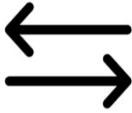


APPENDIX № 16
ELEMENT TABLE - "DUO STRAPS" DISCIPLINE

Serial Number	Illustration	Description	Value
SDD1		Additional component. Separation/connection of straps	0.6 points
SDD2		Additional component: Element connection	0.6 points
Flexibility Elements			
SDF1		Both athletes: Legs straight. Feet pressed against the partner's feet. Hands pressed against the partner's hands. Straddle opening.	0.2 points
SDF2		Both athletes: Backbend. Partner's ankle hold.	0.2 points
SDF3		Hip-to-hip contact. Legs straight. Arms straight. Backbend.	0.2 points
SDF4		Top athlete: Top leg bent. The other arm to the side. Base athlete: Bottom leg bent. Two-hand hold on the partner.	0.2 points

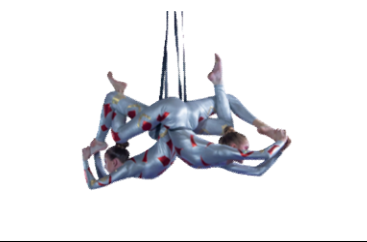
SDF5		Top athlete: Any securing wrap. Base athlete: Legs straight. Backbend.	0.4 points
SDF6		Top athlete: Any securing wrap. Base athlete: Straight arm hang. Front leg bent, back leg straight. Backbend.	0.4 points
SDF7		Both athletes: Legs bent. Feet touch the forehead. Arms straight. Backbend. Top athlete: Shoulder rotation.	0.4 points
SDF8		Top athlete: Any securing wrap. Base athlete: Legs bent. Feet touch the forehead. Backbend.	0.6 points
SDF9		Top athlete: Any securing wrap. Base athlete: Straight arm hang. Front split 180 degrees or more. Backbend.	0.6 points

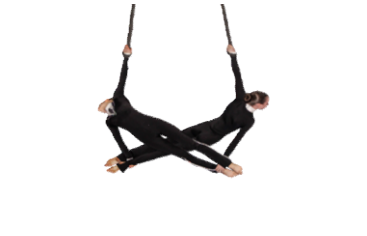
SDF10		Top athlete: Free-leg hold with the free hand. Front split 180 degrees or more. Base athlete: Bottom leg bent. Two-hand hold on the partner.	0.6 points
SDF11		Both athletes: Backbend. Same-side leg hold by the ankle. Side hold.	0.6 points
SDF12		Top athlete: Any securing wrap. Base athlete: Leg opening into front split 180 degrees or more. Opposite leg hold by the ankle.	0.6 points
SDF13		Top athlete: Shoulder rotation. Torso between the straps. Top leg bent. Support against the partner's feet. Base athlete: Foot hang. Legs straight.	0.6 points

SDF14		Top athlete: Free-leg hold with the free hand. Front split 180 degrees or more. Base athlete: Free leg hold. Front split 180 degrees or more.	0.8 points
SDF15		Both athletes: Backbend. Partner's leg hold. Arms straight. Shoulder rotation.	0.8 points
SDF16		Top athlete: Support against the partner. Shoulder rotation. Ankle hold. Top leg bent. Base athlete: Armpit and knee hang on split straps. Partner's leg hold with one hand is permitted.	0.8 points
SDF17		Top athlete: Ankle hold. Shoulder rotation. Torso between the straps. Legs straight. Support against the partner's feet. Base athlete: Foot hang. Legs straight.	0.8 points

SDF18		Top athlete: - Front split line. - Same-side leg hold by the ankle. - Shoulder rotation. - Top leg bent. - Support against the partner's thigh. Base athlete: - Front split 180 degrees or more. - Arms straight. - Hand hold on the straps. - Torso perpendicular to the floor.	0.8 points
SDF19		Top athlete: - Any securing wrap. - Two-hand hold on the partner. Base athlete: - Ankle hold. - Shoulder rotation. - Legs bent.	0.8 points
SDF20		Top athlete: - Support against the partner. - Front split 180 degrees or more. - Shoulder rotation. - Ankle hold. - Legs straight. Base athlete: - Armpit and knee hang on split straps. - Partner's leg hold with one hand is permitted.	1 point

SDF21		Top athlete: Front split line 180 degrees or more. Same-side leg hold by the ankle. Shoulder rotation. Legs straight. Base athlete: Front split 180 degrees or more. Arms straight. Torso perpendicular to the floor.	1 point
SDF22		Both athletes: Same-side leg hold by the ankle. Front split 180 degrees or more.	1 point
SDF23		Top athlete: Feet pressed against the straps. Front split 180 degrees or more. Base athlete: Calf support point. Front split 180 degrees or more. Hands on the apparatus.	1 point
SDF24		Top athlete: Front split line 180 degrees or more. Opposite leg hold by the ankle. Shoulder rotation. Arms straight. Base athlete: Front split 180 degrees or more. Arms straight. Hand hold on the straps.	1.2 points

SDF25		Top athlete: Any securing wrap. Two-hand hold on the partner. Base athlete: Ankle hold. Shoulder rotation. Legs straight.	1.2 points
SDF26		Both athletes: Shoulder rotation. Bent leg hold. Free leg bent.	1.2 points
SDF27		Both athletes: Shoulder rotation. The held leg bent. Supporting leg straight. Two-hand ankle hold.	1.2 points
SDF28		Top athlete: Front split 180 degrees or more Both hands on the apparatus. Base athlete: Calf support point. Front split 180 degrees or more. Shoulder rotation. Arms straight. Same-side leg hold by the ankle.	1.2 points

SDF29		Top athlete: Shoulder rotation. The held leg bent. Two-hand ankle hold. Supporting leg straight. Base athlete: Shoulder rotation. Legs straight. Ankle hold.	1.4 points
SDF30		Both athletes: Shoulder rotation Front split 180 degrees or more. Free leg under the partner's leg.	1.4 points
SDF31		Both athletes: Shoulder rotation. Legs straight. Two-hand ankle hold.	1.4 points
Strength Elements			
SDP1		Both athletes: One-hand hang. Knee hook. Free leg straight.	0.2 points
SDP2		Both athletes: One-hand hang. Partner's leg hold. Legs straight. Back to the partner.	0.2 points

SDP3		Top athlete: Hip hang. Legs to the sides. Arms off the apparatus and do not touch the partner. Base athlete: Ankle hook. Hands off the apparatus and do not touch the partner.	0.4 points
SDP4		Top athlete: Hand hold on the apparatus. Base athlete: Knee hang on the partner's arms. Hands off the apparatus.	0.4 points
SDP5		Top athlete: Partner's ankle hold. Front line opening less than 180 degrees. Base athlete: Front split 180 degrees or more. Opposite leg hold.	0.6 points
SDP6		Top athlete: Front split 180 degrees or more. Base athlete: Front split line less than 180 degrees.	0.6 points

SDP7		Top athlete: Hand hang with regular grip. Front split line less than 180 degrees. Base athlete: Hand hang with strap grip. Front split line less than 180 degrees.	0.6 points
SDP8		Top athlete: Arms straight. Arms to the sides. Base athlete: Knee hang on the partner's arms. Arms off the apparatus.	0.6 points
SDP9		Top athlete: Partner's ankle hold. Front split 180 degrees or more. Base athlete: Front split 180 degrees or more. Opposite leg hold.	0.8 points
SDP10		Top athlete: Hand hang with regular grip. Front split line 180 degrees or more. Base athlete: Front split line 180 degrees or more.	0.8 points

SDP11		Both athletes: Front split 180 degrees or more.	0.8 points
SDP12		Top athlete: Front split 180 degrees or more. Base athlete: Ankle hold. Shoulder rotation.	1 point
SDP13		Top athlete: Any securing wrap. One-hand hold on the partner. Base athlete: Legs together. Legs straight. Legs parallel to the floor. One-hand hang.	1 point

SDP14		Top athlete: Hand hang with regular grip. Backbend. Feet touch the head. Base athlete: Hand hang with strap grip or regular grip. Backbend. Feet touch the head.	1 point
SDP15		Top athlete: Side split 180 degrees or more. No hip pike. Base athlete: Ankle hold. Shoulder rotation.	1 point
SDP16		Top athlete: Any securing wrap. Two-hand hold. Base athlete: Legs straight. Legs apart. Leg deviation no more than 45 degrees from parallel to the floor.	1 point

SDP17		Top athlete: Any securing wrap. Arms straight. Base athlete: Back planche. One leg bent. Torso and leg line parallel to the floor.	1 point
SDP18		Both athletes: Neck hang. Shoulder rotation. Top leg bent at the knee. Bottom leg straight.	1 point
SDP19		Top athlete: Any securing wrap. One hand hold. Base athlete: Legs straight. Legs apart. Leg deviation no more than 45 degrees from parallel to the floor.	1.2 points
SDP20		Both athletes: Neck hang. Shoulder rotation. Legs straight. Ankle hold.	1.2 points

SDP21		Top athlete: Any securing wrap. Arms straight. Base athlete: Front planche. One leg bent. Torso and leg line parallel to the floor.	1.2 points
SDP22		Top athlete: Any securing wrap. Arms straight. Base athlete: Legs straight. Legs apart. Torso and leg line parallel to the floor.	1.2 points
SDP23		Top athlete: Any securing wrap. Two-hand hold. Base athlete: Legs straight and together. Leg deviation no more than 45 degrees from parallel to the floor.	1.4 points
SDP24		Top athlete: Any securing wrap. Arms straight. Base athlete: Legs straight. Legs apart. Torso and leg line parallel to the floor.	1.4 points

SDP25		Top athlete: Any securing wrap. Arms straight. Base athlete: Legs straight and together. Torso and leg line parallel to the floor.	1.4 points
SDP26		Both athletes: The formed line parallel to the floor. No additional support points.	1.4 points
SDP27		Top athlete: Any securing wrap. Arms straight. Base athlete: Legs straight and together. Torso and leg line parallel to the floor.	1.4 points
Balance Elements			
SDB1		Top athlete: Support against the partner's legs. Backbend. Neck/shoulder pressed against the strap. One-hand hold on the apparatus. Base athlete: Front split 180 degrees or more.	0.2 points

SDB2		Top athlete: Front split line less than 180 degrees. Base athlete: Front split line 180 degrees or more.	0.2 points
SDB3		Top athlete: Support against the partner's legs. Neck/shoulder pressed against the strap. Hands off the apparatus. Base athlete: Front split 180 degrees or more.	0.4 points
SDB4		Both athletes: Hands on the apparatus. Front split 180 degrees or more.	0.4 points
SDB5		Top athlete: Front split 180 degrees or more. Base athlete: Front split 180 degrees or more.	0.6 points
SDB6		Both athletes: Legs straight. Legs apart. Straddle opening.	0.6 points

SDB7		Top athlete: Ankle hold. Partner's ankle hold. Base athlete: Front split 180 degrees or more. Apparatus hold.	0.6 points
SDB8		Both athletes: Front split 180 degrees or more. Arms off the apparatus. No hand hold on the partner.	0.8 points
SDB9		Top athlete: Legs straight. Base athlete: Calf support. Front split 180 degrees or more. Arms off the apparatus. No additional support against the partner.	0.8 points
SDB10		Top athlete: Hand pressed against the partner's shoulders. Legs straddled. One leg in front of the strap, the other leg behind the strap. Base athlete: Legs straight. Arms to the sides.	1 point

SDB11		Both athletes: Legs straight. Legs straddled. Side split opening 180 degrees or more. Pelvis-knee-foot alignment in one plane.	1 point
SDB12		Top athlete: Ankle hang. Partner's ankle hand. Base athlete: Front split 180 degrees or more. No hold on the partner or apparatus.	1.2 points
SDB13		Top athlete: Swing entry from hang. Legs straight. Base athlete: Opposite leg hold by the ankle. Front split line less than 180 degrees.	1.2 points
SDB14		Top athlete: Legs straight. Hand hold on the apparatus. Base athlete: Straddle opening. Legs straight. Arms off the apparatus.	1.2 points

SDB15		Top athlete: Front split 180 degrees or more. One-hand hold on the apparatus. Base athlete: Front split 180 degrees or more.	1.2 points
SDB16		Top athlete: Support against the partner's feet. Legs apart. Legs straight. Base athlete: Backbend. Leg line diagonal to the floor.	1.4 points
SDB17		Top athlete: Strength entry from hang (legs down). Legs straight. No additional grips. Base athlete: Opposite leg hold by the ankle. Front split 180 degrees or more.	1.4 points