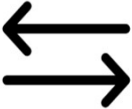


APPENDIX № 13
ELEMENT TABLE - "SOLO HOOP" DISCIPLINE

Serial Number	Illustration	Description	Value
AHD1		Additional component. Transition to the top bar of the hoop.	0.6 points
AHD2		Additional component. Connection of elements.	0.6 points
Flexibility elements			
AHF1		Same-side leg hold. Front split line less than 180 degrees.	0.2 points
AHF2		Arms straight. Legs bent. Hand hold by the ankles without shoulder rotation.	0.2 points
AHF3		Same-side leg hold. Ankle hold.	0.2 points
AHF4		Front split line less than 180 degrees. Torso down. May be performed on both the top and bottom bar.	0.2 points

AHF5		Same-side ankle hold. Free arm holds the hoop with the elbow bend. Top leg straight.	0.2 points
AHF6		Backbend. Feet do not touch the forehead/face. Hoop positioned forward.	0.2 points
AHF7		No shoulder rotation. Ankle hold. Leg hold on the hoop.	0.2 points
AHF8		Ankle hold. Shoulder rotation. Bottom leg bent.	0.2 points
AHF9		Ankle hold. Shoulder rotation. Bottom leg straight.	0.2 points
AHF10		Straight leg hold without shoulder rotation. Straight leg hold between the knee and ankle.	0.2 points

AHF11		Arms straight. Feet touch the head.	0.2 points
AHF12		Arms straight. Front split line less than 180 degrees.	0.2 points
AHF13		Two-hand leg hold. No shoulder rotation. Ankle hold.	0.2 points
AHF14		Same-side leg hold. Front split 180 degrees or more.	0.4 points
AHF15		Arms straight. Armpit hang. Front split line from the knee to ankle 180 degrees or more.	0.4 points
AHF16		Shoulder rotation. Ankle hold. Legs bent.	0.4 points

AHF17		Front split 180 degrees or more. Torso down. May be performed on both the top and bottom bar.	0.4 points
AHF18		Same-side leg hold between the knee and ankle. Legs straight. Hold without shoulder rotation. Front split line less than 180 degrees.	0.4 points
AHF19		Backbend. Feet touch the forehead/face. Hoop positioned forward.	0.4 points
AHF20		Leg hold with shoulder rotation. Legs bent. Leg opening line from the knee to knee 180 degrees or more.	0.4 points
AHF21		Straight leg hold without shoulder rotation. Front split 180 degrees or more. Leg hold between the knee and ankle.	0.4 points
AHF22		Side bar hold by the leg. Legs bent. Ankle hold.	0.4 points

AHF23		Opposite leg hold behind the head. The held leg straight. Ankle hold.	0.4 points
AHF24		Hang on the top bar. Shoulder rotation. Foot hold by arches/ankles.	0.4 points
AHF25		Arms straight. Legs straight. Backbend.	0.4 points
AHF26		Leg hold with shoulder rotation. Arms straight. May be performed on both the top and bottom bar.	0.4 points
AHF27		Regular grip on the side bar. Torso positioned outside the hoop. Legs straight. Backbend.	0.4 points
AHF28		Ankle hold. Shoulder rotation. Bottom leg straight.	0.4 points

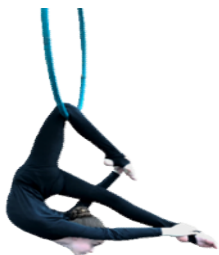
AHF29		Hand grip and leg hook on the bottom bar. Supporting leg straight. Arms straight.	0.4 points
AHF30		Reverse grip. Arms straight.	0.4 points
AHF31		Leg hold with shoulder rotation. Leg hold between the knee and ankle. Bottom leg straight.	0.6 points
AHF32		Opposite leg hold. Front split 180 degrees or more.	0.6 points
AHF33		Side bar hold by the leg. Shoulder rotation. Bottom leg straight. Ankle hold.	0.6 points
AHF34		Straight leg hold with shoulder rotation. Hold between the knee and ankle. Leg opening line from the knee to foot 180 degrees or more.	0.6 points

AHF35		Arms straight. Legs straight. Legs together. Backbend.	0.6 points
AHF36		Front split line 180 degrees or more. Arms straight. Legs straight. Backbend. Leg touches the hoop.	0.6 points
AHF37		Arms straight. Bottom leg straight. One hand on the top bar, the other hand on the bottom bar. No shoulder rotation.	0.6 points
AHF38		Front split 180 degrees or more. Armpit pressed against the bottom bar. Same-side leg hold between the knee and ankle.	0.6 points
AHF39		Two-hand leg hold. Ankle hold. Shoulder rotation. Bottom leg bent. Bracing leg straight.	0.6 points
AHF40		Arms straight. Legs straight. Leg hold between the knee and ankle. No shoulder rotation. Opposite leg hold.	0.6 points

AHF41		Opposite leg hold. Back leg bent. Front split line from the foot to knee 180 degrees or more.	0.6 points
AHF42		Opposite leg hold. Legs straight. Arms straight.	0.6 points
AHF43		Arms straight. Legs straight. Shin support.	0.6 points
AHF44		Arms straight. Legs straight. No torso/leg pressed against the hoop. May be performed on both the top and bottom bar.	0.6 points
AHF45		Side bar hook. Legs bent. Shoulder rotation. Ankle hold.	0.6 points
AHF46		Same-side leg hold. Bottom leg bent. Front split line from the foot to knee 180 degrees or more.	0.6 points

AHF47		Knee hang. Leg secured under the chin.	0.6 points
AHF48		Same-side hand hold. Ankle hold. Top leg bent. Front split line from the knee to foot 180 degrees or more.	0.6 points
AHF49		Arms straight. Legs straight. Leg hold between the knee and ankle. Front split line. Armpit hang.	0.8 points
AHF50		Shoulder rotation. Legs bent at the knees. Free leg above the held leg and touches the hand.	0.8 points
AHF51		Hand grip and leg hook on the bottom bar. Supporting leg straight. Arms straight. Working leg bent. Working leg between the hands. Leg touches the head.	0.8 points

AHF52		One-hand leg hold. Same-side leg hold. Shoulder rotation. Legs straight. Arms straight. Foot pressed against the side bar.	0.8 points
AHF53		Arms placed on opposite sides of the hoop bar. Leg hold between the ankle and knee. Shoulder rotation. Knee bent.	0.8 points
AHF54		Arms placed on opposite sides of the hoop bar. Leg hold between the ankle and knee. Shoulder rotation. Back leg bent.	0.8 points
AHF55		Front split 180 degrees or more. Shoulders aligned and positioned forward. Legs straight.	0.8 points
AHF56		Arms straight. Feet touch the forehead / shoulders. No torso/leg support against the hoop. May be performed on both the top and bottom bar.	0.8 points

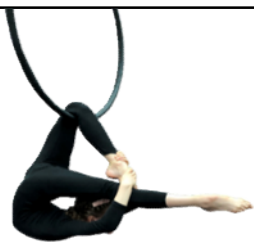
AHF57		Arms straight. Opposite leg hold. Bottom leg straight. Shoulder rotation of the bottom arm.	0.8 points
AHF58		Arms straight. Front split 180 degrees or more. Backbend. Legs on the same side of the hoop.	0.8 points
AHF59		Shoulder rotation. Two-hand leg hold. Legs bent.	0.8 points
AHF60		Same-side leg between the hand and hoop. Backbend. Shoulders aligned. Arms and legs straight.	0.8 points
AHF61		Shoulder rotation. Arms straight. Leg straight.	0.8 points
AHF62		Knee bend on the side bar. Torso under the hoop. Arms straight. Hold between the knee and ankle. Shoulder rotation.	0.8 points

AHF63		Same-side leg hold. Ankle hold. Front split line from the foot to knee 180 degrees or more.	0.8 points
AHF64		Same-side leg hold by the ankle. Shoulder rotation. Front split line 180 degrees or more.	1 point
AHF65		Same-side leg hold to the side. Front split 180 degrees or more.	1 point
AHF66		Hand grip and leg hook on the bottom bar. Legs straight. Arms straight. Working leg between the arms.	1 point
AHF67		Two-hand hold. Ankle hold. Shoulder rotation. Legs straight. Arms straight.	1 point

AHF68		Arms positioned on opposite sides of the hoop bar. Leg hold between the ankle and knee. Shoulder rotation. Front split 180 degrees or more.	1 point
AHF69		Shoulder rotation. Arms straight. Straight leg hold. Ankle hold.	1 point
AHF70		Arms straight. Legs bent. Grip narrower than shoulder width.	1 point
AHF71		Arms straight. Opposite leg hold. Front split 180 degrees or more. Hand holds the hoop and positioned above the ankle.	1 point
AHF72		Arms straight. Legs straight. Same-side leg hold without shoulder rotation. Front leg in front of the hoop, back leg behind the hoop.	1 point
AHF73		Top hand under the leg. Bottom hand on the bottom bar. Legs straight.	1 point

AHF74		Shoulder rotation. Opposite leg hold. Ankle hold. Arms straight. Split line opening from the knee to ankle 180 degrees or more.	1 point
AHF75		Opposite leg hold by the ankle. The held leg straight. Shoulder rotation.	1 point
AHF76		Opposite leg hold. Side hold. Free leg straight. One-hand hang.	1 point
AHF77		Same-side leg hold. Ankle hold. Bottom leg straight. Front split 180 degrees or more.	1 point
AHF78		Hand grip on the bottom bar. Legs straight in split line 180 degrees or more. Arms straight. Working leg between the arms.	1 point
AHF79		Opposite hand hold. top leg bent. Front split line from the knee to foot 180 degrees or more.	1 point

AHF80		Ankle hold.Shoulder rotation. Front split 180 degrees or more.	1 point
AHF81		Shoulder rotation. Two-hand leg hold. Top leg straight. Foot hold.	1 point
AHF82		Front split 180 degrees or more. Same-side leg hold. Legs straight.	1.2 points
AHF83		Shoulder rotation. Legs bent. Arms bent.	1.2 points
AHF84		Arms on opposite sides of the hoop bar. Leg hold between the ankle and knee. Shoulder rotation. Front split 180 degrees or more.	1.2 points
AHF85		Opposite leg hold. Legs straight. Front split 180 degrees or more.	1.2 points

AHF86		Arms straight. Legs straight. Narrow grip. under the hoop.	Leg	1.2 points
AHF87		Arms straight. Legs straight. Same-side leg hold with shoulder rotation. Front leg in front of the hoop, back leg behind the hoop.		1.2 points
AHF88		Front split 180 degrees or more. Arms straight. Legs straight.		1.2 points
AHF89		Same-side leg hold. Legs straight. Front split 180 degrees or more.		1.2 points
AHF90		Two-hand hold of the bent leg. Free leg straight, above head. Free leg between the hands.		1.2 points
AHF91		Arms on the top bar. Legs between the arm and hoop. Shoulders aligned. Arms and legs straight.		1.2 points

AHF92		Single leg hold with shoulder rotation. Legs bent. Ankle hold.	1.2 points
AHF93		Front split 180 degrees or more. Elbows behind the hoop. Bottom leg perpendicular to the floor. Same-side leg hold.	1.2 points
AHF94		Legs straight. Same-side leg between the arm and hoop. Bottom leg hold through the side.	1.2 points
AHF95		Front split 180 degrees or more. Shoulder rotation. Opposite leg hold. Ankle hold.	1.2 points
AHF96		Legs straight. On the side bar. Ankle hold.	1.2 points
AHF97		Shoulder rotation. Opposite leg hold. Bottom leg straight.	1.2 points

AHF98		Ankle hold. Elbow hang. Knee to heel line 180 degrees or more.	1.2 points
AHF99		Top arm on the top bar. Arms straight. Same-side leg hold between the knee and ankle. Front split 180 degrees or more.	1.2 points
AHF100		Armpit support. Same-leg hold. Shoulder rotation. Ankle hold. Legs straight.	1.2 points
AHF101		Front split 180 degrees or more. Arms straight. Legs straight. Leg hold with opposite hands.	1.2 points
AHF102		Reverse grip. Front split 180 degrees or more. Shoulder rotation. Legs straight. Same-side leg hold.	1.2 points

AHF103		Front split 180 degrees or more. Arms straight. Narrow grip on the top bar.	1.2 points
AHF104		Hoop hold with shoulder rotation. Legs straight. Hands above the leg.	1.2 points
AHF105		Hang on the top bar. Shoulder rotation. Ankle hold. Free leg straight.	1.2 points
AHF106		Leg hold with shoulder rotation. Top leg straight. Ankle hold.	1.2 points
AHF107		Ankle hold. Legs straight. Shoulder rotation.	1.2 points

AHF108		Opposite leg hold between the ankle and knee. Shoulder rotation.	1.2 points
AHF109		Legs bent. Ankle hold. Hoop between the neck and shoulders.	1.2 points
AHF110		Ankle hold. The other leg on the held leg. Legs together. Shoulder rotation. Legs bent.	1.2 points
AHF111		Feet in the armpits. No leg/abdomen support against the hoop. Feet pointed. May be performed on both the top and bottom bar.	1.4 points
AHF112		Hand of the same-side arm above the leg. Front split 180 degrees or more. Shoulder rotation. Free arm off the apparatus.	1.4 points
AHF113		Legs straight. Ankle hold. Elbow hang.	1.4 points

AHF114		Hands in a wide grip. Both legs on the apparatus. Legs straight. Arms straight. Leg under the opposite hand.	1.4 points
AHF115		The hand holding the hoop positioned behind the back. Free leg straight. Free arm straight. Leg hold between the knee and ankle. Shoulder rotation.	1.4 points
AHF116		Regular grip. Legs straight. Arms straight. On the top bar.	1.4 points
AHF117		Legs between the arm and hoop. Bottom arm on the bottom bar. Legs straight.	1.4 points
AHF118		Front split 180 degrees or more. Leg hold between the knee and ankle with shoulder rotation. Legs straight.	1.4 points
AHF119		Shoulder rotation. Legs straight. Legs together. Ankle hold.	1.4 points

AHF120		Hands in a wide grip. Arms straight. Leg under the opposite hand. Front split line less than 180 degrees.	1.4 points
AHF121		Opposite leg hold. Legs straight. Arms straight. Bottom arm with shoulder rotation. Top arm without shoulder rotation.	1.4 points
AHF122		Opposite leg hold with shoulder rotation. Legs straight. Leg hold between the ankle and knee.	1.4 points
AHF123		Shoulder rotation. Narrow grip. Arms straight. Legs straight. Legs crossed.	1.4 points
AHF124		Legs straight. Legs crossed. Ankle hold.	1.4 points
AHF125		Shoulder-width grip. Legs straight. Arms straight. Arms on the bottom bar.	1.4 points

AHF126		Legs diagonal to the floor. Hip bones positioned upward. Inward rotation. Front split 180 degrees or more.	1.4 points
AHF127		Neck hang with heel hook. "Ring" position. Arms off the apparatus.	1.4 points
AHF128		Ankle hold. The other leg on the held leg. Legs together. Shoulder rotation. Legs straight.	1.4 points
AHF129		Leg hold between the knee and ankle. Legs crossed. Legs together. Shoulder rotation. Legs straight.	1.4 points
AHF130		Hoop hold with the hand behind the back. Legs straight. Opposite leg hold with shoulder rotation. Front split 180 degrees or more. Foot support against the side bar.	1.4 points

AHF131		Front split 180 degrees or more. Ankle hold. Hoop between the neck and shoulders.	1.4 points
AHF132		Ankle hold. Front split more than 180 degrees.	1.4 points
AHF133		Opposite leg hold. Legs straight. Arms straight. Shoulder rotation.	1.4 points
Strength elements			
AHP1		Straight line from the abdomen to legs. Backbend.	0.2 points
AHP2		One-hand hang. Free-hand leg hold.	0.2 points

AHP3		Two-hand hang. Legs straight. Legs together. May be performed on both the top and bottom bar.	0.2 points
AHP4		Backbend. Feet do not touch the head. Hoop positioned forward.	0.2 points
AHP5		Supporting arm straight. The other arm off the apparatus. Legs off the apparatus.	0.2 points
AHP6		One-knee hand. Same-side hand holds the bent leg. The other hand and leg off the apparatus.	0.2 points
AHP7		Arms straight. Legs straight. Shoulders turned away from the hoop. Shoulders aligned.	0.2 points
AHP8		Feet pointed. Arms off the apparatus. Torso down.	0.2 points

AHP9		Hoop positioned forward. Arms straight. Free leg off the apparatus.	0.2 points
AHP10		Hip hang. Torso perpendicular to the floor. Arms off the apparatus.	0.2 points
AHP11		Legs straight. Arms straight. Hang position. Maximum leg split.	0.2 points
AHP12		Feet pointed. Arms off the apparatus. Hip grip on the hoop.	0.2 points
AHP13		Arms straight. Legs straight and together. Backbend.	0.2 points
AHP14		Elbow and knee hang. Opposite straight leg hold. The other arm off the apparatus.	0.2 points

AHP15		Supporting arm straight. Armpit hang. Legs down. Legs together.	0.2 points
AHP16		One leg on the hoop. Back leg straight. Arms straight. Backbend.	0.2 points
AHP17		Two-hand leg hold. Legs straight. Front split line less than 180 degrees.	0.2 points
AHP18		Armpit hang. Arms straight. Legs straight. Maximum leg split. Ankle hold.	0.2 points
AHP19		Legs straight. Supporting arm straight. The other hand off the apparatus. Foot support against the hoop.	0.4 points
AHP20		Legs straight. Feet pointed. Arms off the apparatus.	0.4 points

AHP21		Opposite leg hold behind the head. Legs in a straight line. Legs straight.	0.4 points
AHP22		Opposite leg hold between the knee and ankle. Front split line less than 180 degrees. Legs straight.	0.4 points
AHP23		Armpit hang. Leg angle more than 90 degrees. Legs straight.	0.4 points
AHP24		Regular grip on the side bar. Supporting leg straight. The other leg off the apparatus. Arms straight.	0.4 points
AHP25		Reverse grip. Front split line from the knee to foot 180 degrees or more. Supporting leg straight. Same-side leg hold.	0.4 points
AHP26		Two feet on the hoop. Legs straight. Arms straight. Backbend.	0.4 points

AHP27		Same-side leg hold. Ankle hold. Straight arm holds the straight leg. Side extension. No shoulder rotation.	0.4 points
AHP28		Two-hand leg hold. Legs straight. Front split 180 degrees or more.	0.4 points
AHP29		Two hands on the apparatus. Legs straight. Legs together. Leg line deviation no more than 45 degrees from parallel to the floor.	0.4 points
AHP30		Front split 180 degrees or more. Legs straight. Backbend.	0.4 points
AHP31		Legs straight. Torso positioned sideways to the hoop. Front split 180 degrees or more. Opposite leg on the forearm.	0.6 points

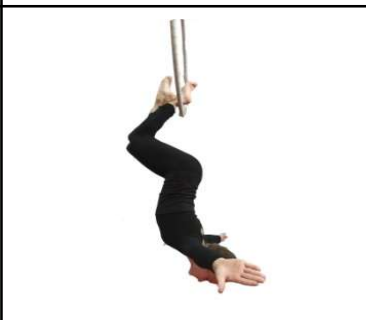
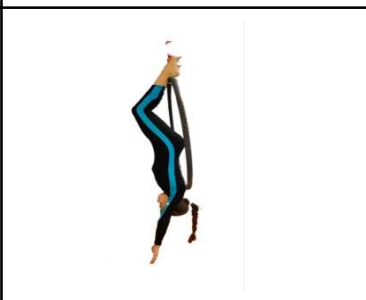
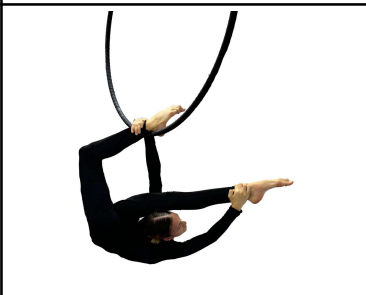
AHP32		Legs straight. Supporting arm straight. Opposite leg hold. Legs aligned. Ankle hold.	0.6 points
AHP33		Opposite leg hold. Shoulder rotation. Arms bent. Top leg straight.	0.6 points
AHP34		Arms off the apparatus. Torso down. Instep hang. Hands off the floor.	0.6 points
AHP35		Free hand off the apparatus. Bent hand off the legs, and do not support the body. Legs straight.	0.6 points
AHP36		Same-side leg hold. One leg bent. Front split line from the knee to foot 180 degrees or more.	0.6 points
AHP37		Arms off the apparatus. Torso down. Arms do not touch the floor.	0.6 points

AHP38		Free hand off the apparatus. Legs straight. Legs together. Leg line deviation no more than 45 degrees from parallel to the floor.	0.6 points
AHP39		Legs straight. Front split line. Hoop hold with a reverse grip. Opposite leg hold in the elbow bend of the other arm.	0.6 points
AHP40		Legs straight. Legs together. Arms straight.	0.6 points
AHP41		Opposite leg hold. Front split 180 degrees or more. Legs straight.	0.6 points
AHP42		Legs straight and together. One arm off the apparatus. Armpit support.	0.6 points
AHP43		Free hand holds the same-side bent leg by the ankle with shoulder rotation. Front leg straight.	0.6 points

AHP44		Exit from knee hook on the side bar. Leg hold above the head. Shoulder support. Legs in final position straight.	0.6 points
AHP45		Armpit hang. Opposite leg hold. Legs straight. Legs aligned.	0.8 points
AHP46		Leg on the shoulder joint. Legs straight. Torso and legs parallel to the floor. May be performed on either the top or bottom bar.	0.8 points
AHP47		Legs straight. Arms straight. Backbend. Front split 180 degrees or more.	0.8 points
AHP48		Front split line from the foot to knee 180 degrees or more. Opposite leg hold at the elbow bend. Back leg hold by the ankle.	0.8 points

AHP49		Arms in "lock" position behind the back. Legs straight. Same-side leg hold on the shoulder. Legs aligned.	0.8 points
AHP50		Exit from double leg hang to downward position. Legs above the head. Shoulder support. Legs in final position straight.	0.8 points
AHP51		Heel hang. Arms straight on the bottom bar. Backbend. No hook on the rigging/strap.	0.8 points
AHP52		Opposite leg hold. Front split 180 degrees or more. Legs straight.	0.8 points
AHP53		Same-side leg hold. Legs straight. Anckle hold.	0.8 points
AHP54		Legs straight. Leg deviation from parallel to the floor no more than 45 degrees. Bottom arm off the apparatus.	0.8 points

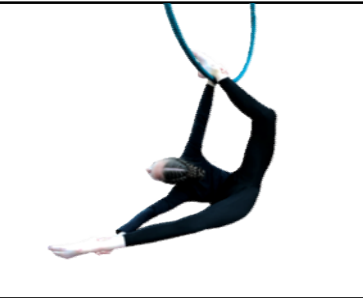
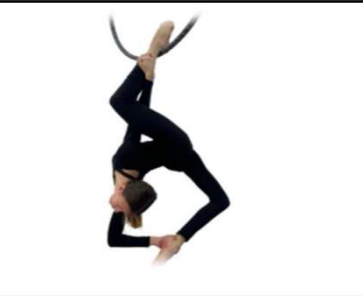
AHP55		Legs straight. Elbow pressed against the hip bone. Additional armpit support of the top arm. Torso and legs parallel to the floor.	0.8 points
AHP56		Legs straight. Elbow pressed against the hip bone. Top hand holds the side bar.	0.8 points
AHP57		Legs straight. Front split 180 degrees or more. Leg line parallel to the floor. Same-side leg under the shoulder joint.	0.8 points
AHP58		Arms off the apparatus. Torso down. Foot hang on the top bar. No additional hooks.	0.8 points
AHP59		Regular grip hang on the side bar. Hoop and arms between the legs. Legs off the hoop. Legs parallel to the floor.	0.8 points
AHP60		Arms off the apparatus. No leg grip. Neck hang.	0.8 points

AHP61		Reverse grip. Legs straight. Front split 180 degrees or more. Opposite leg hold behind the head.	0.8 points
AHP62		Reverse grip. Front split 180 degrees or more. Legs straight. Same-side leg hold.	0.8 points
AHP63		One heel hang. Legs bent. Legs crossed. Arms off the apparatus.	0.8 points
AHP64		Legs straight. Front split 180 degree or more. Leg line parallel to the floor. Same-side leg hold.	0.8 points
AHP65		Arms off the apparatus. Torso down. Heel hang on the top bar. No additional hooks.	1 point
AHP66		Opposite leg hold by the ankles. Shoulder rotation. Arms straight.	1 point

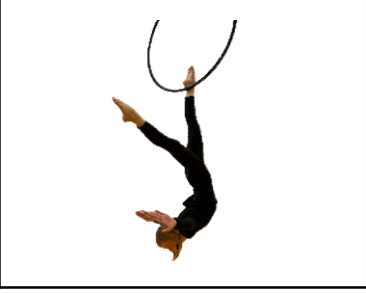
AHP67		Leg on the shoulder. Legs straight. Torso and leg line parallel to the floor.	1 point
AHP68		Legs bent. Legs crossed. Single-leg hook on the hoop. Arms straight on the bottom bar. No hook on rigging/straps.	1 point
AHP69		Legs bent. Same-side leg hold. No shoulder rotation.	1 point
AHP70		Legs straight. Same-side leg under the shoulder joint. Legs parallel to the floor. Free hand off the apparatus.	1 point
AHP71		Arms straight. Side split 180 degrees. Leg line parallel to the floor.	1 point
AHP72		Legs straight. Legs together. Arms off the apparatus.	1 point

AHP73		Leg hold at or above the knee. Shoulder rotation. Feet pointed. Legs straight.	1 point
AHP74		One elbow bend hang. Two-hand leg hold. Front split 180 degrees or more.	1 point
AHP75		Arms straight. Top leg straight. Shoulder support.	1 point
AHP76		One-hand hang. Opposite leg hold behind the head.	1 point
AHP77		Opposite leg hold. Shoulder rotation. The held leg straight. Ankle hold.	1 point

AHP78		Arms above the hoop. Shoulder rotation. The held leg bent. Ankle hold.	1 point
AHP79		Top leg bent, bottom leg straight. Arms off the apparatus. The other leg off the apparatus.	1 point
AHP80		Legs straight in split position. Same-side leg hold without shoulder rotation.	1 point
AHP81		Legs straight. Elbow pressed against the hip bone. Top hand holds the leg with a side grip.	1.2 points
AHP82		Legs bent. Hoop hold with one hand. One hand straight, the other hand extended to the side. No hook on rigging/ strap.	1.2 points
AHP83		Armpit support. Same-side leg hold behind the back. No shoulder rotation. Legs bent.	1.2 points

AHP84		Arms straight. Same-side leg hold. No shoulder rotation. Bottom leg straight.	1.2 points
AHP85		Legs bent. Same-side leg hold by the ankle. Shoulder rotation.	1.2 points
AHP86		Legs straight. Arms off the apparatus. No hand hold on the leg.	1.2 points
AHP87		One leg bent. Torso and straight leg aligned in one line parallel to the floor. May be performed on either the top or bottom bar.	1.2 points
AHP88		Opposite leg hold by the ankle. Shoulder rotation. Front split 180 degrees or more.	1.2 points
AHP89		Hands hold the leg by the ankle. Legs bent. Hands under the hoop. Shoulder rotation.	1.2 points

AHP90		Legs bent. Same-side leg hold behind the back, the other leg in front of the torso. No shoulder rotation.	1.2 points
AHP91		Legs straight. Hands above the hoop. Arms straight. Same-side leg hold. Leg hold below the knee.	1.2 points
AHP92		Neck hang. hold by the shins. No shoulder rotation. Arms under the hoop. Legs straight.	1.2 points
AHP93		Arms straight. Legs straight. Leg line parallel to the floor. Buttocks and thighs do not touch the hoop.	1.2 points
AHP94		Legs straight. Elbow pressed against the hip bone. Same-side leg hold by the ankle.	1.2 points
AHP95		Legs straight. Arms straight on the bottom bar. Backbend. No hook on rigging/strap.	1.2 points

AHP96		Torso and legs parallel to the floor. Legs straight. Legs in front of the hoop.	1.2 points
AHP97		Legs straight. No additional support. Leg on the elbow.	1.2 points
AHP98		Legs straight. Legs apart at 90 degrees or less. Torso and legs parallel to the floor. May be performed on either the top or bottom bar.	1.2 points
AHP99		Front split 180 degrees or more. Shoulder rotation. Arms above the hoop. Leg hold between the knee and ankle.	1.2 points
AHP100		Legs straight. Arms straight. Shoulder rotation. Same-side leg hold.	1.2 points
AHP101		One-heel hang. The other leg off the apparatus. Legs straight. Arms off the apparatus.	1.2 points

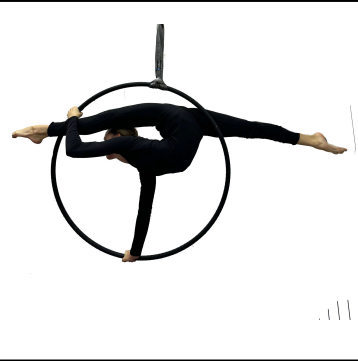
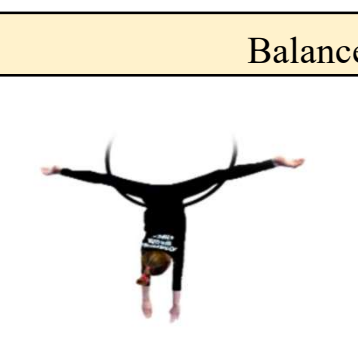
AHP102		Arm above the hoop. Legs straight. Opposite leg hold. Leg hold below the knee.	1.2 points
AHP103		Shoulder rotation. Legs bent. Arms under the hoop. May be performed on either the top or bottom bar. No additional supports.	1.4 points
AHP104		Front split 180 degrees or more. Elbow pressed against the hip bone. Hand above the same-side leg.	1.4 points
AHP105		Same-side leg hold. Leg hold from the knee to ankle. Split line from the knee to foot 180 degrees or more. Arms under the hoop.	1.4 points

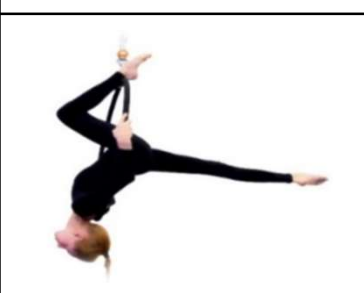
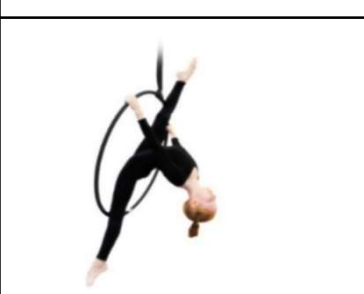
AHP106		Torso and legs parallel to the floor. Legs straight. Legs apart at 90 degrees or less.	1.4 points
AHP107		Leg hold in Biellmann position. Shoulder rotation. The held leg bent.	1.4 points
AHP108		Torso and legs parallel to the floor. Bottom arm on the bottom bar. Straight top arm on the top bar.	1.4 points
AHP109		Bottom leg straight. Same-side leg hold by the ankle. Shoulder rotation.	1.4 points
AHP110		One leg bent. Torso and leg parallel to the floor. May be performed on either the top or bottom bar.	1.4 points
AHP111		Legs straight. Knee support. Support against the bottom bar.	1.4 points

AHP112		Leg hold in Biellmann position. Shoulder rotation. The held leg straight.	1.4 points
AHP113		Legs straight and together. Torso and legs parallel to the floor. May be performed on both the top and bottom bar.	1.4 points
AHP114		Torso and legs parallel to the floor. The other arm off the apparatus.	1.4 points
AHP115		Legs straight. Additional shoulder/neck support. Leg held with opposite hand in a split line. Torso and legs parallel to the floor.	1.4 points
AHP116		Legs straight. Knee support. Front split 180 degrees or more.	1.4 points
AHP117		Legs straight. Forearm support.	1.4 points

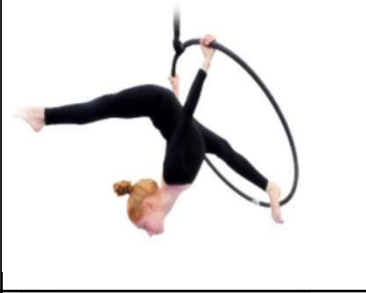
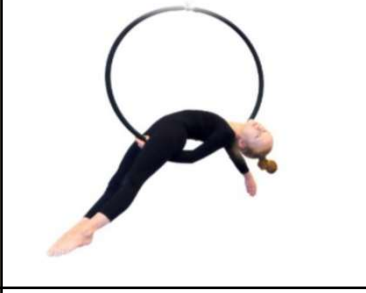
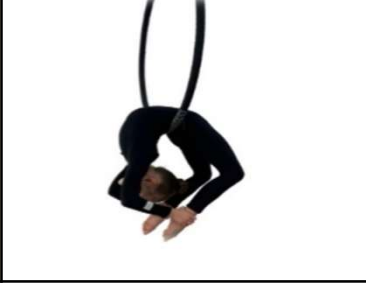
AHP118		Legs straight. Arms straight. Shoulder rotation. Same-side leg hold. Front split 180 degrees or more.	1.4 points
AHP119		Torso and legs parallel to the floor. Legs straight. Legs together.	1.4 points
AHP120		Hands hold the leg by the ankle. Legs straight. Hands under the hoop. Shoulder rotation.	1.4 points
AHP121		Neck hang. Ankle hold. Shoulder rotation. Hands under the hoop. Front split 180 degrees or more.	1.4 points
AHP122		Shoulder support. Legs together. Legs in front of the hoop. Without tilting the pelvis backward.	1.4 points
AHP123		Leg hold in Biellmann position. Shoulder rotation. The held leg straight.	1.4 points

AHP124		Torso and legs parallel to the floor. Legs straight. One hand on the side bar. Leg on the shoulder. Shoulder pressed against the side bar.	1.4 points
AHP125		Same-side leg hold. Leg hold between the knee and ankle. Arms straight. Top leg bent. Bottom leg straight.	1.4 points
AHP126		Legs parallel to the floor. Entry from a Reverse Flag position. Legs together. Legs straight.	1.4 points
AHP127		Torso and legs parallel to the floor. Legs straight. One hand on the side bar.	1.4 points
AHP128		One-hand hang. Legs straight. Legs to the sides. Torso and legs parallel to the floor. May be performed on both the top and bottom bar.	1.4 points
AHP129		Hands hold the top/side bar of the hoop. Torso and legs parallel to the floor. Legs uncrossed. Legs straight.	1.4 points

AHP130		Legs straight. Front split 180 degrees or more.	1.4 points
AHP131		Ankle hold. Legs straight. Front split line.	1.4 points
AHP132		Neck hang. Leg hold between the knee and ankle. Shoulder rotation. Hands under the hoop.	1.4 points
AHP133		Hands hold top/side bar. Torso and leg line parallel to the floor. Legs uncrossed. Legs straight.	1.4 points
Balance elements			
AHB1		Hands off the apparatus. Side split line less than 180 degrees.	0.2 points
AHB2		Arms off the apparatus. Hoop along the spine.	0.2 points

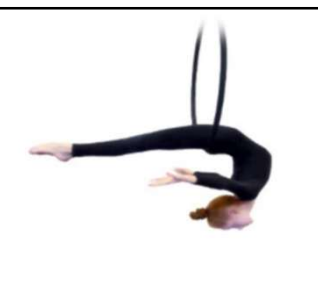
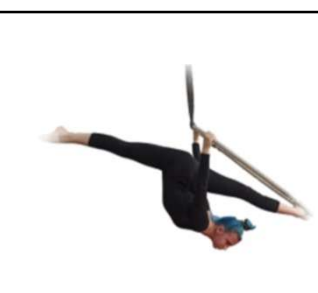
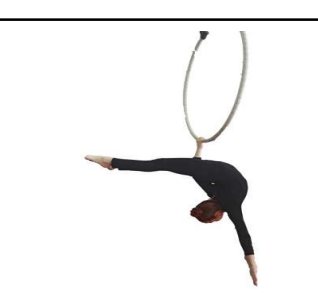
AHB3		Legs bent. Legs touch the head. May be performed on either the top or bottom bar.	0.2 points
AHB4		Front split line less than 180 degrees. Opposite leg hold. The other hand holds the hoop.	0.2 points
AHB5		Front split 180 degrees or more. Same-side leg hold. The other hand holds the hoop.	0.2 points
AHB6		Lower back hang. Legs together. Backbend. Free arm off the apparatus.	0.2 points
AHB7		Leg hook on the top bar. The other leg extended backward, off the apparatus. Hand hold on the hoop.	0.2 points
AHB8		Front split 180 degrees or more. Backbend.	0.2 points

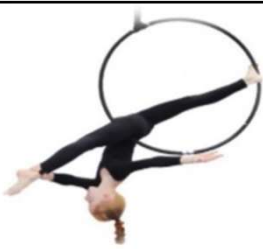
AHB9		Arms straight. Backbend. Top leg bent. Legs do not touch the hoop.	0.2 points
AHB10		Front split 180 degrees or more. Arms straight on the top bar. Leg between the same-side hand and the hoop.	0.2 points
AHB11		Hip hang. Same-side bent-leg hold. The other hand off the apparatus. No foot hook on the apparatus.	0.2 points
AHB12		Two-hand hold on the hoop. Shoulder pressed against the hoop. Legs straight.	0.2 points
AHB13		Both hands hold the legs. Legs bent. No shoulder rotation.	0.2 points
AHB14		Hands off the apparatus. Side split 180 degrees or more.	0.4 points

AHB15		Front split 180 degrees or more. The other hand off the apparatus.	0.4 points
AHB16		Front split line less than 180 degrees. Shoulder support. Hand hold on the hoop.	0.4 points
AHB17		Legs straight. Arms straight. Backbend. Legs do not touch the hoop. Front split 180 degrees or more.	0.4 points
AHB18		One-hand hold on the hoop. Shoulder press against the hoop. Legs straight and together.	0.4 points
AHB19		Front split 180 degrees or more. Straight back. Legs opening line diagonal to the floor.	0.4 points
AHB20		Leg hold between the knee and ankle. Shoulder rotation. Legs bent.	0.4 points

AHB21		Opposite leg hold above the head. Legs straight. Legs in transverse position. Hands off the hoop.	0.4 points
AHB22		One leg straight. Lower back hang. Hands off the apparatus.	0.4 points
AHB23		Two-hand hold on the hoop. Legs touch the hoop. Shoulder support.	0.4 points
AHB24		Top hand holds the hoop on the top bar. Bottom arm holds the hoop on the bottom bar. Leg straight.	0.4 points
AHB25		Shoulder support. Arms off the apparatus.	0.4 points
AHB26		Front split line less than 180 degrees. Legs straight. Backbend. Leg do not touch the hoop. No torso tilt onto the arms.	0.4 points

AHB27		Legs to the sides. Two-hand hold on the hoop. Legs straight. Legs touch the apparatus.	0.4 points
AHB28		Leg hook on the top bar. Front split 180 degrees or more. Hand hold on the hoop.	0.6 points
AHB29		Hip hang. Legs straight. No hand hold on the hoop.	0.6 points
AHB30		Shoulder stand. Hand hold on the hoop. Bent leg opening.	0.6 points
AHB31		Shoulder stand. Hand hold on the hoop. Bent legs positioned forward. Tuck position.	0.6 points
AHB32		Backbend. Legs straight. Legs do not touch the hoop. May be performed on either the top or bottom bar.	0.6 points

AHB33		Front split 180 degrees or more. Two-hand hold on the hoop.	0.6 points
AHB34		No tilt onto the hoop. Shoulder support. Legs opened to the sides without touching the bars. Two-hand hold on the hoop.	0.6 points
AHB35		Hands off the apparatus. Torso down. Legs straight and together. Lower back/hip/buttock hang.	0.6 points
AHB36		Front split 180 degrees or more. Legs straight. Backbend. Leg does not touch the hoop. No torso tilt onto the arms.	0.6 points
AHB37		Shoulder pressed against the bottom bar. Legs parallel to the floor. Legs straight. Backbend.	0.6 points
AHB38		Legs straight. Legs together, uncrossed. The other hand off the apparatus. Legs do not touch the hoop. Backbend.	0.6 points

AHB39		Leg hold between the knee and ankle. Shoulder rotation. Arms straight. Legs straight.	0.8 points
AHB40		The hand hold the top bar. Front split 180 degrees or more. Free hand off the apparatus.	0.8 points
AHB41		Hands hold the same-side legs. Knee bent. Front split from the knee to ankle 180 degrees or more.	0.8 points
AHB42		Legs to the sides. Legs straight. Arms straight. Legs touch the apparatus. Hands off the hoop.	0.8 points
AHB43		Opposite leg hold. Front split 180 degrees or more.	0.8 points
AHB44		One hand on the top bar, the other hand on the bottom bar. Foot pressed against the hoop. Maximum extension of straight legs.	0.8 points

AHB45		Opposite leg hold. Ankle hold. Legs bent. Hoop hold with the elbow bend of the free arm.	0.8 points
AHB46		Straight arm hang. Backbend. Working leg does not touch the hoop. Thigh of the working leg on the same-side arm. Legs straight.	0.8 points
AHB47		Lower back hang. Shoulder rotation. Ankle hold. Legs bent. No additional grips on the apparatus.	0.8 points
AHB48		Front split 180 degrees or more. Hands off the hoop.	0.8 points
AHB49		Hand above the same-side leg. Front split 180 degrees or more. No hold of the apparatus with the free hand.	1 point

AHB50		Same-side leg hold. Ankle hold. Shoulder rotation. Legs straight.	1 point
AHB51		Leg hold between the knee and ankle. Free leg between the arms. Shoulder rotation. Arms straight. Legs straight.	1 point
AHB52		Hands hold the same-side legs. Legs straight. Front split 180 degrees or more.	1 point
AHB53		Legs straight. Torso and legs in a straight line. Hands off the apparatus.	1 point
AHB54		Arms straight. Legs straight. One foot holds the hoop on the top bar, the other foot pressed against the side bar.	1 point
AHB55		Arms straight. Legs straight. Instep hang. No hook on rigging/strap.	1 point

AHB56		Legs to the sides. Torso aligned. Back straight. Side split 180 degrees or more. Without tilting the pelvis backward.	1 point
AHB57		Opposite hand above the leg. Front split 180 degrees or more.	1 point
AHB58		Lower back hang. Shoulder rotation. Ankle hold. The held leg straight. No additional grips on the apparatus.	1 point
AHB59		Bent-leg press against the bottom bar. Front split line from the knee to knee 180 degrees or more.	1 point
AHB60		Shoulder pressed against the bottom bar. Front split 180 degrees or more. Leg under the same-side arm.	1 point

AHB61		Hold with the same-side straight arm. Leg hold between the knee and ankle. Front split 180 degrees or more. Hoop hold with the elbow bend of the free arm.	1 point
AHB62		Legs straight. Without tilting the pelvis backward. Legs touch the apparatus. Leg hold between the knee and ankle.	1 point
AHB63		Backbend. Additional elbow hold. Same-side leg hold. Legs straight. Front split 180 degrees or more.	1 point
AHB64		Front split line. Legs straight. Hand hold on the hoop.	1 point

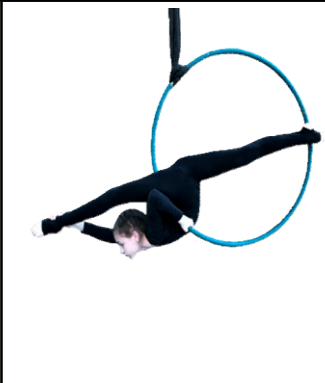
AHB65		Arms straight. Legs straight. Thighs pressed against the top bar of the hoop. No additional hooks.	1 point
AHB66		Hand holds the top bar. Legs straight. Opposite leg hold by the ankle. Shoulder rotation.	1 point
AHB67		Hands off the apparatus. Front split 180 degrees or more.	1 point
AHB68		Legs straight. Arms straight. Legs crossed. Hand pressed against the bottom bar.	1 point
AHB69		Legs straight. Leg hold between the knee and the ankle. Arms straight. Top hand between the legs. Legs do not touch the hoop.	1.2 points

AHB70		Arms straight. Legs straight. Instep hang. No foot hook on the rigging.	1.2 points
AHB71		Shoulder rotation. Working leg straight. Heel hook on the hoop without holding on rigging/strap.	1.2 points
AHB72		Shoulder rotation. Arms straight. Front split 180 degrees or more.	1.2 points
AHB73		Chest on the bottom bar. Backbend. Hoop on the outside of the legs. Legs straight.	1.2 points
AHB74		Front split line. Legs straight. Same-side leg hold with shoulder rotation.	1.2 points
AHB75		Front split 180 degrees or more. Leg hold between the knee and ankle. Legs straight. Arms straight.	1.2 points

AHB76		Legs straight. Front split line opening. Arms off the hoop.	1.2 points
AHB77		One hand off the apparatus. The other hand straight. Legs straight.	1.2 points
AHB78		Front split 180 degrees or more. Back leg ankle under the same-side hand. Arms straight. Back leg knee bent.	1.2 points
AHB79		Armpit hold on the hoop. Legs straight. Opposite-leg hold in Biellmann position with shoulder rotation. Front split less than 180 degrees.	1.2 points
AHB80		Shoulder pressed against the bottom bar. Opposite-leg hold with the hands. Back leg bent at the knee. Front split line from the knee to ankle.	1.2 points

AHB81		Elbows on the top bar. Bent leg hold with shoulder rotation. Foot pressed against the bottom bar. No additional grips to the rigging system.	1.2 points
AHB82		Bent leg pressed against the bottom bar. Front split line from the knee to foot 180 degrees or more. Free leg parallel to the floor.	1.2 points
AHB83		Elbow pressed against the abdomen. Legs bent. Legs do not touch the hoop. No chest press against the hoop (touching is permitted).	1.2 points
AHB84		Shoulder rotation. Leg hold from the knee to ankle. Legs straight. Arms straight. Front split line.	1.2 points
AHB85		Legs straight. Arms straight. Legs uncrossed. Hand pressed against the bottom bar.	1.2 points
AHB86		Shoulder pressed against the bottom bar. Opposite leg hold. Legs straight.	1.2 points

AHB87		Chest on the bottom bar. Backbend. Hoop on the outer side of the legs. One arm off the apparatus. Legs straight.	1.2 points
AHB88		Front split line opening. Legs straight. Shoulder rotation. Opposite leg hold by the ankle. Hand holding the leg positioned under the hoop.	1.4 points
AHB89		Legs straight. Same-side leg hold in Biellmann grip, with shoulder rotation. Front split line opening. Free arm off the hoop.	1.4 points
AHB90		Thigh pressed against the shoulder. Legs straight. Torso and legs parallel to the floor.	1.4 points
AHB91		Front split 180 degrees or more. Back leg ankle under the same-side hand. Arms straight. Legs straight.	1.4 points

AHB92		Armpit hold on the hoop. Legs straight. Opposite leg hold in Biellmann position with shoulder rotation. Front split 180 degrees or more.	1.4 points
AHB93		Elbows on the top bar. Straight leg hold with shoulder rotation. Foot pressed against the bottom bar. No additional grips on the carabiner/rope.	1.4 points
AHB94		Legs straight. Front split 180 degrees or more. Free leg parallel to the floor.	1.4 points
AHB95		Shoulders, arms, head under the hoop. No additional support. Leg hold with shoulder rotation. The other leg opens the split line with both legs on the same side of the hoop.	1.4 points
AHB96		Elbow pressed against the abdomen. Legs straight. Legs do not touch the hoop. No chest press against the hoop (touching is permitted).	1.4 points

AHB97		Front split 180 degrees or more. Legs straight.	1.4 points
AHB98		Ankle hold. Legs and chest do not touch the hoop.	1.4 points
AHB99		Front split 180 degrees or more. Opposite arm above the leg.	1.4 points
AHB100		Legs straight. Bottom arm straight. Legs together. Legs uncrossed.	1.4 points
AHB101		Hand above the ankle. Front split 180 degrees or more. Shoulder rotation. Leg hold with free arm.	1.4 points
AHB102		Arms straight. Legs straight. Legs parallel to the floor. Buttocks / thighs do not touch the hoop.	1.4 points

AHB103		Legs straight. Same-side free leg hold. Free arm off the hoop.	1.4 points
AHB104		Chest on the bottom bar. Backbend. Hands off the apparatus. Legs straight.	1.4 points
AHB105		Ankle hold. Legs straight. Abdomen support.	1.4 points
AHB106		Bottom leg straight. Bottom leg under the hoop. Arms straight. Shoulder rotation. No hook on the carabiner/strap.	1.4 points
AHB107		Bottom arm straight. Front split 180 degrees or more. No additional grips.	1.4 points
AHB108		Legs straight. Legs to the sides without touching the hoop bars. Back do not touch the hoop bars.	1.4 points

AHB109		Entry from a Reverse Flag position. Opposite leg hold between the knee and ankle. Legs straight.	1.4 points
AHB110		Legs straight. Legs parallel to the floor. Front split 180 degrees or more.	1.4 points
AHB111		Bottom leg straight. Ankle hold. Shoulder rotation. No hook on the carabiner/strap.	1.4 points
AHB112		Two-foot hang. Leg hold between the knee and ankle. Legs straight. Backbend.	1.4 points
AHB113		One leg hold by the ankle. Shoulder rotation.	1.4 points
AHB114		Legs straight. Shoulder rotation. Legs crossed. Hands on the top bend.	1.4 points