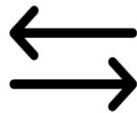


APPENIX № 12
ELEMENT TABLE - "DUO SILKS" DISCIPLINE

Serial Number	Illustration	Description	Value
ASDD1		Additional component: Climb to 2/3 apparatus height.	0.6 Points
ASDD2		Additional Component: Connections of elements	0.6 Points
Flexibility Elements			
ASDF1		Legs straight. Backbend. Arms straight. Synchronized element performance.	0.2 Points
ASDF2		Top athlete: Legs straight. Legs in a securing wrap. Backbend. Base athlete: Legs straight. Backbend.	0.2 Points
ASDF3		Both athletes: Front split 180 degrees or more. Arms straight.	0.2 Points
ASDF4		Both athletes: Securing wrap on the feet. Press against the silk pole. Arms straight. Legs straight.	0.4 Points

ASDF5		Top athlete: Legs straight. Arms straight. Legs in any securing wrap. Backbend. Base athlete: Partner's ankle grip. Legs bent.	0.4 Points
ASDF6		Top athlete: Front split 180 degrees or more. Arms off the apparatus. Base athlete: Front split 180 degrees or more. Hand holds both silks.	0.4 Points
ASDF7		Top athlete: Shoulder rotation. Torso between the silks. Leg bent. Base athlete: Press against the silk pole. Arms straight. Legs Straight.	0.4 Points
ASDF8		Both athletes: Arms straight. Legs straight. Backbend. Silk hold.	0.6 Points

ASDF9		Top athlete: Front splitline less than 180 degrees. Base athlete: Front splitline 180 degrees and more.	0.6 Points
ASDF10		Top athlete: Any securing wrap. Base athlete: Backbend. Hands off the apparatus or partner.	0.6 Points
ASDF11		Top athlete: Ankle hold. Shoulder rotation. Torso between the silks. Leg straight. Base athlete: Press against the silk pole. Arms straight. Legs straight.	0.8 Points
ASDF12		Both athletes: Front split 180 degrees and more.	0.8 Points
ASDF13		Top athlete: Arms straight. Legs straight. Backbend. Base athlete: Ankle hold. Shoulder rotation.	0.8 Points

ASDF14		Both athletes: Feet touch the head. No additional wraps.	1 Point
ASDF15		Top athlete: Any securing wrap. Crossed-arm hold. Base athlete: Shoulder hook on the partner. Hand-to-hand hold with the partner. Legs bent. Shoulder rotation.	1 Point
ASDF16		Top athlete: Legs straight. Legs in any securing wrap. Backbend. Base athlete: Partner's ankle grip. Legs straight.	1 Point
ASDF17		Both athletes: Securing wrap on the feet. Shoulder rotation. Legs bent.	1.2 Points

ASDF18		Top athlete: Partner's ankle hold. Shoulder rotation. Torso between the silks. Leg bent. Press against the partner's foot. Base athlete: Ankle grip. Legs bent. Shoulder rotation.	1.2 Points
ASDF19		Top athlete: Any securing wrap. Base athlete: Backbend. Ankle hold. Legs bent. Shoulder rotation.	1.2 Points
ASDF20		Top athlete: Ankle hold. Shoulder rotation. Torso between the silks. Legs straight. Foot pressed against the partner's foot. Base athlete: Ankle grip. Legs bent. Shoulder rotation.	1.4 Points
ASDF21		Top athlete: Any securing wrap. Base athlete: Backbend. Ankle hold. Legs straight. Shoulder rotation.	1.4 Points

ASDF22		Top athlete: Front split 180 degrees or more. Arms straight . Foot pressed against the partner. Base athlete: Front split 180 degrees or more. Arms straight.	1.4 Points
ASDF23		Top athlete: Ankle hold. Torso between the silks. Leg straight. Press against the partner's foot. Base athlete: Ankle grip. Legs straight. Shoulder rotation.	1.4 Points
ASDF24		Top athlete: Any securing wrap. Crossed-arm hold. Base athlete: Shoulder hook on the partner. Hand-to-hand hold with the partner. Legs straight. Shoulder rotation.	1.4 Points

ASDF25		Top athlete: Front split 180 degrees or more. Hands off the apparatus. Base athlete: Front split 180 degrees or more. Arms straight. Silk tail hold. Torso perpendicular to the floor.	1.4 Points
ASDF26		Both athletes: Securing wrap on the feet. Shoulder rotation. Legs straight.	1.4 Points
ASDF27		Top athlete: Front split 180 degrees or more. Hands off the apparatus. Base athlete: Front split 180 degrees or more. Arms straight. Tail silk hold. Torso perpendicular to the floor.	1.4 Points
Strength-Based Elements			

ASDP1		Top athlete: Lower-back cross wrap. Two-hand hold. Base athlete: Front splitline less than 180 degrees.	0.2 Points
ASDP2		Top athlete: Lower-back cross wrap. Hands hold the apparatus. Base athlete: Arms off the apparatus.	0.2 Points
ASDP3		Both athletes: Ankle hold. Leg in wrap straight. Free hand off the apparatus.	0.2 Points
ASDP4		Top athlete: Lower-back cross wrap. Arms straight. Base athlete: Neck hang. Holding the partner with the hands.	0.2 Points
ASDP5		Top athlete: Lower-back cross wrap. Arms straight. Base athlete: Bent leg hang. Arms off the apparatus.	0.4 Points

ASDP6		Top athlete: Lower-back cross wrap. Two-hand hold. Base athlete: Front split 180 degrees or more.	0.4 Points
ASDP7		Top athlete: Lower-back cross wrap. Arms off the apparatus. Arms straight. Base athlete: Arms off the apparatus.	0.4 Points
ASDP8		Both athletes: Arms straight. Front split 180 degrees or more. No arm wraps.	0.4 Points
ASDP9		Top athlete: Lower-back cross wrap. Arms straight. Base athlete: Bent leg hang. Ankle hold. Shoulder rotation. Leg bent.	0.6 Points

ASDP10		Top athlete: Holding the loop of the silk tails. Arms straight. Lower-back cross wrap. Base athlete: Neck hang. Arms off the apparatus.	0.6 Points
ASDP11		Both athletes: One-hand hang. Leg line deviation from parallel to the floor more than 45 degrees. The other leg off the apparatus.	0.6 Points
ASDP12		Top athlete: Arms straight . No grip on the apparatus (touch permitted). Base athlete: Front split 180 degrees or more. No thigh wraps.	0.6 Points
ASDP13		Top athlete: Lower-back cross wrap. One-hand hold. Base athlete: One-hand hang. Leg line deviation from parallel to the floor no more than 45 degrees.	0.6 Points

ASDP14		Top athlete: Lower-back cross wrap. Arms straight. Base athlete: Neck hang. Arms off the apparatus. Arms do not hold the partner.	0.6 Points
ASDP15		Both athletes: Arms straight. Feet touch the head.	0.6 Points
ASDP16		Top athlete: Any securing wrap. Arms straight. Base athlete: Bent leg hang. Ankle hold. Shoulder rotation. Leg straight.	0.8 Points
ASDP17		Both athletes: One-hand hang. Leg line deviation from parallel to the floor no more than 45 degrees. The other arm off the apparatus.	0.8 Points

ASDP18		Top athlete: Lower-back cross wrap. Arms straight. Holding the partner's neck. Base athlete: Neck hang. Front splitline. Back leg bent.	0.8 Points
ASDP19		Top athlete: Lower-back cross wrap. Holding the loop of the silk tails. Arms straight. Base athlete: Neck hang. Arms off the apparatus.	0.8 Points
ASDP20		Top athlete: Lower-back cross wrap. Holding the partner with both hands. Base athlete: Leg bent. Ankle hold. Shoulder rotation.	0.8 Points

ASDP21		Top athlete: Securing wrap on the ankles. Two-hand hold. Base athlete: One-hand hang. Legs together. Leg line deviation from parallel to the floor no more than 45 degrees.	1 Point
ASDP22		Top athlete: Lower-back cross wrap. Holding partner with both hands. Base athlete: One-hand hang. Leg line deviation from parallel to the floor more than 45 degrees. Legs together.	1 Point
ASDP23		Both athletes: One-hand hang. Regular grip.	1 Point
ASDP24		Top athlete: Lower-back cross wrap. Holding partner with both hands. Base athlete: Legs straight. Ankle hold. Shoulder rotation.	1 Point

ASDP25		Top athlete: Lower-back cross wrap. Arms straight. Holding the partner's neck. Base athlete: Neck hang. Front split 180 degrees or more. Leg hold between the knee and ankle.	1.2 Points
ASDP26		Top athlete: Lower-back cross wrap. One-hand hold. Base athlete: One-hand hang. Leg line deviation from parallel to the floor more than 45 degrees.	1.2 Points
ASDP27		Top athlete: Securing wrap on the ankles. One-hand hold. Base athlete: One-hand hang. Legs spread apart. Top leg deviation from parallel to the floor no more than 45 degrees.	1.2 Points
ASDP28		Both athletes: One-hand hang. Leg line deviation from parallel to the floor no more than 45 degrees.	1.2 Points

ASDP29		Top athlete: Holding the loop of the silk tails. Arms straight. Lower-back cross wrap. Base athlete: Neck hang. Ankle hold. Front split 180 degrees or more.	1.4 Points
ASDP30		Top athlete: Lower-back cross wrap. One-hand hold. Base athlete: One-hand hang. Leg line deviation from parallel to the floor no more than 45 degrees.	1.4 Points
ASDP31		Both athletes: One-hand hang. Regular grip. Opposite leg hold by the ankle. Front split 180 degrees or more.	1.4 Points

ASDP32		Top athlete: Securing wrap on the ankles. One-hand hold. Base athlete: One-hand hang. Leg line deviation from parallel to the floor no more than 45 degrees.	1.4 Points
ASDP33		Top athlete: One-hand hold. Lower-back cross wrap. Base athlete: One-hand hang. Legs bent. Leg hold between the knee and ankle.	1.4 Points
Balance Elements			
ASDB1		Top athlete: Hip hang. Holding the partner's legs. Base athlete: Partner's knee hang. Aerial entry into the element.	0.2 Points
ASDB2		Top athlete: Hip hang. Holding the partner's neck. Base athlete: Arms off the apparatus. Torso bent. Aerial entry into the element.	0.2 Points

ASDB3		Top athlete: Arms straight. Knee hook on the silks. Torso between the silks. Hands pressed against the partner's hips. Base athlete: Any securing wrap.	0.2 Points
ASDB4		Top athlete: Hip hang. Any securing wrap. No hand hold on the partner. Arms off the apparatus. Base athlete: Hang on the partner's knee. Aerial entry into the element.	0.4 Points
ASDB5		Top athlete: Hip hang. Holding the partner's neck. Base athlete: Arms off the apparatus. Torso and leg line straight. Aerial entry into the element.	0.4 Points
ASDB6		Top athlete: Leg in a securing wrap. Holding the partner with both hands. Base athlete: Front split less than 180 degrees. Aerial entry into the element.	0.4 Points

ASDB7		Top athlete: Hands on the apparatus. Feet pressed against the partner's upper-back. Base athlete: Wide straddle opening.	0.6 Points
ASDB8		Top athlete: Wide leg opening. Hands on the apparatus. Base athlete: Front split 180 degrees or more. Arms off the apparatus. Hands do not touch the partner.	0.6 Points
ASDB9		Both athletes: Front split 180 degrees or more. Opposite leg hold by the ankle. On different silk poles.	0.6 Points
ASDB10		Top athlete: Leg in a secured wrap. Holding the partner with hands. Base athlete: Front split 180 degrees or more.	0.8 Points

ASDB11	 A photograph of two aerialists in blue and yellow leotards performing a pose on a yellow aerial silk. They are both upside down, with their legs spread wide in a horizontal line, and their arms are straight and pressed against each other.	Top athlete: Wide leg opening. Hands pressed against the base partner. Arms straight. Base athlete: Wide leg opening. Spiral wrap on the arms. Arms straight.	0.8 Points
ASDB12	 A photograph of two aerialists in black leotards performing a pose on blue aerial silks. The top athlete is standing on the shoulders of the base athlete, with their feet pressed against the base's shoulders. Both athletes have their arms on the silks, and the base athlete is in a front split position.	Top athlete: Feet pressed against the partner's shoulders or upper chest. Hands on the apparatus. Base athlete: Front split 180 degrees or more. Toe grip on the silks.	1 Point
ASDB13	 A photograph of two aerialists in black leotards performing a pose on grey aerial silks. The top athlete is in a backbend position, holding the base athlete with one hand. The base athlete is also in a backbend, with their legs together and one arm between them. The other arm of the base athlete is off the apparatus.	Top athlete: Lower-back cross wrap. Holding the partner with one hand. Base athlete: Legs together. Arm between the legs. Backbend. The other arm off the apparatus. Legs diagonal to the floor.	1 Point

ASDB14		Top athlete: Handstand. Legs to the opposite sides. One leg behind the silk, the other in front of the silk. Base athlete: Lower-back cross wrap. Hands off the apparatus. Any securing wraps on the feet.	1 Point
ASDB15		Top athlete: Lower-back cross wrap. Holding the partner with one hand. Base athlete: Legs together. Arm between the legs. Backbend. Legs parallel to the floor. The other arm off the apparatus.	1.2 Points
ASDB16		Top athlete: Feet pressed against the partner's shoulders or upper chest. Arms off apparatus. Base athlete: Front split 180 degrees or more. Toe grip on the silks.	1.2 Points

ASDB17		Top athlete: Side split 180 degrees or more. Hands on the apparatus. No securing wraps on hands/feet. Base athlete: Straddle opening. Hands off the apparatus.	1.2 Points
ASDB18		Top athlete: Wide leg opening. Hands off the apparatus. Hands do not touch the apparatus. Base athlete: Front split 180 degrees or more. Hands do not touch the apparatus.	1.2 Points
ASDB19		Top athlete: Backbend. Legs straight. Arms straight. Press against the partner's hip. Base athlete: Backbend. Legs straight. Arms straight.	1.2 Points
ASDB20		Top athlete: Arms straight. Legs bent. Torso between the silks. Hands pressed against the partner's hips. Base athlete: Lower-back cross wrap.	1.4 Points

ASDB21		Top athlete: Securing wrap on the shins. Partner's ankle hold. Base athlete: Front split 180 degrees or more. Arms off the apparatus.	1.4 Points
ASDB22		Top athlete: Arms straight. Front split 180 degrees or more. Torso between the silks. Press against the partner's hips. Base athlete: Lower-back cross wrap.	1.4 Points
ASDB23		Top athlete: Front splitline 180 degrees or more. Legs straight. Arms straight. Press into the bottom arm. Top hand hang. Base athlete: Front splitline 180 degrees or more. Legs straight. Arms straight . Press into the bottom arm. Top hand hang.	1.4 Points

ASDB24		Top athlete: Securing wrap on the shins. Partner's ankle hold. Base athlete: Front splitline 180 degrees or more. Ankle hold. Shoulder rotation. Starting position: arms to the sides.	1.4 Points
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