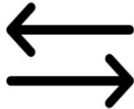


APPENDIX № 15
ELEMENT TABLE - "SOLO STRAPS" DISCIPLINE

Serial Number	Illustration	Description	Value
SD1		Additional component. Straps split/join.	0.6 points
SD2		Additional component. Connection of elements.	0.6 points
Flexibility Elements			
SF1		Beckband. Arms off the apparatus. Legs straight. Armpit securing loop.	0.2 points
SF2		Hang in a waste loop. Straight-arm ankle hold. Backbend. No shoulder rotation.	0.2 points
SF3		Front split 180 degrees or more. Arms straight. Same-side leg hold. Legs straight.	0.2 points
SF4		Strap stand. Front split line less than 180 degrees. Arms straight. Ankle hold. Legs straight.	0.2 points

SF5		Same-side leg hold. Ankle hold. Front split line from the knee to the foot 180 degrees or more.	0.2 points
SF6		Straps between the knee and ankle level. Arms straight. Legs straight. Backbend. Shoulder rotation.	0.2 points
SF7		Front split line less than 180 degrees. Arms straight. Same-side leg hold by the ankles. Back knee bent.	0.2 points
SF8		Front split 180 degrees or more. One-hand hold on the apparatus. The other hand off the apparatus.	0.4 points
SF9		Front split 180 degrees or more. Arms straight. Opposite leg hold. Legs straight.	0.4 points
SF10		Front split 180 degrees or more. Arms straight. Ankle hold.	0.4 points

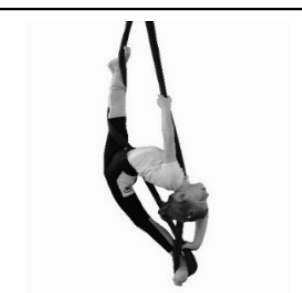
SF11		Two-hand leg hold. Front split 180 degrees or more. Arms straight.	0.4 points
SF12		Straddle. Arms straight. Legs straight. No additional support points.	0.4 points
SF13		Arms bent. Shoulder rotation. Feet do not touch the head. Ankle hold.	0.4 points
SF14		Straddle opening. Backward torso tilt is permitted. Leg secured in the elbow bend.	0.4 points
SF15		Hang in a waste loop. Ankle hold. Legs bent. Shoulder rotation. Arms bent.	0.4 points
SF16		Lower back hang. Two-hand bent-leg ankle hold. Shoulder rotation. Arms straight.	0.4 points

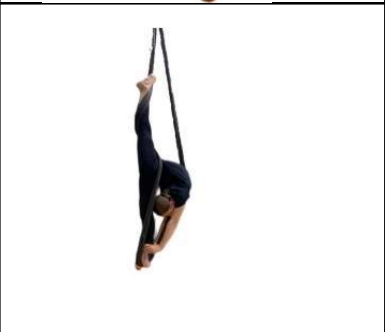
SF17		Arms straight. Foot hook. Backbend.	0.4 points
SF18		Front split 180 degrees or more. Legs straight. Arms straight.	0.4 points
SF19		Hang in a waste loop. Ankle hold. Legs bent. Shoulder rotation. Arms straight.	0.6 points
SF20		Side split 180 degrees or more. Arms straight. No additional support points.	0.6 points
SF21		Arms bent. Shoulder rotation. Feet touch the shoulders. Ankle hold.	0.6 points
SF22		Spiral wrap on the thigh. Front split 180 degrees or more. Ankle hold. Arm behind the head.	0.6 points

SF23		Thigh hang. Front split 180 degrees or more. Ankle hold. Arm behind the head.	0.6 points
SF24		Elbow hang. Bent leg hold in Biellmann position. Shoulder rotation. Ankle hold.	0.6 points
SF25		Front split 180 degrees or more. Straps crossed at the lower back. Apparatus hold not required.	0.6 points
SF26		Shoulder rotation. Ankle hold. Leg bent. Arms straight.	0.6 points
SF27		Opposite leg hold. Ankle hold. The held leg bent. Shoulder rotation.	0.6 points
SF28		Leg opening line from the knee to knee 180 degrees or more. Double-thigh support point. Ankle hold. Legs bent. Shoulder rotation.	0.6 points

SF29		Side leg hold. Ankle hold. Front split 180 degrees or more. One-hand apparatus hold.	0.6 points
SF30		Toes touch the forehead. Arms straight.	0.8 points
SF31		Side split 180 degrees or more. Backward torso tilt is not permitted. Heel-knee-hip line straight. Leg secured in the elbow bend.	0.8 points
SF32		Elbow hang. Straight leg hold in Biellmann position. Shoulder rotation. Ankle hold.	0.8 points
SF33		Front split 180 degrees or more. Arms straight. Same-side leg hold by the ankles.	0.8 points
SF34		Opposite leg hold. Ankle hold. The held leg straight. Shoulder rotation.	0.8 points

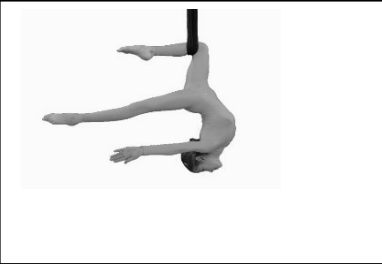
SF35		Front split 180 degrees or more. Backbend. Legs straight. Arms to the sides.	0.8 points
SF36		Opposite leg hold. Shoulder rotation. Ankle hold. The held leg bent.	0.8 points
SF37		Lower back hang. Straight leg – two-hand ankle hold. Shoulder rotation. Arms straight.	0.8 points
SF38		Legs straight. Side leg hold between the knee and ankle.	0.8 points
SF39		Front split 180 degrees or more. Strap loop at the waist/lower back. Straight-arms pressed against the strap. Backbend.	0.8 points
SF40		Front split 180 degrees or more. Double-thigh support point. Ankle hold in Biellmann position. Shoulder rotation.	1 point

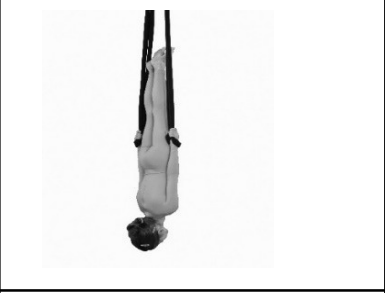
SF41		Straight leg hold above the head. Knees secured with the strap. Legs together and straight. Arms bent. Shoulder rotation.	1 point
SF42		Knee hook. Opposite leg hold in Biellmann position by the ankle. Arms straight. Free leg straight. Shoulder rotation.	1 point
SF43		Front split 180 degrees or more. Bilman shoulder rotation. Legs straight. Hand holds the strap at ankle level. Arms straight.	1 point
SF44		Back leg hold by the ankle. Front leg hold between the knee and ankle. Side hold. Front split 180 degrees or more.	1 point
SF45		Foot hang. Narrow grip. Leg bent above the head. Leg between the hands. Shoulder rotation. Arms straight.	1 point

SF46		Leg opening into front split 180 degrees or more. Shoulder rotation. Ankle hold. Legs straight. Arms straight.	1 point
SF47		Front split 180 degrees or more. Shoulder rotation. Same-side leg hold by the ankle. Legs straight. Arms straight.	1 point
SF48		Front split 180 degrees or more. Shoulder pressed against the apparatus. Arms to the sides. Legs straight.	1 point
SF49		No additional wraps. Bottom hand pressed against the strap(s). Opposite leg hold by the ankle. Shoulder rotation. Legs straight.	1 point
SF50		Front split 180 degrees or more. Shoulder rotation. Legs straight. Arms straight. Hands hold the leg by the ankle.	1 point
SF51		Knee hang. Ankle hold. Arms straight. Shoulder rotation.	1.2 points

SF52		Opposite arm and leg. Ankle hold. Front split from the knee to the ankle 180 degrees or more.	1.2 points
SF53		Opposite leg hold by the ankle. Front split 180 degrees or more. Shoulder rotation.	1.2 points
SF54		Opposite leg hold between the knee and ankle. Legs straight. Arms straight. Shoulder rotation.	1.2 points
SF55		Front split 180 degrees or more. Shoulder rotation. Opposite leg hold by the ankle. Legs straight. Arms straight.	1.2 points
SF56		Ankle hold. Legs straight. Shoulder rotation. Arms straight.	1.2 points
SF57		Arms straight. Legs straight. Shoulder rotation. Front split 180 degrees or more. Ankle hold.	1.2 points

SF58		Shoulder rotation. Back leg hold by the ankle. Front leg hold between the knee and ankle. Front split 180 degrees or more.	1.2 points
SF59		Front split 180 degrees or more. Shoulder rotation. Opposite leg hold by the ankle. Legs straight. Arms straight.	1.4 points
SF60		Front split 180 degrees or more. Straight-arm hold of the strap under the foot. Arms straight.	1.4 points
SF61		Foot hang. Hands touch each other. Legs straight. Leg between the hands. Shoulder rotation.	1.4 points
SF62		Front split 180 degrees or more. Shoulder rotation. Ankle hold. Legs straight.	1.4 points

SF63		Front split 180 degrees or more. Straight-arm hold of the strap above the foot. Arms straight. Leg between the arms.	1.4 points
SF64		Shoulder rotation. Arms straight. Legs straight. Head touches the legs/buttocks. Straps between the knee and ankle.	1.4 points
SF65		Leg between the arms. Legs straight. Hands above the leg. Top leg without securing wraps.	1.4 points
SF66		Leg hold between the knee and ankle. Opposite leg hold. Legs straight. Shoulder rotation.	1.4 points
Strength Elements			
SP1		Knee hang. Straight-arm ankle hold. Backbend. No shoulder rotation.	0.2 points
SP2		Arms off the apparatus. Free leg straight.	0.2 points

SP3		Arms straight. Two-hand hold on the apparatus. Legs off the apparatus.	0.2 points
SP4		Legs straight. Legs parallel to the floor. Arms straight.	0.2 points
SP5		Two-hand leg hold. Front split line less than 180 degrees. Legs straight.	0.2 points
SP6		Arms straight. Legs straight. Legs together. Corso and leg line perpendicular to the floor.	0.2 points
SP7		Elbow hang. Supporting leg straight. Free arm off the apparatus.	0.2 points
SP8		One leg hang. Ankle hold in Biellmann position. Shoulder rotation. Knee bent.	0.4 points

SP9		Free arm holds the legs. Elbow hang. No additional support points.	0.4 points
SP10		Legs straight. Straps crossed on the instep. Two-leg hang. Torso down. Arms off the apparatus, do not touch the safety mat.	0.4 points
SP11		Ankle hold. The other hand off the apparatus. Supporting leg straight.	0.4 points
SP12		Bottom arm straight. Two-hand hold on the apparatus. Front split line less than 180 degrees.	0.4 points
SP13		The held leg bent. Straps crossed on the instep. Ankle hold. Shoulder rotation. May be performed with the straps joined together.	0.4 points
SP14		Legs together. Legs straight. Leg line parallel to the floor. Two-hand hang.	0.6 points

SP15		Bottom arm straight. Two-hand hold on the apparatus. Front split 180 degrees or more.	0.6 points
SP16		Legs straight. Straps crossed on the instep. Ankle hold. Shoulder rotation. May be performed with the straps joined together.	0.6 points
SP17		Two-hand ankle hold. Front split 180 degrees or more.	0.6 points
SP18		One leg hang. Ankle hold. Shoulder rotation. The held leg straight. Arms straight.	0.6 points
SP19		Front split 180 degrees or more. Elbow hang. Same-side leg hold by the ankle.	0.6 points
SP20		Legs straight. Straddle position. Torso and leg line vertical to the floor.	0.8 points

SP21		Heel hang. Legs bent. Arms off the apparatus, do not touch the safety mat. No additional support points.	0.8 points
SP22		Elbow hang. Behind-the-back hand lock. Front split line opening.	0.8 points
SP23		Bottom leg straight. Opposite leg hold by the ankles. Front split line from the heel to the knee 180 degrees or more.	0.8 points
SP24		Arms straight. Arm line diagonal to the floor. Single spiral wrap.	0.8 points
SP25		One-hand hang. Ankle hold. Front split line 180 degrees or more.	0.8 points
SP26		Straddle hang. Legs held in a pike position. Legs parallel to the floor.	0.8 points

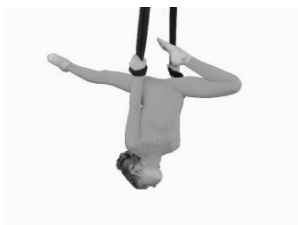
SP27		Hip-torso-leg line parallel to the floor. Leg on the shoulder.	1 point
SP28		Legs together. Legs straight. Leg line parallel to the floor. One-hand hang. The other hand off the apparatus.	1 point
SP29		Legs straight. Straddle position. Torso and leg line diagonal to the floor.	1 point
SP30		Top leg straight. Opposite leg hold by the ankles. Front split line from the heel to the knee 180 degrees or more.	1 point
SP31		Top arm straight. Bent arm support. Legs straight but not together. Shoulder pressed against the strap. Torso and leg line straight, parallel to the floor.	1 point
SP32		Arms straight. Arm line parallel to the floor. Single spiral wrap.	1 point
SP33		Two-foot hang. Arms off the apparatus. Torso down.	1 point

SP34		One arm off the apparatus. The other arm forms a loop with the straps. No additional wraps. No additional support points.	1 point
SP35		Front split 180 degrees or more. One arm behind the back. Hand grip above the buttocks.	1 point
SP36		Hand under the knee bend. Front split 180 degrees or more. No additional support points. Side ankle hold.	1 point
SP37		Cross on the abdomen. Legs together. No backbend. Torso and leg line parallel to the floor.	1 point
SP38		Legs straight. Straddle position. Torso and leg line parallel to the floor.	1.2 points
SP39		Support against the bent arm. Legs straight but not together. Shoulder pressed against the strap. The other hand off the apparatus. Torso and leg line straight, parallel to the floor.	1.2 points
SP40		Torso and leg line parallel to the floor. Back straight. Leg bent.	1.2 points

SP41		No additional foot support. Arms straight. Arms and shoulders diagonal to the floor.	1.2 points
SP42		Neck hang. Shoulder rotation. The held leg bent. Ankle hold.	1.2 points
SP43		One-heel hang. Arms off the apparatus. Hands do not hold the leg. Legs straight.	1.2 points
SP44		Legs straight. One hand off the apparatus. Legs together. Leg line lowered more than 45 degrees from parallel to the floor.	1.2 points
SP45		Neck hang. Ankle hold. Front split 180 degrees or more. Back knee bent.	1.2 points
SP46		Arms in cross position. No additional support points. Torso and leg line parallel to the floor.	1.2 points

SP47		Two-hand hang. Torso and leg line parallel to the floor. Back straight. Legs to the sides at an angle of no more than 90 degrees. Legs straight.	1.2 points
SP48		No additional foot support. Arms straight. Arms and shoulders parallel to the floor.	1.4 points
SP49		No additional foot wraps. Bent leg two-hand hold. Shoulder rotation. Ankle hold.	1.4 points
SP50		Neck hang. Shoulder rotation. Legs straight. Ankle hold. Front split line opening less than 180 degrees.	1.4 points
SP51		One-heel hang. Two-hand bent-leg hold in Biellmann position. Shoulder rotation.	1.4 points
SP52		Leg hold at kneecap. Legs bent.	1.4 points

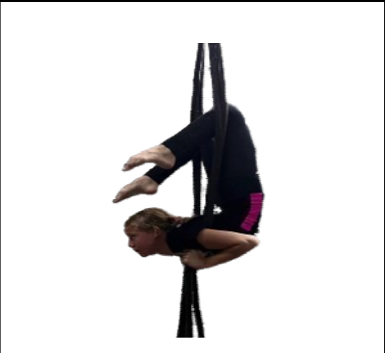
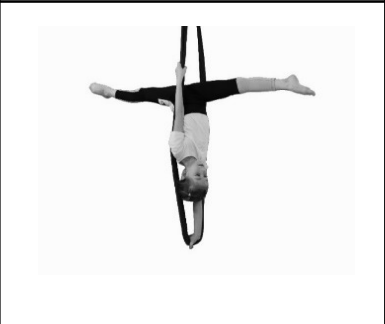
SP53		Neck hang. Ankle hold. Front split 180 degrees or more.	1.4 points
SP54		Arms straight. No tilt to one side. Foot do not touch the straps. Entry from a hanging position.	1.4 points
SP55		Torso and leg line parallel to the floor. Straight back. Legs together. Legs straight.	1.4 points
SP56		Front split 180 degrees or more. Arms straight.	1.4 points
SP57		No additional foot wraps. Straight-leg hold in Biellmann position. Shoulder rotation. Ankle hold.	1.4 points
SP58		Neck hang. Shoulder rotation. Legs straight. Ankle hold. Front split 180 degrees or more.	1.4 points

SP59		One-heel hang. Two-hand straight-leg hold in Biellmann position. Shoulder rotation. No additional hooks.	1.4 points
SP60		Torso and leg line parallel to the floor. Legs straight. Bottom arm behind the back. Top arm straight.	1.4 points
Balance Elements			
SB1		Leg opening into a split line. Torso perpendicular to the floor. Front leg bent, back leg straight.	0.2 points
SB2		Arms off the apparatus. Torso straight.	0.2 points
SB3		Arms off the apparatus. Torso and leg line diagonal to the floor. Legs together and straight. Support against the iliac bones.	0.2 points
SB4		Torso and leg line parallel to the floor. Arms off the apparatus.	0.2 points

SB5		Front split 180 degrees or more. Torso perpendicular to the floor. Legs straight.	0.2 points
SB6		Arms straight. Legs parallel to the floor. Legs straight. No additional support points.	0.4 points
SB7		Arms straight. Front split line less than 180 degrees. No additional support points.	0.4 points
SB8		Arms off the apparatus and do not hold the leg. No additional support points. Front split line. Legs straight.	0.4 points
SB9		Arms off the apparatus. Torso and leg line straight. One leg bent.	0.4 points
SB10		Straddle position. Hands off the apparatus. Support points at the knee and calf muscle.	0.4 points
SB11		Front split 180 degrees or more. Torso perpendicular to the floor. Knee bent, foot touches the forehead.	0.4 points

SB12		Arms off the apparatus. Torso and leg line parallel to the floor. Legs together and straight. Support against the iliac bones.	0.6 points
SB13		Opposite leg hold by the ankle. Legs straight. Side leg hold.	0.6 points
SB14		Back leg in a spiral strap wrap. One hand holds the apparatus, the other hand off the apparatus. Front split 180 degrees or more.	0.6 points
SB15		Free hand off the apparatus. Legs together. Legs uncrossed.	0.6 points
SB16		Torso and leg line diagonal to the floor. Front split line opening.	0.6 points
SB17		Arms off the apparatus and do not hold the leg. No additional support points. Front split 180 degrees or more. One-thigh hang.	0.8 points

SB18		One-hand support. Backbend.	0.8 points
SB19		Front split 180 degrees or more. Leg secured overhead in a strap loop. Backbend. Shoulder rotation.	0.8 points
SB20		Arms straight. Front split 180 degrees or more. Opposite leg hold. No additional support points.	0.8 points
SB21		Side split 180 degrees. Without tilting the pelvis backward. Hands off the apparatus. Support points at the knee and calf muscle.	0.8 points
SB22		Free hand off the apparatus. Legs together. Legs uncrossed. Leg line parallel to the floor.	0.8 points

SB23		One-hand support. Legs off the apparatus. Legs bent.	0.8 points
SB24		Armpit strap hold. Legs bent. Backbend.	1 point
SB25		Two-hand ankle hold. Shoulder rotation. Front split 180 degrees or more. One-thigh hang.	1 point
SB26		Arms perpendicular to the floor. Leg opening less than 180 degrees. Pelvis between the straps.	1 point
SB27		Front split line. Bottom arm straight and perpendicular to the floor. No additional support points or torso support against the apparatus. Arms straight.	1 point
SB28		Arms perpendicular to the floor. Leg opening less than 180 degrees. Legs between the straps. Legs to the opposite sides. No additional support points or torso tilt onto the apparatus.	1 point

SB29		Same-side leg hold. Shoulder rotation. Front split 180 degrees or more. One-thigh hang.	1 point
SB30		Front split 180 degrees or more. Armpit strap hold.	1 point
SB31		Arms perpendicular to the floor. Leg opening into a side split 180 degrees. Pelvis between the straps.	1 point
SB32		Arms straight. Shoulder pressed against the straps. Leg line parallel to the floor. Legs between the straps. Backbend.	1 point
SB33		Arms off the apparatus. Ankle support point. Front split 180 degrees or more.	1.2 points
SB34		Shoulder support. Straps crossed at the lower back. Leg hold between the knee and ankle. Front split 180 degrees or more. Side leg hold.	1.2 points

SB35		Single spiral wrap on the back leg. Strap secured in the elbow bend of the same-side arm. Arms off the apparatus. Front split 180 degrees or more.	1.2 points
SB36		Arms straight. Legs together. Supporting arm and torso perpendicular to the floor.	1.2 points
SB37		Arms off the apparatus. Ankle support point. Straddle position. Pelvis tilted backward/downward.	1.2 points
SB38		Arms perpendicular to the floor. Leg opening into a front split line. Legs between the straps. No additional support points or torso tilt onto the apparatus.	1.2 points
SB39		Shoulder support. Straps crossed at the lower back. Leg hold between the knee and ankle. Front split 180 degrees or more. Shoulder rotation.	1.2 points

SB40		Front split 180 degrees or more. Bottom arm straight. Foot pressed against the strap. The other arm off the apparatus.	1.2 points
SB41		Arms off the apparatus. Ankle support point. Side split 180 degrees or more. Straight line without tilting the pelvis backward/downward.	1.4 points
SB42		Double-elbow support point. Torso and leg line parallel to the floor. Hips between the straps. No tilt to either side.	1.4 points
SB43		Arms perpendicular to the floor. Legs between the straps. Legs together. No additional support points or torso tilt onto the apparatus.	1.4 points
SB44		Split balance. Hands off the apparatus. Shoulder rotation. Back-leg hold by the ankle. Entry without gripping the strap. Ankle support point. Front split 180 degrees or more.	1.4 points

SB45		Elbow support point. Torso and leg line parallel to the floor. Hips between the straps. No tilt to either side. One hand off the apparatus.	1.4 points
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