	Back flag <ul style="list-style-type: none"> • Only one hand and back in contact with hammock • Legs are fully extended
0,7		AHB045	Basic deadlift <ul style="list-style-type: none"> • Upper hand in basic grip • Deadlift without momentum • Final position: fixing of 2 sec, back is not in contact with arms and hammock
0,7		AHB046	Iguana <ul style="list-style-type: none"> • Hands in contact with the hammock between legs and behind of the back without windings <p><i>Levels of execution:</i></p> <p>AHB046 Iguana AHB052 Iguana closed</p>
0,7		AHB047	Python <ul style="list-style-type: none"> • Body in reverse plank position • One thigh in wrap • Legs are fully extended, parallel or below the parallel to the floor • Arms fully extended

0,7		AHB048	Side Pencil Plank(closed legs) <ul style="list-style-type: none"> ● Arms are fully extended ● Legs are closed and fully extended ● Body in a side plank position and parallel to the floor
0,7		AHB049	Dandelion <ul style="list-style-type: none"> ● One leg passè in loop,in contact with head ● Hand in contact with hammock ● Free leg fully extended
0,8		AHB050	Bridge Closed <ul style="list-style-type: none"> ● One foot in knot ● One foot in contact with the head <p><i>Levels of execution:</i> AHB027 Bridge AHB050 Bridge Closed</p>
0,8		AHB051	Flying Locust <ul style="list-style-type: none"> ● Body in plank position parallel to the floor ● Legs in V position and fully extended ● One leg in spiral wrapping ● Only supporting hand in contact with hammock ● Free hand fully extended,no contact with hammock
0,8		AHB052	Iguana closed <ul style="list-style-type: none"> ● Hands in contact with silks between legs and behind back without windings ● Feet in contact with the head <p><i>Levels of execution:</i> AHB046 Iguana AHB052 Iguana closed</p>

0,8		AHB053	Back Basic Plank V position <ul style="list-style-type: none"> • Legs are fully extended in V- position • Legs and body are parallel to the floor
0,8		AHB054	Basic plank V-position <ul style="list-style-type: none"> • Legs are fully extended in V- position • Arms are fully extended • Legs and body are parallel to the floor
0,8		AHB055	Basic deadlift 2 <ul style="list-style-type: none"> • Upper hand in basic grip • Deadlift without momentum • Legs are fully extended • Final position: fixing of 2 sec, back not in contact with arms and hammock
0,9		AHB056	Wonderwoman Elbow Split <ul style="list-style-type: none"> • Only one elbow in contact with hammock • One hand in contact with extended leg • Front split
0,9		AHB057	Hang Split <ul style="list-style-type: none"> • Hammock is grabbed under leg • No windings and knots • Both legs are fully extended
0,9		AHB058	Basic plank (one leg bent) <ul style="list-style-type: none"> • Arms fully extended • Body and leg parallel to the floor • One leg bent

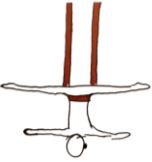


0,9		AHB059	Rodionova split <ul style="list-style-type: none"> • Split position • Arms are fully extended and in contact with silks behind leg • Legs and body are parallel to the floor • Silks are closed
0,9 CBRF		AHB060	Queen Passe <ul style="list-style-type: none"> • Only head in contact with hammock • Front leg fully extended • Back leg passè • Both hands in contact with back leg <p><i>Level of execution:</i></p> <p>AHB060 Queen Passe AHB063 Queen</p>
1,0		AHB061	Back basic plank pencil <ul style="list-style-type: none"> • Body and legs parallel to the floor • Legs in pencil position
1,0		AHB062	Basic plank pencil <ul style="list-style-type: none"> • Arms fully extended • Body and legs parallel to the floor • Legs in pencil position
1,0 CBRF		AHB063	Queen <ul style="list-style-type: none"> • Only head in contact with hammock • Both hands in contact with back leg • Legs fully extended <p><i>Levels of execution:</i></p> <p>AHB060 Queen Passe AHB063 Queen</p>
1,0 CBRF		AHB064	Super Hero <ul style="list-style-type: none"> • Only neck in contact with hammock • Hands in contact with fully extended legs • Legs fully extended



1,0		AHB065	Aerial Split one hand <ul style="list-style-type: none"> ● One hand in knot ● Legs fully extended ● Hand in contact with extended front leg ● Front split 180°
1,0		AHB066	Foot Twister V <ul style="list-style-type: none"> ● One foot in knot ● Leg behind the head fully extended ● Hand in contact with opposite leg behind the shoulder
1,0 CBRF		AHB067	Splitty Neck Hang <ul style="list-style-type: none"> ● Only neck in contact with hammock ● Front split 180° ● Hands in contact with legs
1,0 CBRF		AHB068	Pistol Aim(G.Kefala) <ul style="list-style-type: none"> ● One leg in knot ● Both hands in contact with fully extended leg behind the head
1,0 CBRF		AHB067	Hawk Split 180° <ul style="list-style-type: none"> ● Opening of legs 180° ● Arms, legs fully extended ● One ankle in single wrapping ● Supporting arm in spiral wrapping ● Free hand in contact with hammock




GROUP C: BALANCED ELEMENTS


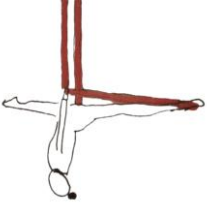
Note: All balance elements must be held in fixed position for 3 seconds.




Note: In masters +50 category a tolerance of 20° is given for the requirement to open the legs to 180° if there is no 160° variation for the move. Moves, that do have different levels of execution are without tolerance.

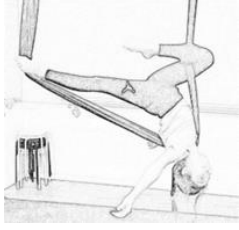

Value	Element	Code	Requirements
0,1		AHC001	<p>Inverted star</p> <ul style="list-style-type: none"> • Legs and arms fully extended • Legs and arms are not in contact with the hammock
0,1		AHC002	<p>Angel</p> <ul style="list-style-type: none"> • Only one leg in passé position • One leg in wrap
0,1		AHC003	<p>Balance on the hips</p> <ul style="list-style-type: none"> • Only pelvis in contact with hammock • Legs are fully extended




0,2		AHC004	Reverse Split <ul style="list-style-type: none"> • Legs in front split • Opening of the legs 160° • Arms fully extended
0,2		AHC005	Front flip balance <ul style="list-style-type: none"> • Hips in wrap • Arms fully extended • Legs fully extended


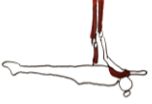
0,2		AHC006	Inverted Passè <ul style="list-style-type: none"> • Arms and one leg fully extended <p><i>Levels of execution:</i></p> <p>AHC006 Inverted Passè AHC010 Inverted split 160° AHC023 Inverted split 180°</p>
0,2		AHC007	Reverse pencil <ul style="list-style-type: none"> • Legs fully extended and closed
0,2		AHC008	Back Balance <ul style="list-style-type: none"> • Only lower back in contact with hammock • Legs and arms fully extended

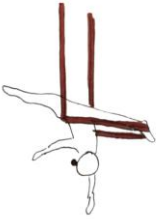
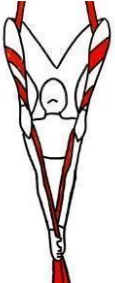
0,3		AHC009	Balance pistol <ul style="list-style-type: none"> • Hands are not in contact with hammock • Only one leg fully extended • Arms fully extended
0,3		AHC010	Inverted Split 160° <ul style="list-style-type: none"> • Arms and legs fully extended • Opening the legs 160 ° <p><i>Levels of execution:</i></p> <p>AHC006 Inverted Passè AHC010 Inverted split 160° AHC023 Inverted split 180°</p>



0,3		AHC011	String on the loop knot <ul style="list-style-type: none"> • Body and legs are in pencil position • Hands are not in contact with the hammock
0,3		AHC012	Spanish Balance <ul style="list-style-type: none"> • Lower leg fully extended • Arms fully extended • No hands in contact with hammock
0,3		AHC013	Balance Arabesque Passè <ul style="list-style-type: none"> • Only pelvis and one extended leg in contact with hammock • No hands in contact with hammock



0,3		AHC014	<p>Equilibrium Passè</p> <ul style="list-style-type: none"> • Shoulder and neck in contact with the hammock • Leg fully extended and parallel to the floor <p><i>Levels of execution:</i> AHC014 Equilibrium Passè AHC018 Equilibrium passè reverse</p>
0,3		AHC015	<p>Inverted Aerial Pike</p> <ul style="list-style-type: none"> • Legs are closed and parallel to the floor, or below the parallel


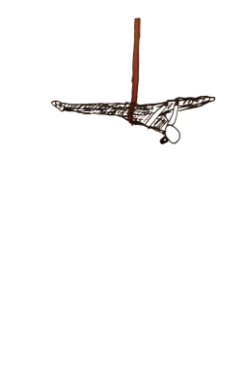
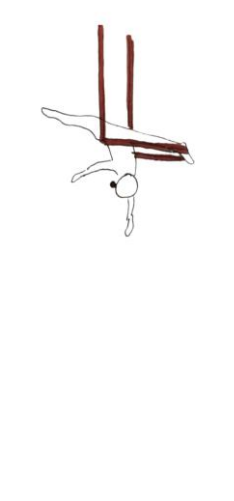
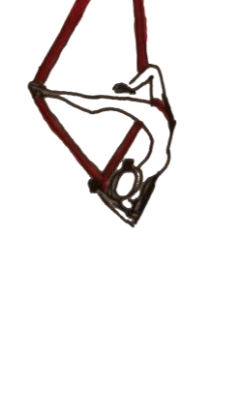

0,4		AHC016	<p>Echo Backbend closed</p> <ul style="list-style-type: none"> • Back in bent • Feet in contact with the head with 20% tolerance <p><i>Levels of execution:</i> AHC016 Echo Backbend closed AHC037 Echo Backbend closed 2</p>
0,4		AHC017	<p>Jade 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • One or both hands are in contact with the ankle <p><i>Levels of execution:</i> AHC017 Jade a 160° AHC028 Jade a 180°</p>
0,4		AHC018	<p>EQUILIBRIUM PASSE' REVERSE</p> <ul style="list-style-type: none"> • Shoulder and neck in contact with the silk • Leg fully extended and parallel to the floor <p><i>Levels of executions:</i> AHC014 Equilibrium passè AHC018 Equilibrium passè reverse</p>

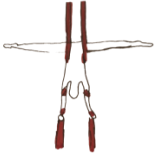
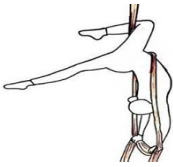

0,4		AHC019	Handstand spiral wrapping 160° <ul style="list-style-type: none"> ● Opening the legs 160° ● Arms are fully extended in spiral wrapping ● Pelvis, shoulders and hands in one vertical plane <p><i>Levels of execution:</i></p> <p>AHC019 Handstand spiral wrapping 160° AHC032 Handstand spiral wrapping 180° AHC048 Handstand spiral wrapping in front split 180°</p>
0,4		AHC020	Russian Split 160° <ul style="list-style-type: none"> ● Opening of the legs 160° ● Supporting leg is extended <p><i>Levels of execution:</i></p> <p>AHC020 Russian split 160° AHC039 Russian split 180°</p>


0,4		AHC021	NOEMI SPLIT 160° <ul style="list-style-type: none"> ● Opening the legs 160° ● Hands are not in contact with the hammock ● Legs fully extended <p><i>Levels of execution:</i></p> <p>AHC021 Noemi split 160° AHC029 Noemi split 180°</p>
0.4		AHC022	Ring-legs in contact with head <ul style="list-style-type: none"> ● Legs in spiral wrapping ● Feet in contact with the head ● Arms fully extended




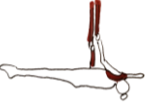
0,4		AHC023	<p>Inverted Split 180°</p> <ul style="list-style-type: none"> • Arms and legs fully extended • Opening the legs 180° <p><i>Levels of execution:</i></p> <p>AHC006 Inverted Passè AHC010 Inverted split 160° AHC023 Inverted split 180°</p>
0,4		AHC024	<p>Lavae Split 160°</p> <ul style="list-style-type: none"> • Opening of legs 160° • Front leg in wrap • Legs fully extended <p><i>Levels of execution:</i></p> <p>AHC024 Lavae Split 160° AHC041 Lavae Split 180°</p>


0,4		AHC025	<p>Elbowstand Split in loop</p> <ul style="list-style-type: none"> • Legs fully extended • Hands not in contact with hammock
0,4		AHC026	<p>Hip Balance 160°</p> <ul style="list-style-type: none"> • Opening of legs 160° • Hand in contact with opposite leg • Only hip in contact with hammock • No hands in contact with hammock • <p><i>Levels of execution:</i></p> <p>AHC026 hip balance 160° AHC051 Hip balance 180°</p>





0,5		AHC027	<p>Reverse Passe no hands</p> <ul style="list-style-type: none"> • Shoulder and neck in contact with the hammock • Leg fully extended and parallel to the floor • Hammock wrapped around the waist
0,5		AHC028	<p>Jade 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° or more • One or both hands in contact with the leg <p><i>Levels of execution:</i></p> <p>AHC017 Jade a 160° AHC028 Jade a 180°</p>
0,5		AHC029	<p>NOEMI SPLIT 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Hands are not in contact with the hammock • Legs fully extended <p><i>Levels of execution:</i></p> <p>AHC021 Noemi split 160° AHC029 Noemi split 180°</p>
0,5		AHC030	<p>Flying Arrow</p> <ul style="list-style-type: none"> • One leg fully extended • Hands in contact with hammock behind the head
0,5		AHC031	<p>Carnation passé 160°</p> <ul style="list-style-type: none"> • Opening of the legs 160° • Both hands in contact with the ankles <p><i>Levels of execution:</i></p> <p>AHC031 carnation passé 160° AHC049 carnation passé 180</p>


0,5		AHC032	<p>Handstand spiral wrapping 180°</p> <ul style="list-style-type: none"> · Opening of the legs 180° · Arms are fully extended in spiral wrapping · Pelvis, shoulders and hands in one vertical plane <p><i>Levels of execution:</i></p> <p>AHC019 Handstand spiral wrapping 160° AHC032 Handstand spiral wrapping 180° AHC048 Handstand spiral wrapping in front split 180°</p>
0,5		AHC033	<p>Handstand in bent</p> <ul style="list-style-type: none"> ● Leg is parallel to the floor or below parallel ● Hands in basic grip ● Arms and free leg are fully extended
0,5		AHC034	<p>Chopstick Balance Split 180°</p> <ul style="list-style-type: none"> ● Opening of the legs 180° ● No hands on hammock



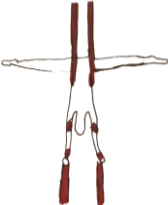
0,5		AHC035	<p>Balance Middle Split</p> <ul style="list-style-type: none"> ● Middle Split ● No hands in contact with hammock ● One hand in contact with same extended leg ● Legs fully extended
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0,5		AHC036	Magnifique Shoulderstand <ul style="list-style-type: none"> · Legs are fully extended · One arm in spiral wrapping · Free arm extended
0,6		AHC037	Echo Backbend closed 2 <ul style="list-style-type: none"> ● Back in bent ● Feet in contact with the head (no tolerance) <p><i>Levels of execution:</i></p> <p><i>AHC016 Echo Backbend closed</i> <i>AHC037 Echo Backbend closed 2</i></p>
0,6		AHC038	Nailo Split 160° <ul style="list-style-type: none"> ● Opening of legs 160° ● Front Split ● Legs fully extended <p><i>Levels of execution:</i></p> <p><i>AHC038 Nailo Split 160°</i> <i>AHC047 Nailo Split 180°</i></p>
0,6		AHC039	Russian split 180° <ul style="list-style-type: none"> ● Opening of the legs 180° ● Supporting leg is extended <p><i>Levels of execution:</i></p> <p><i>AHC020 Russian split 160 °</i> <i>AHC039 Russian split 180°</i></p>





0,6		AHC040	Couture Balance Split 180° <ul style="list-style-type: none"> ● Opening of legs 180° ● No hands in contact with hammock ● Legs fully extended
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0,6		AHC041	Lavae Split 180° <ul style="list-style-type: none"> • Opening of legs 180° • Front leg in wrap • Legs fully extended <p><i>Levels of execution:</i> AHC024 Lavae Split 160° AHC041 Lavae Split 180°</p>
0,6		AHC042	Inverted Camelia <ul style="list-style-type: none"> • Arms fully extended • Back leg passè • Head in contact with back foot • Top leg fully extended
0,6		AHC043	Croche Elbows in Split 180° <ul style="list-style-type: none"> • Both elbows are bent in spiral wrapping • Leg are fully extended • Opening of legs 180°
0,6		AHC044	Standing Balance Attitude <ul style="list-style-type: none"> • Support leg fully extended • Back leg passè • No hands in contact with hammock <p><i>Levels of execution:</i> AHC044 Standing Balance Attitude AHC063 Standing Balance Attitude closed</p>






0,6		AHC045	Inverted Shoulder Akira Split 180° <ul style="list-style-type: none"> • Opening of legs 180° • Front Split • No hands in contact with hammock <p><i>Levels of execution:</i> AHC045 Inverted Shoulder Akira Split 180° AHC059 Inverted Akira Split 180°</p>
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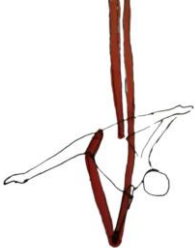



0,6		AHC046	<p>Dollie Passè Split</p> <ul style="list-style-type: none"> • Opening of legs 180° • One hand in contact with hammock • Feet in loop • Back leg passè <p><i>Levels of execution:</i> AHC046 Dollie Passe Split AHC057 Dollie Split 180°</p>
0,7		AHC047	<p>Nailo Split 180°</p> <ul style="list-style-type: none"> • Opening of legs 180° • Front Split • Legs fully extended <p><i>Levels of execution:</i> AHC038 Nailo Split 160° AHC047 Nailo Split 180°</p>
0,7 CBRF		AHC048	<p>Handstand in spiral wrapping in front split 180°</p> <ul style="list-style-type: none"> • Opening of the legs 180° • Arms are fully extended in spiral wrapping • Shoulders and hands one vertical plane <p><i>Levels of execution:</i> AHC019 Handstand spiral wrapping 160°° AHC032 Handstand spiral wrapping 180° AHC048 Handstand spiral wrapping in front split 180°</p>



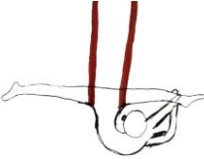


0,7		AHC049	<p>Carnation passè 180°</p> <ul style="list-style-type: none"> • Minimum legs opening at 180° • Both hands in contact with the ankles <p><i>Levels of execution:</i> AHC031 Carnation passè 160° AHC049 Carnation passè 180</p>
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0,7 CBRF		AHC050	Balance Middle Split 180° <ul style="list-style-type: none"> ● Opening of legs 180° ● No hands in contact with hammock ● Middle Split
0,7		AHC051	Hip Balance 180° <ul style="list-style-type: none"> ● Opening of legs 180° ● Hand in contact with opposite leg behind the shoulder ● Only hip in contact with hammock ● Legs fully extended ● No hands in contact with hammock <p><i>Levels of execution:</i> AHC026 hip balance 160° AHC051 Hip balance 180°</p>
0,7 CBRF		AHC052	Front split Balance 180° <ul style="list-style-type: none"> ● Opening of the legs 180° ● Front split ● No hands in contact with hammock
0,7		AHC053	Shoulder Balance Split 180° <ul style="list-style-type: none"> ● Opening of legs 180° ● Legs fully extended ● Hands in contact with front extended leg

0,7		AHC054	Venom Split 180° <ul style="list-style-type: none"> ● Opening of legs 180° ● Arms fully extended ● Legs fully extended
0,8 CBRF		AHC055	Armpit handstand ring <ul style="list-style-type: none"> ● Armpit hang ● Legs in contact with the head
0,8		AHC056	Flame Split 180° <ul style="list-style-type: none"> ● Opening of legs 180° ● Front Split ● Back ankle in single spiral wrapping ● Legs fully extended
0,8		AHC057	Dollie Split 180° <ul style="list-style-type: none"> ● Opening of legs 180° ● Feet in loop ● Only one hand in contact with hammock ● Legs fully extended <p><i>Levels of execution:</i> AHC046 Dollie Passe Split AHC057 Dollie Split 180°</p>
0,8		AHC058	Boat 180° <ul style="list-style-type: none"> ● Front split ● Opening of legs 180° or more ● Legs and arms fully extended <p><i>Levels of execution:</i> AHC058 Boat 180° AHC074 Boat 180° Extreme</p>

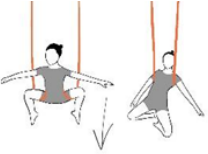


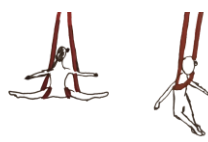

0,8		AHC059	<p>Inverted Akira Split 180°</p> <ul style="list-style-type: none"> • Opening of legs 180° • Front Split • Hand in Basic Grip • Free arm fully extended • Supporting arm fully extended <p><i>Levels of execution:</i> AHC045 Inverted Shoulder Akira Split 180° AHC059 Inverted Akira Split 180°</p>
0,9		AHC060	<p>Draco Split 180°</p> <ul style="list-style-type: none"> • Opening of legs 180° • Arms and legs fully extended • One foot in single spiral wrap • One hand in contact with same extended leg
0,9 CBRF		AHC061	<p>One handed back balance split</p> <ul style="list-style-type: none"> • Opening of legs 180° • One hand behind the back in contact with hammock • Supporting arm fully extended in wrapping • Legs fully extended
0,9 CBRF		AHC062	<p>Jewel Backbend</p> <ul style="list-style-type: none"> • Back foot in contact with head • Support arm extended • One leg fully extended
0,9		AHC063	<p>Standing Balance Attitude closed</p> <ul style="list-style-type: none"> • Support leg on hammock fully extended • Back leg passè • Both hands in contact with leg behind the head <p><i>Levels of execution:</i> AHC044 Standing Balance Attitude AHC063 Standing Balance Attitude closed</p>

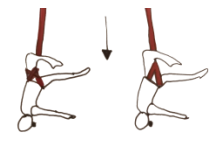
0,9 CBRF		AHC064	Paradiso Split 180° <ul style="list-style-type: none"> ● Supporting arm in wrapping ● Legs are fully extended ● Both hands in contact with front leg ● Opening of legs 180°
0,9		AHC065	Triangle 180° <ul style="list-style-type: none"> ● Opening of legs 180° or more ● Arms and legs fully extended ● Support arm fully extended ● Free hand in contact with same leg
0,9 CBRF		AHC066	Iris Handstand Split 180°(one hand)/(M.Kolyza) <ul style="list-style-type: none"> ● Opening of legs 180° ● One thigh in single spiral wrap ● Arms fully extended ● Free hand in contact with same leg ● Legs fully extended
0,9		AHC067	Eagle passè 180° <ul style="list-style-type: none"> ● Opening of legs 180° ● Hands in contact with leg behind the head ● Arms fully extended ● Back leg passè ● Supporting leg fully extended
1,0		AHC068	Surdonkina crab <ul style="list-style-type: none"> ● Legs are fully extended in V-position ● Legs are between arms ● Shoulders are at the same level with pelvis or above
1,0		AHC069	Check mark balance Split 180° <ul style="list-style-type: none"> ● Opening of legs 180° ● Arms fully extended ● Legs fully extended

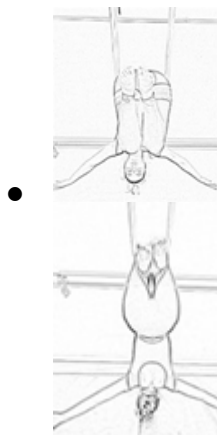


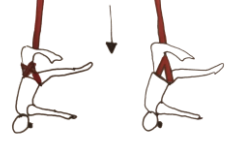
1,0		AHC070	<p>Backbend Arrow(G.Kefala)</p> <ul style="list-style-type: none"> • Opening of legs 180° • Backbend split • Arms fully extended • Legs fully extended
1,0		AHC071	<p>Bilman Balance 180° Split</p> <ul style="list-style-type: none"> • Opening of legs 180° • Legs fully extended • Front split • Both hands in contact with leg behind the head
1,0		AHC072	<p>Swan Split 180°</p> <ul style="list-style-type: none"> • Opening of legs 180° • Legs fully extended • Both hands in contact with leg behind the head
1,0		AHC073	<p>Boat 180° Extreme</p> <ul style="list-style-type: none"> • Front split • Opening of legs 180° or more • One hand in contact with back leg • Legs are fully extended <p><i>Levels of execution:</i></p> <p>AHC058 Boat 180° AHC074 Boat 180° Extreme</p>
1,0		AHC074	<p>Skylar</p> <ul style="list-style-type: none"> • Legs are fully extended • Back in bent • Arms are fully extended


GROUP D: DYNAMIC ELEMENTS


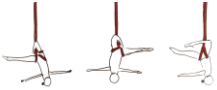


Note: all dynamic elements must show a clear aerial phase and dynamism


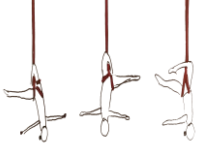
Value	Element	Code	Requirements
0,1		AHD001	<p>Alexis Basket</p> <ul style="list-style-type: none"> • Hands in contact with knees during starting position · Phase 1: half forward turn 360° forward • Hands at ankles in arrival position
0,1		AHD002	<p>Egg</p> <ul style="list-style-type: none"> • Starting position collected Tuck position • Leg parallel to the floor in the arrival position
0,2		AHD003	<p>Basic hammock balance to inside leg hang</p> <ul style="list-style-type: none"> • Starting Position: Upright • Phase 1: half forward turn 180° forward, · No hands in contact with hammock • Final position: inside leg hang, back leg fully extended, parallel to the floor or below parallel • No contact with floor
0,2		AHD004	<p>Alexis Angel</p> <ul style="list-style-type: none"> • Phase 1: half forward turn 360° forward • Final position: Body in Armpit hang • No contact with floor
0,2		AHD005	<p>Firefly drop</p> <ul style="list-style-type: none"> • Starting Position: Front balance on the hips • 1 Phase : half turn 180° forward • Final position: double knee hang • No contact with floor

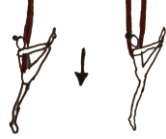


0,2		AHD006	<p>Demi Fall 2</p> <ul style="list-style-type: none"> Starting Position: Minimum Double inside leg hang Direct knee drop(no inbetween phase) Final position: inside leg hang No hands in contact with hammock No contact with floor <p><i>Levels of execution:</i> AHD006 Demi Fall 2 AHD0010 Demi Fall 3</p>
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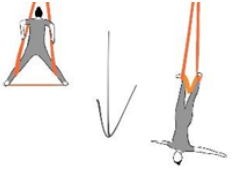
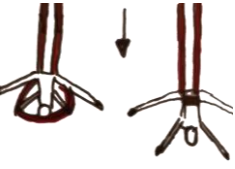
0,2		AHD007	<p>EQUILIBRIUM FALL</p> <ul style="list-style-type: none"> Starting position in balance and body parallel to the floor Initial position is held 2 seconds Hands should not be in contact with the fabric during the fall
0,2		AHD008	<p>Drop to knee Hang</p> <ul style="list-style-type: none"> No hands in contact with hammock No contact with the floor
0,3		AHD009	<p>Angel Drop 1 to knee hang</p> <ul style="list-style-type: none"> Starting Position: upright Phase 1: half-turn 180° forward Final position: inside leg hang No hands in contact with hammock No contact with floor
0,3		AHD010	<p>Demi Fall 3</p> <ul style="list-style-type: none"> Starting Position: Minimum Triple inside leg hang Direct knee drop(no inbetween phase) Final position: inside leg hang No hands in contact with hammock No contact with floor <p><i>Levels of execution:</i> AHD006 Demi fall 2 AHD0010 Demi fall 3</p>


0,3		AHD011	<p>Rolling 1 turn</p> <ul style="list-style-type: none"> ● Starting position: Upright ● Phase 1: turn 360° forward ● Final position: Body in Armpit hang ● No contact with floor <p><i>Levels of execution:</i> AHD011 Rolling 1 turn AHD020 Rolling 2 turns</p>
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0,3		AHD012	<p>Ebony back flip</p> <ul style="list-style-type: none"> ● Starting Position: Upright ● Phase 1: half turn 180° backward ● Final position: Balance on the hips ● No hands in contact with hammock ● No contact with floor
0,3		AHD013	<p>Flic Flac Drop 3</p> <ul style="list-style-type: none"> ● Starting Position: Minimum triple inside leg hang position ● Phase 1: double leg switches ● Final position: inside leg hang <p><i>Levels of execution:</i> AHD013 Flic Flac drop 3 AHD017 Flic Flac drop 4</p>
0,3		AHD014	<p>Gazelle drop</p> <ul style="list-style-type: none"> ● Starting position: hip balance split 180° and more ● Final position: gazelle leg hang, extended leg parallel or below parallel to the floor ● No contact with floor
0,3		AHD015	<p>Butterfly fall</p> <ul style="list-style-type: none"> ● Starting Position: Inverted ● Phase 1: half turn 180° upright ● Final position: Body in pencil position ● No contact with floor


0,4		AHD016	Back Flip(floor based) <ul style="list-style-type: none"> Starting and final position on the floor Back flip Hands are not in contact with floor
0,4		AHD017	Flic-Flac Drop 4 <ul style="list-style-type: none"> Starting Position: Minimum quadruple inside leg hang position · Phase 1: triple leg switches Final position: inside leg hang position <p><i>Levels of execution:</i> AHD013 Flic flac drop 3 AHD017 Flic flac drop 4</p>

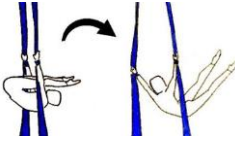

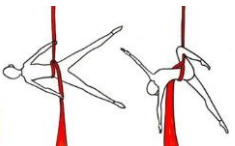
0,4		AHD018	Standing split drop <ul style="list-style-type: none"> Starting position : Standing split Final position: Armpit split No contact with floor
0,4		AHD019	Apollo Fall Front <ul style="list-style-type: none"> Starting position: supported straddle Drop one meter or more No contact with floor <p><i>Levels of execution:</i> AHD019 Apollo fall front AHD022 Apollo fall back</p>
0,4		AHD020	Rolling 2 turns <ul style="list-style-type: none"> Starting position: Upright Phase 1: turn 720° forward Final position: Body in Armpit hang , no hands in contact with hammock No contact with floor <p><i>Levels of execution:</i> AHD011 Rolling 1 turn AHD020 Rolling 2 turns</p>


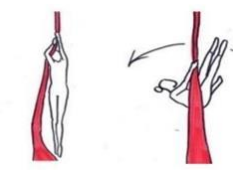
0,5		AHD021	Drop Eight <ul style="list-style-type: none"> • Starting position with eight windings • Phase 1: half turn backward without hands in contact with hammock • Arrival position: head is directed to the floor no hands in contact with hammock • No contact with the floor
0,5		AHD022	Apollo Fall Back <ul style="list-style-type: none"> • Starting position: supported straddle • Phase 1: leave the silk behind • Final position: hang middle split • Drop one meter or more • No contact with floor <p><i>Levels of execution:</i> AHD019 Apollo fall front AHD022 Apollo fall back</p>

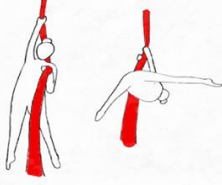

0,5		AHD023	High Angel Drop 1 <ul style="list-style-type: none"> • Starting Position: Upright • Phase 1: 1 turns forward 360° • Phase 2: half turn 180° forward • Final position: inside leg hang, no hands in contact with hammock • No contact with floor <p><i>Levels of execution:</i> AHD023 High Angel Drop 1 AHD027 High Angel Drop 2</p>
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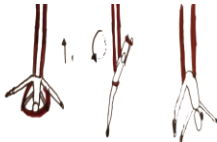
0,5		AHD024	Noemi Fall <ul style="list-style-type: none"> • Initial position in vertical • The starting position must be held at least 2 seconds • Hands should not be in contact with the fabric during the fall
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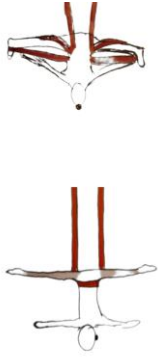

0,6		AHD025	Spider Fall <ul style="list-style-type: none"> • 2 seconds holding the starting position • Second crossed leg on leg in outfit • Hands and arms not in contact with hammock
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0,6		AHD026	<p>Backward roll half-turn in winding</p> <ul style="list-style-type: none"> · Backward roll · Starting position: hang in pike position · Legs are fully extended · No contact with the floor <p><i>Levels of execution:</i> AHD026 Backward roll half-turn in winding AHD039 Backward roll half-turn in open grab</p>
0,6		AHD027	<p>High Angel Drop 2</p> <ul style="list-style-type: none"> ● Starting Position: Upright ● Phase 1: Minimum 2 turns forward 720° ● Phase 2: half turn 180° forward ● Final position: inside leg hang ● No hands in contact with hammock ● No contact with floor <p><i>Levels of execution:</i> AHD023 High Angel Drop 1 AHD027 High Angel Drop 2</p>
0,7		AHD028	<p>Mill 720°</p> <ul style="list-style-type: none"> ● Starting Position: side plank ● 2 turns or more ● No contact with the floor

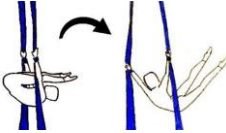
0,7		AHD029	<p>Elbow turns backwards</p> <ul style="list-style-type: none"> ● 2 turns and more ● No contact with floor
0,7		AHD030	<p>Regrip Compass</p> <ul style="list-style-type: none"> ● Starting and final position: hang in open grab, no contact with the floor ● Legs are closed ● Legs move in front of silks


0,7		AHD031	<p>Swing to inverted straddle</p> <ul style="list-style-type: none"> Starting position: upper hand in basic grip, lower hand in winding, armpit grab, legs are fully extended Forward roll Final position: inverted straddle, pelvis is higher than the level of shoulders
0,7 CBRF		AHD032	<p>Torpedo Handstand drop</p> <ul style="list-style-type: none"> Starting position : Handstand position, no windings Final position: Only pelvis in contact with hammock No hands in contact with hammock No contact with floor



0,7		AHD033	<p>Tornado Drop 1 turn</p> <ul style="list-style-type: none"> Starting Position: Side plank straddle One foot in contact with hammock Turn around it's axis 360° No hands in contact with hammock Final position: inside leg hang No hands in contact with hammock No contact with floor <p><i>Levels of execution:</i> AHD033 Tornado Drop 1 turn AHD047 Tornado Drop 720° AHD057 Tornado Drop 1080°</p>
0,7		AHD034	<p>Drop eight ankle split</p> <ul style="list-style-type: none"> Starting position: split position Final position: head is directed to the floor down, hands are not in contact with the silks Half turn backward its axis in pencil position No contact with the floor
0,7 CBRF		AHD035	<p>Jasmine Drop</p> <ul style="list-style-type: none"> Starting position: inverted Phase 1: turn 360° forward Final position: only pelvis in contact with hammock No contact with floor


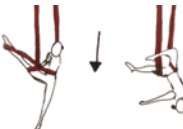

0,7		AHD036	Tarantula Drop <ul style="list-style-type: none"> ● Starting position inverted ● Final position: inverted star ● Legs fully extended ● No contact with the floor
0,8		AHD037	Front somersault to armpit <ul style="list-style-type: none"> ● Starting position: forward elbow roll ● Phase 1: Forward roll ● Final position : armpit hang ● No contact with floor




0,8		AHD038	Drop «Eight» Pencil <ul style="list-style-type: none"> ● Starting position: pencil position in wrapping ● Final position: head is directed to the floor down, hands are not in contact with the hammock ● No contact with the floor <p><i>Levels of execution:</i> AHD038: Drop«Eight» Pencil AHD052 Drop«Eight» Pencil half turn</p>
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0,8 CBRF		AHD039	Backward roll half-turn in open grab <ul style="list-style-type: none"> ● Backward roll ● Starting position: hang in pike position ● Legs are fully extended ● No contact with the floor ● Open grab without windings <p><i>Levels of execution:</i> AHD026 Backward roll half-turn in winding AHD039 Backward roll half-turn in open grab</p>
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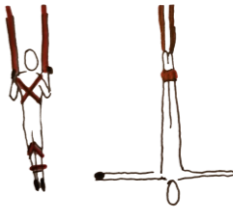

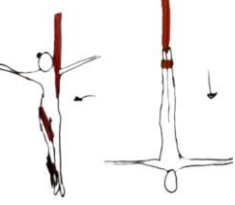


0,8 CBRF		AHD040	Handstand drop <ul style="list-style-type: none"> ● Starting Position: inverted ● Final position : only pelvis in contact with the hammock ● No contact with floor <p><i>Levels of execution:</i> AHD040 Handstand drop AHD054 Handstand drop 2</p>
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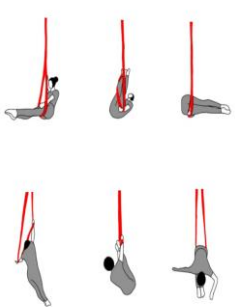
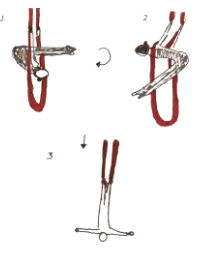



0,8		AHD041	Hammer Drop <ul style="list-style-type: none"> ● Starting position: Inverted(pike position) ● Arms,legs fully extended ● No hands in contact with hammock ● Final position:one leg bent in loop ● One hand in contact with loop ● Back leg fully extended parallel to floor or below parallel
0,8		AHD042	Supersonic Drop <ul style="list-style-type: none"> ● Starting Position: Upright ● Phase 1: half turn 180° forward ● Phase 2: Change phase,drop 1 turn 360° around it's axis Final position: armpit hang ● No hands in contact with hammock ● No contact with floor

0,8		AHD043	Reverse Flip to Catch <ul style="list-style-type: none"> ● Starting position: Upright ● Phase 1: turn backwards 360° ● Final position: One hand in contact with hammock behind the back ● Legs fully extended
0,8		AHD044	Equalizer Drop <ul style="list-style-type: none"> ● Starting position:upright ● Final position:inside leg hang with no hands in contact with hammock ● No contact with floor
0,9		AHD045	Forward Elbow Turns <ul style="list-style-type: none"> ● 3 turns and more ● No contact with floor

0,9		AHD046	<p>Elbow turns backward with split</p> <ul style="list-style-type: none"> ● 2 turns and more ● One leg rotation in split position ● No contact with floor
0,9		AHD047	<p>Tornado Drop 720°</p> <ul style="list-style-type: none"> ● Starting Position: Side plank straddle ● One foot in contact with hammock ● Phase 1: Turn 360°+180° on horizontal axis +180° on the vertical axis ● No hands in contact with hammock ● Final position: Armpits ● No hands in contact with hammock ● No contact with floor <p><i>Levels of execution:</i></p> <p>AHD033 Tornado Drop 1 turn AHD047 Tornado Drop 720° AHD057 Tornado Drop 1080°</p>
0,9 CBRF		AHD048	<p>Drop to single foot hang</p> <ul style="list-style-type: none"> ● Starting position: Pelvis and one leg in contact with hammock ● Final position: Single foot hang ● No contact with floor

0,9		AHD049	<p>Drop into Hang Cross</p> <ul style="list-style-type: none"> ● Arms are fully extended in wrapping ● One leg, foot in contact with hammock ● Both legs are fully extended ● Final position Hang Cross with arms, legs fully extended (in pencil position) ● No contact with floor
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0,9		AHD050	Dragon Drop <Eight> <ul style="list-style-type: none"> ● Starting position: upright ● Phase 1: turn backwards ● Legs fully extended ● Final position: Head is direct to the floor, hands are not in contact with hammock ● No contact with the floor
0,9		AHD051	Rocket rotation <ul style="list-style-type: none"> ● Starting Position: Only hips in contact with hammock · No hands in contact with hammock ● 2 turns and more ● No contact with floor
0.9		AHD052	Drop «Eight» Pencil with half turn <ul style="list-style-type: none"> ● Starting position: pencil position in wrapping ● Final position: head is directed to the floor down, hands are not in contact with the silks ● Half turn around its axis in pencil position ● No contact with the floor <p><i>Levels of execution:</i> AHD038: Drop«Eight» Pencil AHD052 Drop«Eight» Pencil half turn</p>
1,0 CBRF		AHD053	Side turn in loop <ul style="list-style-type: none"> ● Rotate around it's axis on the horizontal plane ● Final position: armpits in contact with the hammock ● No contact with floor
1,0 CBRF		AHD054	Handstand drop 2 <ul style="list-style-type: none"> ● Starting Position: Handstand without windings ● Final position : pelvis in contact with the hammock, pike body position ● Legs fully extended ● No hands on hammock ● No contact with floor <p><i>Levels of execution:</i> AHD040 Handstand drop AHD054 Handstand drop 2</p>

1,0		AHD055	<p>Reverse pike into loop</p> <ul style="list-style-type: none"> ● Starting position: upright ● Legs fully extended ● Phase 1: side turn 360° ● Final position: Only hips in contact with hammock (pike position) ● No contact with the floor
1,0 CBRF		AHD056	<p>Nemesis Drop</p> <ul style="list-style-type: none"> ● Starting position : inverted (hang in pike position) ● Phase 1: backward roll to upright position ● Phase 2: backward half turn 180° ● Final position: foot hang ● No hands on hammock during the drop ● No contact with floor
1,0 CBRF		AHD057	<p>Tornado Drop 1080°</p> <ul style="list-style-type: none"> ● Starting Position: Side plank straddle ● One foot in contact with hammock ● Phase 1: Turn 90° on its axis in horizontal plane and 180° on the vertical axis ● No hands in contact with hammock ● Final position: Armpits hang ● No contact with floor <p><i>Levels of execution:</i></p> <p>AHD033 Tornado Drop 1 turn AHD047 Tornado Drop 720° AHD057 Tornado Drop 1080°</p>
1,0 CBRF		AHD058	<p>Flyer to armpit hang</p> <ul style="list-style-type: none"> ● Starting position: hammock in armpit, body in pencil position ● Front flip ● Final position: armpit hang ● No contact with floor
1,0 CBRF		AHD059	<p>Handstand Fall</p> <ul style="list-style-type: none"> ● Starting position: inverted ● Final position: foot hang ● Arms, legs fully extended ● No contact with floor