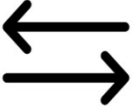


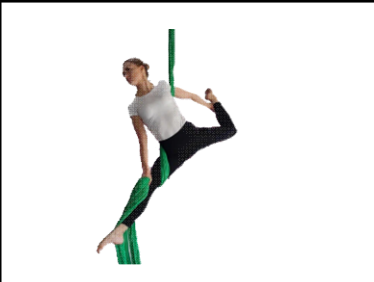
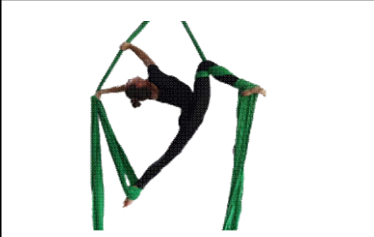
APPENDIX № 11
ELEMENT TABLE - "SOLO SILKS" DISCIPLINE

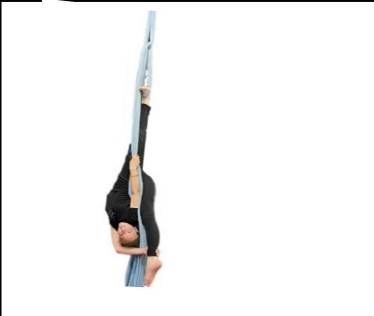
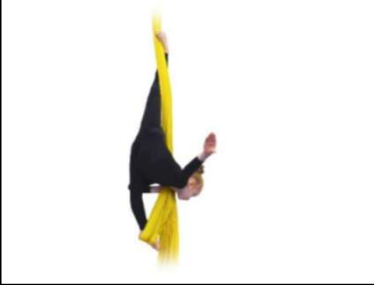
Number	Illustration	Requirements	Value
ASD1		Additional component. Climb to 2/3 apparatus height.	0.6 points
ASD2		Additional Component. Connection of elements.	0.6 points
Flexibility Elements			
ASF1		Pelvis and legs aligned parallel to the floor. Backbend.	0.2 points
ASF2		Lower back loop hang. Hands and arms off the apparatus. Knee bent.	0.2 points
ASF3		Arms straight. Feet touch the head.	0.2 points
ASF4		Front split 180 degrees or more with opposite leg hold.	0.2 points
ASF5		Front split line less than 180 degrees. Opposite leg hold by the ankle. May be performed with the fabrics split or joined together.	0.2 points

ASF6		Front split line less than 180 degrees. Same-side leg hold by the ankle. May be performed with the fabrics split or joined together.	0.2 points
ASF7		Hands grip the apparatus. Back leg in a loop. Front split 180 degrees or more.	0.2 points
ASF8		One hand off the apparatus. Straddle opening.	0.2 points
ASF9		Straddle opening. Arms locked behind the back. Legs straight. May be performed with the fabrics split or joined together.	0.2 points
ASF10		Hands grip the silk tail. Arms straight. Bottom leg straight. Shoulder rotation. May be performed with the fabrics split or joined together.	0.2 points
ASF11		Arms straight. Arm line parallel to the floor. May be performed with the fabrics split or joined together.	0.2 points
ASF12		Backbend. Arms straight.	0.2 points

ASF13		Front split 180 degrees or more. Opposite leg hold. Leg hold between the knee and ankle.	0.2 points
ASF14		Arms straight. Front split 180 degrees or more. Ankle hold.	0.2 points
ASF15		Legs straight. Ankle hold. Bottom leg perpendicular to the floor. May be performed with the fabrics split or joined together.	0.2 points
ASF16		Front split 180 degrees or more. Arms straight.	0.2 points
ASF17		Opposite leg hold behind the head. Legs straight. May be performed with the fabrics split or joined together.	0.2 points
ASF18		Front split 180 degrees or more. Spiral wrap on the back leg. Executed after cyclical rotation.	0.2 points
ASF19		Straddle opening. Supporting arm straight. Free hand and arm off the apparatus.	0.2 points

ASF20		Front split 180 degrees or more. One hand holds the silk pole. Free arm to the side. Waist wrap.	0.2 points
ASF21		Front split 180 degrees or more.	0.4 points
ASF22		Side split 180 degrees or more. One hand holds the apparatus. Transverse line straight.	0.4 points
ASF23		Ankle hold. Shoulder rotation. Legs bent. Arms bent. May be performed with the fabrics split or joined together.	0.4 points
ASF24		Shoulder rotation. The held leg bent. Opposite leg hold. Ankle hold.	0.4 points
ASF25		Backbend. Leg hold between the knee and ankle. Shoulder rotation.	0.4 points
ASF26		Ankle hold. Shoulder rotation. Bottom leg bent.	0.4 points

ASF27		Front split 180 degrees or more. Arms straight. Both hands on the apparatus. Front leg in the loop.	0.4 points
ASF28		Front split 180 degrees or more. Silks crossed at the lower back.	0.4 points
ASF29		Front split 180 degrees or more. Front foot hook. Arms straight.	0.4 points
ASF30		Shoulder rotation. Arms and legs bent.	0.4 points
ASF31		Arms straight. Front split 180 degrees or more. May be performed with the fabrics split or joined together.	0.4 points
ASF32		Front split line less than 180 degrees. Same-side hand holds the leg by the ankle. May be performed with the fabrics split or joined together.	0.4 points
ASF33		Loop on the bottom leg. Backbend. Arms straight. Hand holds the loop.	0.4 points

ASF34		No additional wraps on the foot. Opposite leg hold. Legs straight. The held leg perpendicular to the floor.	0.4 points
ASF35		Arms straight. Working leg straight. Working leg aligned parallel to the floor. Hands grip the silk tail.	0.4 points
ASF36		Front split 180 degrees or more. Legs straight. Top arm straight.	0.4 points
ASF37		Front split 180 degrees or more.	0.4 points
ASF38		Front split 180 degrees or more. One hand off the apparatus. Torso diagonal to the floor. May be performed with the fabrics split or joined together.	0.4 points
ASF39		Shoulder rotation. The held leg bent. Ankle hold.	0.4 points
ASF40		Opposite leg hold. Shoulder rotation. Leg hold between the knee and ankle. The held leg straight. May be performed with the fabrics split or joined together.	0.4 points

ASF41		Legs in spiral wraps. Legs straight. Arms straight. Hands hold the silk tails.	0.4 points
ASF42		Lower back loop hang. Ankle hold. Shoulder rotation. Supporting leg straight.	0.4 points
ASF43		Front split 180 degrees or more. Arms straight. Shoulder rotation. Support point under the calf muscle. Same-side hand holds the silk pole.	0.4 points
ASF44		Front split 180 degrees or more. Arms straight. Shoulder rotation. Same-side hand holds the silk pole. Support point under the foot.	0.4 points
ASF45		Arms straight. Front split 180 degrees or more. Legs straight.	0.4 points
ASF46		Spiral wrap on the supporting leg. Leg held in Biellmann position. Ankle hold. May be performed with the fabrics split or joined together.	0.4 points

ASF47		Backbend. Arms and legs straight. Legs straddled.	0.6 points
ASF48		Shoulder rotation. Ankle hold. Same-side hand holds the leg. Top leg straight. May be performed with the fabrics split or joined together.	0.6 points
ASF49		Shoulder rotation. Legs straight. Ankle hold. Spiral wrap on the supporting leg.	0.6 points
ASF50		Lower back wrap. Leg hold between the knee and ankle. Top leg bent. Shoulder rotation. Bottom leg straight.	0.6 points
ASF51		Front split 180 degrees or more. Arms straight. The other hand off the apparatus. Front leg in the loop.	0.6 points
ASF52		Knee- ankle -heel line 180 degrees or more. Same-side leg hold between the knee and ankle. May be performed with the fabrics split or joined together.	0.6 points

ASF53		Lower back loop hang. Shoulder rotation. Arms straight. Legs straight.	0.6 points
ASF54		Front split 180 degrees or more. Same-side leg hold between the knee and ankle. May be performed with the fabrics split or joined together.	0.6 points
ASF55		Shoulder rotation. Same-side leg hold. Knee bent. Regular grip without securing wraps. May be performed with the fabrics split or joined together.	0.6 points
ASF56		Silk tail hold without additional wraps. Free hand and arm off the apparatus. Front split 180 degrees or more.	0.6 points
ASF57		Opposite leg hold. Front split line opening. Knee bent. Arms straight.	0.6 points
ASF58		Front split line opening. Knee bent. Arms straight. Foot support on the silk.	0.6 points

ASF59		Same-side leg hold. Front split 180 degrees or more. Leg hold between the knee and ankle. Legs straight.	0.6 points
ASF60		Front split 180 degrees or more. Ankle hold. Securing crossback wrap.	0.6 points
ASF61		Front split 180 degrees or more. Ankle hold. Securing crossback wrap. Legs straight.	0.6 points
ASF62		Arms straight. Ankle hold. The held leg straight. May be performed with the fabrics split or joined together.	0.6 points
ASF63		Front split 180 degrees or more. Spiral wraps on both legs. Shoulder rotation. Hand hold on the silk.	0.6 points
ASF64		Shoulder rotation. Leg hold between the knee and ankle. Legs straight. Free leg between the working arm and held leg. May be performed with the fabrics split or joined together.	0.8 points

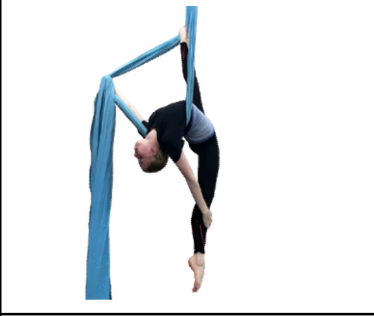
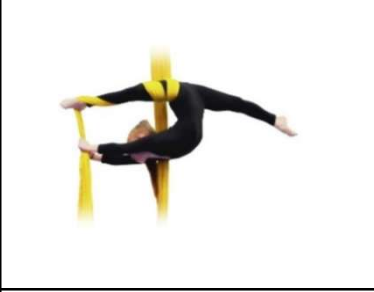
ASF65		Shoulder rotation. Ankle hold. Top leg bent. No additional support points.	0.8 points
ASF66		Front split 180 degrees or more. Same-side leg hold. Side hold. Arms straight.	0.8 points
ASF67		Front split 180 degrees or more. Shoulder rotation. Same-side leg hold by the ankle. Front leg in the loop.	0.8 points
ASF68		Shoulder rotation. Same-side hand holds the same-side leg. Knee straight. Top leg straight. Ankle hold. May be performed with the fabrics split or joined together.	0.8 points
ASF69		Front split 180 degrees or more. Supporting arm straight. One hand off the apparatus.	0.8 points

ASF70		Shoulder rotation. Opposite leg hold. Hold between the knee and ankle. The held leg bent. Regular grip without additional support points. May be performed with the fabrics split or joined together.	0.8 points
ASF71		Shoulder rotation. Legs straight. Hand above the leg.	0.8 points
ASF72		Shoulder rotation. Front split 180 degrees or more. Ankle hold.	0.8 points
ASF73		Front split 180 degrees or more. Chest pressed against the silk pole. Backbend.	0.8 points
ASF74		Leg hold between the knee and ankle. Securing crossback wrap. Shoulder rotation. The held leg straight.	0.8 points
ASF75		Spiral wraps on the shins and feet. Legs bent. Ankle hold. Shoulder rotation.	0.8 points

ASF76		No securing wraps. Legs straight. Arms straight. Shoulder rotation.	0.8 points
ASF77		Front split 180 degrees or more. Hand pressed against the front silk pole. Same-side leg hold. Legs straight. Shoulder rotation. Arms straight.	0.8 points
ASF78		Shoulder rotation. Legs straight. Leg hold between the knee and ankle.	0.8 points
ASF79		Front split 180 degrees or more. No securing wraps. Leg hold between the knee and ankle. Arms straight. Legs straight. May be performed with the fabrics split or joined together.	0.8 points
ASF80		Front split 180 degrees or more. Arms off the apparatus. Shoulder pressed against the silk pole.	0.8 points

ASF81		Press against the silk pole. Ankle hold. Shoulder rotation. Leg bent. Opposite leg hold. May be performed with the fabrics split or joined together.	0.8 points
ASF82		Loop on the back leg. Opposite leg hold between the knee and ankle. Arms straight. Hand holds on the loop.	0.8 points
ASF83		Front split 180 degrees or more. Spiral wraps on both legs. Shoulder rotation. Leg hold between the knee and ankles. Arms straight.	0.8 points
ASF84		The held leg straight. Arms straight. Leg hold between the knee and ankle.	0.8 points
ASF85		Front split 180 degrees or more. Shoulder rotation in Biellmann position. Leg hold between the knee and ankle. Legs straight.	0.8 points
ASF86		Front split 180 degrees or more. Arms straight. Shoulder rotation. Same-side hand holds the leg between the knee and ankle.	0.8 points

ASF87		Arms straight. Front split 180 degrees or more. Same-side hand holds the leg between the knee and ankle. Shoulder rotation.	0.8 points
ASF88		Both feet held at the insteps. Knees bent. Legs together. Shoulder rotation.	0.8 points
ASF89		Backbend. Arms and legs straight. Legs together. Shoulder rotation. Two loops.	1 point
ASF90		Shoulder rotation. Same-side hand holds the same-side leg. Front split 180 degrees or more. Ankle hold. May be performed with the fabrics split or joined together.	1 point
ASF91		Shoulder rotation. Same-side hand holds the leg. Legs straight. Regular grip. No additional support points. May be performed with the fabrics split or joined together.	1 point
ASF92		Arms straight. Legs straight. No shoulder rotation. Silk hold. Front split 180 degrees or more. Leg hold between the knee and ankle.	1 point

ASF93		Shoulder rotation. Opposite hand holds the leg by the ankle. Front split 180 degrees or more. Arms straight.	1 point
ASF94		Front split 180 degrees or more. Leg hold between the knee and ankle. Bottom leg perpendicular to the floor. Arms straight.	1 point
ASF95		Top leg in the loop. Same-side hand holds the leg. Shoulder rotation. Front split 180 degrees or more. Hold between the knee and ankle.	1 point
ASF96		Front split 180 degrees or more. Spiral wrap on one leg. Shoulder rotation.	1 point
ASF97		Foot without additional wraps. Opposite leg hold. Front split 180 degrees or more. Arms straight. Shoulder rotation. Hold between the knee and ankle.	1 point
ASF98		Hang in a spiral wrap. Straight leg hold between the knee and ankle. Shoulder rotation. May be performed with the fabrics split or joined together.	1 point

ASF99		Front split 180 degrees or more. Hand support. Hands perpendicular to the floor. Backbend. One silk behind the lower back.	1 point
ASF100		Front split 180 degrees or more. Arms straight. Shoulder rotation. The leg held with the opposite hand. Hold between the knee and ankle.	1 point
ASF101		Hand touches the opposite leg. The other hand off the apparatus. Shoulder rotation. Both top leg and top arm straight.	1 point
ASF102		Hands touch the opposite leg. Shoulder rotation. Arms straight. Front split 180 degrees or more.	1 point
ASF103		Front split 180 degrees or more. Arms straight. Shoulder rotation. Opposite hand holds the leg by the ankle.	1 point
ASF104		Legs straight. Arms straight. Leg hold between the knee and ankle.	1.2 points

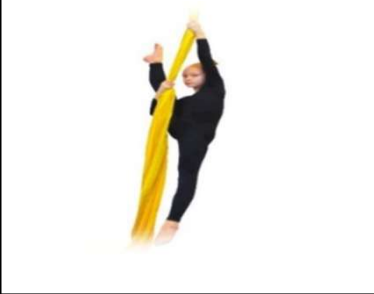
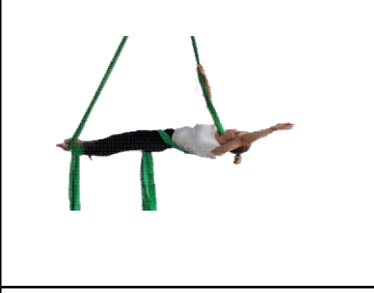
ASF105		Front split 180 degrees or more. Arms straight. No torso/hand/foot wraps.	1.2 points
ASF106		Shoulder rotation. Opposite leg hold. Ankle hold. Legs straight. No additional securing wraps. May be performed with the fabrics split or joined together.	1.2 points
ASF107		Shoulder rotation. Foot/ankle hold. Front split 180 degrees or more. Arms straight.	1.2 points
ASF108		Front split 180 degrees or more. Back leg held in Biellmann position with shoulder rotation. Chest pressed against the silk pole. Leg hold between the knee and ankle.	1.2 points
ASF109		Front split 180 degrees or more. Spiral wrap on one leg. Ankle hold. Shoulder rotation.	1.2 points

ASF110		Leg hold between the knee and ankle. Legs straight. Hang in a spiral wrap. Support point on the hips. Arms straight.	1.2 points
ASF111		Shoulder rotation. Leg hold between the knee and ankle. Arms straight.	1.2 points
ASF112		Leg hold between the knee and ankle. Legs straight. Shoulder rotation in Biellmann position.	1.2 points
ASF113		Any securing foot wrap. Leg between arms Arms straight. Legs straight. Backbend. Close grip.	1.2 points
ASF114		Free leg between arms. Free leg bent. Hands in a narrow grip, touching the ankle. Shoulder rotation. Top leg straight.	1.2 points
ASF115		Straight leg hold between the knee and ankle. Shoulder rotation. Front split 180 degrees or more. May be performed with the fabrics split or joined together.	1.2 points

ASF116		Spiral foot wrap. Legs and arms straight. Ankle hold. Shoulder rotation.	1.4 points
ASF117		Shoulder rotation. Leg hold between the knee and ankle. Arms straight. Front split 180 degrees or more.	1.4 points
ASF118		Shoulder rotation. Leg hold with both hands. Leg hold between the knee and ankle. Chest pressed against the silk	1.4 points
ASF119		Shoulder rotation. Single-foot hang. Hands hold the legs.	1.4 points
ASF120		Shoulder rotation. Ankle hold. Legs straight. No additional support points. Front split 180 degrees or more.	1.4 points
ASF121		Shoulder rotation. Leg hold with both hands between the knee and ankle. Front split 180 degrees or more. May be performed with the fabrics split or joined together.	1.4 points

ASF122		Shoulder rotation. Double-shin hang. Hands hold the legs. Arms straight. Legs together. Leg hold between the knee and ankle.	1.4 points
ASF123		Straight hand touches the opposite leg. One hand off the apparatus. Shoulder rotation. Front split 180 degrees or more.	1.4 points
ASF124		Hand touches the opposite leg. Both hands on the apparatus. Shoulder rotation. Top leg straight. Torso perpendicular to the floor.	1.4 points
ASF125		Front split 180 degrees or more. Shoulder rotation. Leg hold between the knee and ankle. Supporting arm directed downwards. Arms straight.	1.4 points
ASF126		Legs straight. Narrow grip. Shoulder rotation. May be performed with the fabrics split or joined together.	1.4 points
Strength Elements			
ASP1		Torso perpendicular to the floor. One arm straight and pressed against the apparatus. The other hand off the apparatus. Legs together.	0.2 points

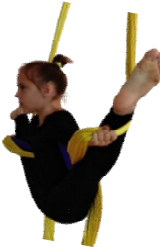
ASP2		Free arm off the apparatus. Ankle hold with the hand. May be performed with the fabrics split or joined together.	0.2 points
ASP3		Foot support. Silks held together in the hands. Two silks in each hand.	0.2 points
ASP4		Single spiral wraps on both arms. Arms straight. Bottom arm to the side. Legs off the apparatus. May be performed with the fabrics split or joined together.	0.2 points
ASP5		Torso and legs parallel to the floor. Loop on the lower back. Legs together. Loop hold without additional wraps around the arm.	0.2 points
ASP6		Torso and legs parallel to the floor. Loop on the neck. Legs together. Loop hold without additional wraps around the arm.	0.2 points
ASP7		Arms off the apparatus. Legs straight.	0.2 points

ASP8		Legs together. Top hand off the apparatus, bottom arm straight.	0.2 points
ASP9		Leg held by the same-side hand. Bottom leg straight. May be performed with the fabrics split or joined together.	0.2 points
ASP10		Silks secured under the thighs. Straddle opening. Back straight.	0.2 points
ASP11		Front split line less than 180 degrees. Same-side leg on the forearm.	0.2 points
ASP12		Legs together. Silk between the legs. One hand on the apparatus. Legs and torso parallel to the floor.	0.2 points
ASP13		Arms diagonal to the floor. Single spiral wrap. Torso perpendicular to the floor.	0.2 points

ASP14		Elbow hang. Front split line less than 180 degrees. Ankle hold. May be performed with the fabrics split or joined together.	0.2 points
ASP15		Silks crossed at the lower back. Legs straight. Arms off the apparatus.	0.2 points
ASP16		Regular grip with hands. Arms straight. Supporting leg parallel to the floor.	0.2 points
ASP17		Arms off the apparatus. No hand grip on the leg. Legs crossed. May be performed with the fabrics split or joined together.	0.4 points
ASP18		Front split line less than 180 degrees. Silk hold under the thigh. Same-side leg hold between the knee and ankle.	0.4 points
ASP19		Hand grip on the loop. Feet pressed against the silk tail. Torso and legs diagonal to the floor. Arms straight.	0.4 points

ASP20		Single spiral wrap on the bottom arm. Top arm off the apparatus. Backbend.	0.4 points
ASP21		Backbend. Bottom arm straight in a spiral wrap. The other arm off the apparatus. May be performed with the fabrics split or joined together.	0.4 points
ASP22		Silks held under the thighs. Side split 180 degrees or more. Back straight.	0.4 points
ASP23		Front split 180 degrees or more. Same-side leg on the forearm.	0.4 points
ASP24		Legs together. Silk between the legs. Arms off the apparatus. Legs and torso parallel to the floor.	0.4 points
ASP25		The arm holding the silk tail is straight. Legs straight. Legs perpendicular to the floor. Same-side hand holds the foot.	0.4 points

ASP26		Silks crossed on the abdomen. Torso and legs parallel to the floor.	0.4 points
ASP27		Legs together. Bottom hand off the apparatus. Leg deviation allowed up to 45 degrees from parallel to the floor. May be performed with the fabrics split or joined together.	0.4 points
ASP28		Elbow hang. Front split 180 degrees or more. Leg hold between the knee and ankle. May be performed with the fabrics split or joined together.	0.4 points
ASP29		Same-side hand (as the leg) holds the silk. The other hand off the apparatus.	0.4 points
ASP30		Silk pole behind the back. Arms straight. Legs parallel to the floor. Bottom arm in a spiral wrap. May be performed with the fabrics split or joined together.	0.4 points
ASP31		Arms straight. No foot wraps. Knees bent.	0.4 points

ASP32		Arms straight. Grip without additional wraps. Front split line less than 180 degrees.	0.4 points
ASP33		Hip/torso/leg line perpendicular to the floor.	0.4 points
ASP34		Silk under one armpit. Arms straight. Silk between the legs.	0.4 points
ASP35		Legs together and perpendicular to the floor. Arms straight. Regular grip without additional support points. Free hand off the apparatus.	0.4 points
ASP36		Hang without additional support points. Regular grip. Front split 180 degrees or more.	0.4 points
ASP37		Arms straight. Front split line. Same-side leg hold by the ankle. No additional wraps.	0.6 points

ASP38		Front split 180 degrees or more. Bottom hand without additional wraps. Arms straight.	0.6 points
ASP39		Arm and opposite leg in a spiral wrap. Leg hold between the knee and ankle. Front split line from foot to knee 180 degrees or more.	0.6 points
ASP40		Arm and opposite leg in a spiral wrap. Ankle hold. Front split 180 degrees or more.	0.6 points
ASP41		Front split line. Legs bent. Hands above the buttocks.	0.6 points
ASP42		No additional wraps on the wrist/arm. Supporting arm straight. Legs straight. Opposite hand holds the leg behind the head. Top leg pressed against the head. Straight split line.	0.6 points
ASP43		Front split 180 degrees or more. Silk tail held under the thigh. Same-side hand holds the leg between the knee and ankle.	0.6 points

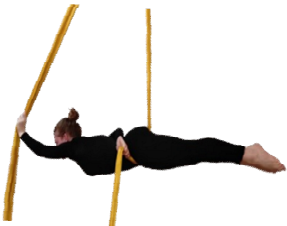
ASP44		Hand grip on the loop. Feet pressed against the silk tail. Torso and legs parallel to the floor. Arms straight.	0.6 points
ASP45		Arms straight. Front split 180 degrees or more. Opposite leg hold by the ankle. May be performed with the fabrics split or joined together.	0.6 points
ASP46		Torso and leg line parallel to the floor. Loop hang. Arms straight.	0.6 points
ASP47		Neck hang in the loop. Arm straight. No additional support points.	0.6 points
ASP48		Arms parallel to the floor. Single spiral wrap. Torso perpendicular to the floor.	0.6 points
ASP49		Front split 180 degrees or more. One hand holds the crossed silks. Split line parallel to the floor. The other hand holds the silk tails. Arms straight.	0.6 points

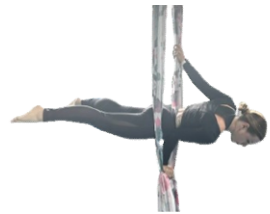
ASP50		Top leg straight. Top foot hook. Silk pressed against the shoulder. Silk gripped with the bottom leg through the knee bend.	0.6 points
ASP51		Arms straight. Grip without additional wraps. Front split 180 degrees or more.	0.6 points
ASP52		Hips/torso/leg diagonal to the floor.	0.6 points
ASP53		Torso and legs parallel to the floor. Legs straight. Leg on the shoulder joint.	0.6 points
ASP54		Front split line. Opposite leg hold between the knee and ankle. Arms straight. Legs straight.	0.6 points
ASP55		Legs and torso parallel to the floor. Front arm bent. The other arm behind the back, holds the silk at the side. Silk between the legs. Legs together.	0.6 points

ASP56		Arms straight. Leg line straight and perpendicular to the floor. Same-side hand holds the leg by the ankle. May be performed with the fabrics split or joined together.	0.6 points
ASP57		Silk pole in front of the chest. Arms straight. No wraps. Legs in straddle L-sit position. Silk does not touch the thighs or groin area.	0.6 points
ASP58		Front split 180 degrees or more. Same-side hand holds the leg. Hold between the knee and ankle.	0.8 points
ASP59		Top leg straight. No additional support points. Silk gripped with the bottom leg through the knee bend. Shoulder rotation. Leg hold between the knee and ankle. Arms straight.	0.8 points
ASP60		Front split 180 degrees or more. Arms above the buttocks.	0.8 points
ASP61		Same-side hand (as the leg) holds the silk. The other hand holds the straight same-side leg. Grip between the knee and ankle. Shoulder rotation.	0.8 points

ASP62		Front split 180 degrees or more. Support point under the foot. Arms locked behind the back.	0.8 points
ASP63		Front split 180 degrees or more. No additional support points. Opposite leg hold between the knee and ankle.	0.8 points
ASP64		Torso and leg line parallel to the floor. Legs straight. Torso support on crossed forearms.	0.8 points
ASP65		Hands above the legs. Legs straight. Grip without additional wraps.	0.8 points
ASP66		Front split 180 degrees or more. Same-side arm behind the leg. Arms straight. Legs straight.	0.8 points
ASP67		Supporting arm straight. No additional support points.	0.8 points

ASP68		Arms straight. Single spiral wrap. Torso and leg line parallel to the floor.	0.8 points
ASP69		No additional wraps or support points. One-hand hang on the fabrics joined together. Regular grip. The other hand off the apparatus.	0.8 points
ASP70		Legs straight. Legs together. The other hand off the apparatus. Leg deviation allowed up to 45 degrees from parallel to the floor.	0.8 points
ASP71		Arms straight. No tilt to one side. No contact between legs and the silk pole. Entry from a knee hook.	0.8 points
ASP72		Neck hang in the loop. Supporting arm straight. No additional support points. Shoulder rotation. Same-side hand holds the leg by the ankle.	0.8 points
ASP73		Legs parallel to the floor. One hand off the apparatus. The arm holding the apparatus is straight. No additional grips/wraps.	1 point

ASP74		Hip/torso/leg line parallel to the floor.	1 point
ASP75		No additional grips/wraps. Bent leg hold. Ankle grip. Arms straight.	1 point
ASP76		Arm and opposite leg in a spiral wrap. Leg hold between the knee and ankle. Front split 180 degrees or more. The other hand off the apparatus.	1 point
ASP77		Legs and torso parallel to the floor. Front arm straight. Arm behind the back holds the silk at the side. Silk between the legs. Legs together.	1 point
ASP78		Torso and leg line parallel to the floor. One leg bent. The other leg straight.	1 point
ASP79		Entry using the free hand from a Reverse Flag position. One-arm hang. No additional grips.	1 point

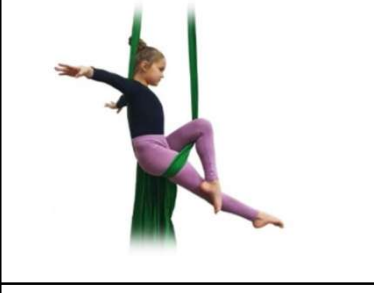
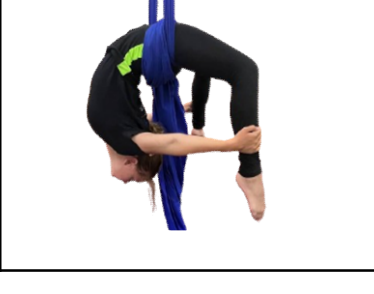
ASP80		Front split 180 degrees or more. Spiral wraps on the arms.	1 point
ASP81		Support point on the elbow. Top arm straight. Torso and leg line parallel to the floor. Legs straddled. Grips on the silks without additional wraps.	1 point
ASP82		No additional foot securing. Arms straight. Arms and shoulders parallel to the floor. Top leg straight.	1 point
ASP83		Regular grip. Same-side hand holds the leg by the ankle. Shoulder rotation. Knee bent.	1 point
ASP84		Leg line parallel to the floor. Both hands off the apparatus. No additional grips or wraps.	1.2 points
ASP85		Regular grip. Opposite leg hold by the ankle. Shoulder rotation. Knee bent.	1.2 points

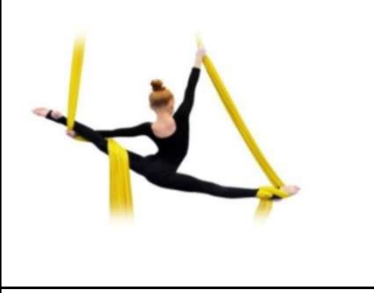
ASP86		Same-side hand holds the leg between the knee and ankle. Front split 180 degrees or more. May be performed with the fabrics split or joined together.	1.2 points
ASP87		Opposite leg hold between the knee and ankle. Shoulder rotation. Performed with the fabrics joined together. Loop on the neck.	1.2 points
ASP88		Torso and leg line parallel to the floor. Legs and arms straight.	1.2 points
ASP89		Legs straight. Same-side leg on the shoulder. Front split line less than 180 degrees.	1.2 points
ASP90		Torso and leg line parallel to the floor. Legs straight. Arms straight. Bottom hand touches the pelvis. No additional support points.	1.2 points
ASP91		Torso and leg line parallel to the floor. Arms straight. Legs straight. Hip pressed against the hand.	1.2 points

ASP92		Torso and leg line parallel to the floor. Legs straight. No additional wraps. Legs straddled.	1.2 points
ASP93		Arms straight. No tilt to either side. No contact between legs and the silk pole. Deadlift entry from a hang with both legs down.	1.2 points
ASP94		Legs bent. Same-side leg hold. No additional support points. May be performed with the fabrics split or joined together.	1.2 points
ASP95		Support point on the elbow. Top arm straight. Torso and leg line parallel to the floor. No additional support points. Legs together.	1.2 points
ASP96		No additional support points. Arms straight. Arms and shoulders parallel to the floor. Legs straight. Free leg between the arms. Shoulder rotation.	1.4 points
ASP97		No additional foot securing. Arms straight. Supporting arm parallel to the floor. The other hand off the apparatus. Supporting leg straight.	1.4 points

ASP98		Regular grip. Hang on the fabrics joined together. Ankle hold with the opposite hand. Shoulder rotation. Legs bent. Free leg between the working leg and arm.	1.4 points
ASP99		Legs straight. Same-side leg on the shoulder. Leg line parallel to the floor.	1.4 points
ASP100		Hands off the apparatus. No foot wraps. Silk gripped with the feet.	1.4 points
ASP101		No additional foot securing. Arms straight. Supporting arm parallel to the floor. Legs straight. Free leg hold below the knee.	1.4 points
ASP102		Swing entry from a Reverse Flag position. One-arm hang. The other hand off the apparatus. No additional grips.	1.4 points
ASP103		Torso and leg line parallel to the floor. One leg bent. Regular grip.	1.4 points

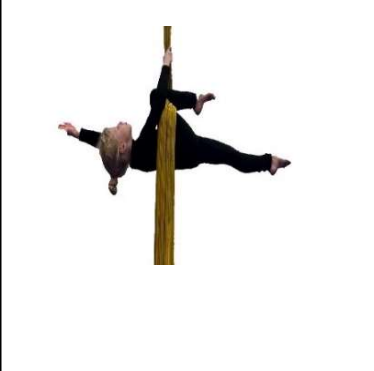
ASP104		Legs straight and together. Torso and leg line parallel to the floor. Elbow support. No arm wraps.	1.4 points
ASP105		Legs straight. Legs parallel to the floor. Arms straight. Bottom arm perpendicular to the floor.	1.4 points
ASP106		Torso and leg line parallel to the floor. Legs straight. Face down. Leg opening angle no more than 90 degrees.	1.4 points
ASP107		Torso and leg line parallel to the floor. Legs straight. Face up. Leg opening angle no more than 90 degrees.	1.4 points
ASP108		Arms extended in a line parallel to the floor. Support point under the wrist.	1.4 points
ASP109		Arms straight. Torso and leg line parallel to the floor. Arms diagonal to the floor.	1.4 points
Balance Elements			

ASB1		Straddle opening. Supporting arm straight. May be performed with the fabrics split or joined together.	0.2 points
ASB2		Leg in a spiral wrap. Leg hold between the knee and ankle. Straddle opening. May be performed with the fabrics split or joined together.	0.2 points
ASB3		Arms off the apparatus. Front split position. Straight line from the knee to foot 180 degrees or more.	0.2 points
ASB4		Hip wrap. Arms off the apparatus. Silk pole along the back.	0.2 points
ASB5		Arms off the apparatus. Silk pole along the back. Leg line parallel to the floor.	0.2 points
ASB6		No shoulder rotation. Side hold. Arms straight. Hip hang. Hold between the knee and ankle.	0.2 points

ASB7		Legs straight. Arms straight. Arms down, perpendicular to the floor.	0.2 points
ASB8		Arms down, perpendicular to the floor. Arms straight. Free leg straight.	0.2 points
ASB9		Back leg in the loop. One hand holds the loop, the other hand off the apparatus. Front split 180 degrees or more.	0.2 points
ASB10		Torso straight. Torso and leg line parallel to the floor. Bent leg on the bottom.	0.2 points
ASB11		Hands on the apparatus. Back leg on the arm. Front split 180 degrees or more.	0.2 points
ASB12		Same-side leg pressed against the silk. Front split line less than 180 degrees. Backbend.	0.2 points

ASB13		Back perpendicular to the floor. Front split line less than 180 degrees. The other arm off the apparatus. Spiral wrap on the front leg.	0.2 points
ASB14		Shoulder pressed against the silk pole. Hands off the apparatus. Arms and legs straight. Torso and legs in a straight line.	0.2 points
ASB15		Torso pressed against the silk pole. Arms off the apparatus. No head support against the silk pole.	0.2 points
ASB16		Hands on the apparatus. Legs straight. Side split 180 degrees or more.	0.4 points
ASB17		Foot hold. Shoulder rotation. Arms straight. Hip hang.	0.4 points
ASB18		Arms straight. Front split 180 degrees or more. Leg line parallel to the floor.	0.4 points

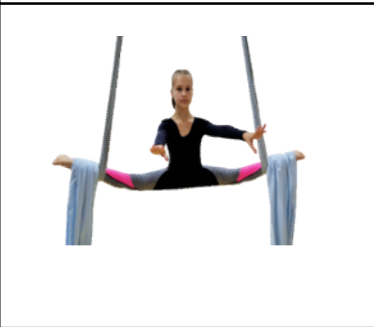
ASB19		Front split 180 degrees or more. Bottom arm perpendicular to the floor. May be performed with the fabrics split or joined together.	0.4 points
ASB20		Front split 180 degrees or more. The other hand off the apparatus.	0.4 points
ASB21		Back perpendicular to the floor. Front split 180 degrees or more. The other hand off the apparatus.	0.4 points
ASB22		Spiral wrap on the arm. Free hand off the apparatus. Leg deviation allowed up to 45 degrees from parallel to the floor. May be performed with the fabrics split or joined together.	0.4 points
ASB23		Torso twist. Silk between the legs. Arms straight. Bottom arm perpendicular to the floor.	0.4 points
ASB24		Support point under the lower back. Silks crossed behind the back. Arms straight. Legs off the apparatus. No additional support points.	0.4 points

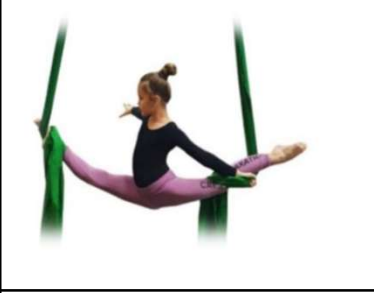
ASB25		Same-side leg pressed against the silk. Front split 180 degrees or more. Backbend. Legs parallel to the floor.	0.6 points
ASB26		Arms crossed behind the back. Legs off the apparatus. No additional support points.	0.6 points
ASB27		Silk under the lower back. Silk between the side and thigh of the top leg. Silk tail held with the knee. Torso/leg/arm line parallel to the floor. No knee hang.	0.6 points
ASB28		Front split 180 degrees or more. Opposite leg hold by the ankle. Hand support. No silk wrap on the thigh.	0.6 points
ASB29		No additional wraps. No foot grip on the apparatus. Backbend. Feet do not touch the forehead.	0.6 points
ASB30		Front split 180 degrees or more. Top arm straight. Two-hand grip on the apparatus.	0.6 points

ASB31		Arms down. Arms straight. Feet touch the head. Double spiral wrap. Backbend.	0.6 points
ASB32		Hand holds both silks. Single spiral wrap on the ankles. The other hand off the apparatus. Straddle opening.	0.6 points
ASB33		Front split 180 degrees or more. Support point under the calf muscle. Spiral wrap on the feet. Hands off the apparatus.	0.6 points
ASB34		Arm in a spiral wrap. Legs straight. Supporting arm straight. Working hand between the legs.	0.6 points
ASB35		Bottom arm perpendicular to the floor. Bottom arm in a spiral wrap. Legs bent. May be performed with the fabrics split or joined together.	0.6 points
ASB36		Support point under the calf. Spiral wrap on the shins. Hands off the apparatus. Straddle opening.	0.6 points

ASB37		Side split 180 degrees or more. One hand off the apparatus. Regular grip. Hand holds the ankle loop.	0.6 points
ASB38		Front split line. Legs bent. Arms straight. Bottom arm perpendicular to the floor.	0.6 points
ASB39		Neck hang in the loop. Hands and arms off the apparatus. Front split 180 degrees or more.	0.6 points
ASB40		No additional wraps. Arms straight. Arms between the legs. Heels touch the shoulders.	0.8 points
ASB41		Arms to the sides, parallel to the floor. Feet touch the head. Double spiral wrap. Backbend.	0.8 points
ASB42		Silk under the back. Silk secured under the knee. Arms off the apparatus. Torso and leg line parallel to the floor.	0.8 points

ASB43		Arms straight. Bottom arm perpendicular to the floor. Backbend.	0.8 points
ASB44		Silks held in the armpits. Front split line less than 180 degrees. Legs straight.	0.8 points
ASB45		Silks held in the armpits. Backbend. Feet touch the forehead.	0.8 points
ASB46		Silks held in the armpits. Backbend. Legs straight, parallel to the floor.	0.8 points
ASB47		Front split 180 degrees or more. No securing wraps on the front foot. The other arm off the apparatus.	0.8 points
ASB48		Straddle opening. Legs straight. No securing wraps on one foot. The other arm off the apparatus.	0.8 points

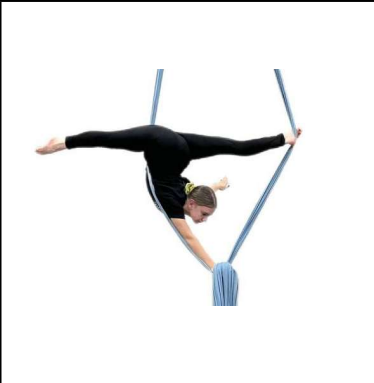
ASB49		Bottom arm perpendicular to the floor. Bottom arm in a spiral wrap. Legs parallel to the floor. May be performed with the fabrics split or joined together.	0.8 points
ASB50		Side split 180 degrees or more. Support point under the calf muscle. Straight split line (no pelvic tilt backwards). Spiral wrap on the shins. Arms off the apparatus.	0.8 points
ASB51		Silks pressed against the shoulders. Leg hold between the knee and ankle. Front split 180 degrees or more.	0.8 points
ASB52		One arm in a spiral wrap. Legs straight. Supporting arm straight. Free hand off the apparatus. May be performed with the fabrics split or joined together.	0.8 points
ASB53		Legs in a straight line. Hand holds the silk behind the back/thigh. The other hand off the apparatus. No hip wraps.	0.8 points
ASB54		Straddle opening. Legs straight. One hand off the apparatus. Same-side hand holds the silk under the leg.	0.8 points

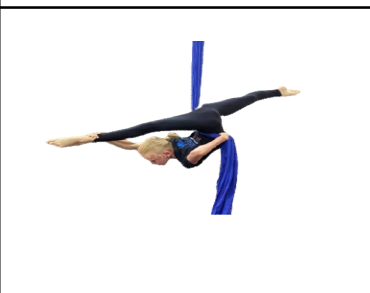
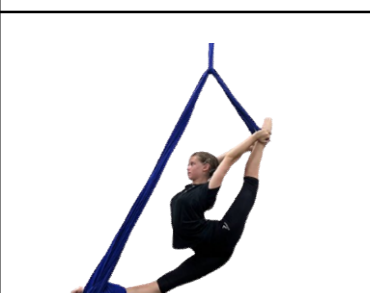
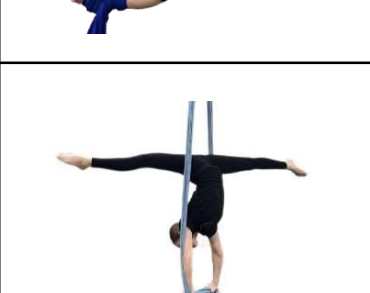
ASB55		Front split 180 degrees or more. Two-hand grip on the apparatus. Split line parallel to the floor.	0.8 points
ASB56		Bottom arm straight. Front split line less than 180 degrees. Legs straight. Free arm off the apparatus.	1 point
ASB57		Front split 180 degrees or more. Arms off the apparatus. Front leg with a support point under the ankle.	1 point
ASB58		Front split 180 degrees or more. One arm off the apparatus. Same-side hand holds the silk under the leg.	1 point
ASB59		Hand holds both silks. The other hand off the apparatus. No arm wraps.	1 point
ASB60		Front split 180 degrees or more. Arms straight. Bottom arm perpendicular to the floor.	1 point

ASB61		No arm wraps or additional support points. Legs straight. Supporting arm straight. Working hand between the legs.	1 point
ASB62		Back leg in the loop. Front split 180 degrees or more. Arms off the apparatus. No chest support or additional support points.	1 point
ASB63		Front split line from knee to foot 180 degrees. Ankle hold. Split line parallel to the floor.	1 point
ASB64		Spiral arm wrap. Front split 180 degrees or more.	1 point
ASB65		Front split 180 degrees or more. Shoulder rotation. Hands positioned shoulder-width apart.	1 point
ASB66		Legs straight. Arms straight. Arms perpendicular to floor. No additional wraps on the arms. One leg behind the silk, the other leg in front of the silk.	1 point

ASB67		Footlock with a support point under the foot. Straddle opening. Legs straight.	1 point
ASB68		Toe grip from a hanging position. Support point under the calf. Single spiral wrap. Front split 180 degrees or more.	1 point
ASB69		Toe grip from a hanging position. Arms off the apparatus. Single spiral wrap. Support point under the calf muscle. Straddle opening. Legs straight.	1 point
ASB70		Front split 180 degrees or more. No securing wraps on the front foot. Shoulder rotation. Ankle hold.	1 point
ASB71		Legs bent. Split fabric hold. No additional grips or wraps.	1 point
ASB72		Legs together. Arms straight. Bottom arm perpendicular to the floor. No foot or knee hooks.	1 point

ASB73		Both feet on the same side of the silk. Free hand off the apparatus. Opposite-hand grip on the apparatus.	1 point
ASB74		One-arm hang. Opposite leg hold with shoulder rotation. The other leg straight.	1.2 points
ASB75		Arms straight and perpendicular to the floor. Feet touch the head. No additional wraps on the arms.	1.2 points
ASB76		Arms straight. No additional support points or wraps. Abdomen pressed against the silk pole. Feet crossed. Legs bent.	1.2 points
ASB77		Arms off the apparatus. Support point under the foot. Front split 180 degrees or more.	1.2 points
ASB78		Basic footlock on the back foot. Front leg in the loop. Straight arm holding the silk tail. Front split 180 degrees or more. Front silk tail behind the back silk pole. No additional support points.	1.2 points

ASB79		Bottom arm straight. Front split 180 degrees or more. Free arm to the side.	1.2 points
ASB80		Toe grip from a hanging position. Hands and arms off the apparatus. Single spiral wrap. Support point under the calf muscle. Side split 180 degrees or more. Without tilting the pelvis backward. Without tilting the pelvis downward.	1.2 points
ASB81		Front split 180 degrees or more. Regular grip on the silk without a spiral wrap. Same-side hand holds the leg in Biellmann position. Shoulder rotation.	1.2 points
ASB82		Front split 180 degrees or more. Hand grip on the silks. Single spiral wrap.	1.2 points
ASB83		Legs extended in a longitudinal line. Legs straight. Split fabric hold. No additional grips or wraps.	1.2 points

ASB84		Support on two arms. Leg on the shoulder. Leg line parallel to the floor. Legs straight.	1.2 points
ASB85		Legs straight. Arms straight. Arms perpendicular to the floor. Front split line less than 180 degrees. No tilt to the silk.	1.2 points
ASB86		No thigh/wrist wraps. Shoulder rotation. Ankle hold. Front split 180 degrees or more.	1.2 points
ASB87		Back leg in the loop. Front split 180 degrees or more. Hands hold the leg between the knee and ankle. No chest support or additional support points.	1.4 points
ASB88		Legs straight. Arms straight. Arms perpendicular to the floor. Front split 180 degrees or more. No tilt to the silk.	1.4 points
ASB89		Arms straight. No additional support points or wraps. Abdomen pressed against the silk pole. Feet crossed. Legs straight.	1.4 points

ASB90		Starting position: Front split hold with hands and arms off the apparatus. Back leg held between the knee and ankle. No silk grip. Support point under the foot. Front split 180 degrees or more.	1.4 points
ASB91		Arms off the apparatus. Support point under the foot. Side split 180 degrees or more. Without tilting the pelvis backward. Without tilting the pelvis downward.	1.4 points
ASB92		Bottom arm straight. Front split 180 degrees or more. Ankle hold. Shoulder rotation in Biellmann position.	1.4 points
ASB93		Starting position: Front split hold with arms off the apparatus. Back leg held between the knee and ankle. No hand grip on the silks. Silks held between the toes. Shoulder rotation. Front split 180 degrees or more.	1.4 points
ASB94		Front split 180 degrees or more. Opposite leg held in Biellmann position. May be performed with the fabrics split or joined together.	1.4 points

ASB95		Support point on the elbow. Torso and leg line parallel to the floor. Hips between the silk poles. No tilt either side.	1.4 points
ASB96		Front split 180 degrees or more. Hand holds on the silk with reverse/regular grip, without spiral wraps. No securing wraps on the feet.	1.4 points