Group I - force

I

Appendix	ndix № 2 compulsory exercises Aerial hoop			Group I - Iorce
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
AH-I-1	Body stemme in brace		spread holdir	ts on the lower arc of the hoop, arms ng upper μ the lower arc of the hoop to the floor, legs spread
			1 point	- Keep the hips above he head
AH-I-2	Taking body outside holding by hands and feet		on the lower	e upper arc of the hoop. Hands res r arc of the hoop, taking the bod oop. Legs bend or straight
Ап-1-2	Option 1		3,5 points	- Legs bend
	Option 2		4 points	- Legs straight
AH-I-3	Stance on the lower arc		Arms rest o straight or sp hoop	on the lower arc of the hoop, leg oread pressing one of the side of th
	Option 1		3 points	- Feet together
	Option 2	-	3,5 points	- Legs spread
AH-I-4	Stance on the shoulder holding legs folded back		body faces th	ts on the lower arc of the hoop, th le side of the hoop. and laid back, back in deflection
			3 points	- Legs do not touch the arm
	Back blanche		Hanging on t body paralle	he lower arc of the hoop, keep the l to the floor
	Option 1		3,5 points	- One leg straight, another bend and press the body
AH-I-5	Option 2		4 points	- Both Legs straight and spread
	Option 3		4,5 points	- Both Legs straight, feet together

Appen	dix № 2 compulsor	y exercises Aerial hoop		Group I - force
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
AH-I-6	Stance «Crocodile»		Stance on elbow on the lower arc of the hoop we rest on the side arc of the hoop. The elbow rest body. Legs parallel to the floor. Body and legs make one straight line parallel floor.	
AH-I-0	Option 1		2 points	- Start the exercise from the upper ar of the hoop
	Option 2		3,5 points	- Start the exercise from the lower ar of the hoop
	Option 3		4 points	 Upper arm is set aside Additory rest on the side arc of the hoop by shoulder of neck
AH-I-7	Front split perpendicular to the hoop			e holding both the upper and the lower an egs spread in front split
/ / /			2 points	- Split parallel to the floor, both arn straight
AH-I-8	Hanging on back side of the shoulder , legs opening split line		of the hoop,	back side of the shoulder on the lower an hands hold homonymous legs by ankle line. The body in defection
			3 points	- Legs opening 180° or more
AH-I-9	Holding the hoop by feet and inner side of hips		Holding the h of hips. Back	noop by feet (5th position) and inner sid in deflection
			1,5 points	Feet close togetherhands free
AH-I-10	Hanging on the back side of the shoulder in a split			the back side of the shoulder on the low p. Legs opening split line (side split).
			3,5 points	- Legs opening 180° or more

Group I - force

Code/ Group Name PliOTO Points Description, conditions under which the exercise is considered to be performed AH-1-11 Split with rector on lower hip Image: split sp						
AH-1-11 Split with restox on lower hip Image: solution of the body to be and the body by loot. AH-1-11 Front Flag Image: solution of the body turns in the dolds for upset in the solution. AH-1-12 Front Flag Image: solution of the body turns in the dolds for upset in the solution. AH-1-13 Split in back flag Image: solution of the body turns in the dolds for upset in the solution. AH-1-13 Split in back flag Image: solution of the body turns in the dolds for upset in the solution. AH-1-13 Split in back flag Image: solution of the body turns in the dolds for upset in the solution. AH-1-13 Split in back flag Image: solution of the body turns in the dolds for upset in the solution. AH-1-14 Split in back flag Image: solution of the body turns in the dolds for upset in the solution. AH-1-14 Split in back flag Image: solution of the body turns in the dolds for upset in the solution. AH-1-14 Split in back flag Image: solution of the body turns in the dolds for upset in the solution. AH-1-14 Split in back flag Image: solution of the body turns in the dolds for upset in the solution. AH-1-14 Split in back flag Image: solution of the body turns in the dolds for upset in the solution. AH-1-15 Back flag Image: solution of the body turns in the dold turn in the deflection. The arm set aside.		Name	РНОТО	Points	which the exercise is considered	
AH-1-12 Front Flag Hanging on one hand, the body turns in the «fold» AH-1-12 Front Flag - Legs straight feet together AH-1-13 Split in back flag Hanging on one hand on the lower are of the hoop in the back flag position, free hand holds house leg in a "Biellmann" grip opening split line. AH-1-13 Split in back flag - Hanging on one hand, the body turns in the «fold» AH-1-14 Side hanging with feet rogether - Hanging on one hand, one houd, legs straight AH-1-14 Side hanging with feet rogether - Hanging on one hand, legs straight AH-1-14 Side hanging with feet rogether - Hanging on one hand, legs straight AH-1-14 Side hanging with feet rogether - Hanging on one hand, legs straight AH-1-14 Side hanging with feet rogether - Hanging on one hand, legs straight AH-1-14 Side hanging with feet rogether - Hanging on one hand, legs straight AH-1-14 Side hanging with feet rogether - Feet are contracted AH-1-15 Back flag - Feet are stretched AH-1-15 Back flag Hanging on one hand, the body performs a turn in the deflection, free arm set aside	AH-I-11	Split with restom on lower hip		lower leg rest	ts the lower arc of the hoop. Upper	
AH-12 Front Flag position, free arm set aside. AH-12 Front Flag - Legs straight feet together AH-13 Split in back flag - Legs straight feet together AH-1-13 Split in back flag - Hanging on one hand on the lower are of the hoop in the books leg in a "Bielmann" grip opening split line. AH-1-13 Split in back flag - Hanging on one hand, legs straight AH-1-14 Side hanging with feet resi on the hoop holding by legs and rest on inner side of hips and feet AH-1-14 Option 1 - Feet are contracted AH-1-15 Back flag - Feet are stretched			4	2 points	- Legs opening 180° or more	
AH-1-13 Split in back flag Image: Constraint of the lower are of the hoop in the back flag position, free hand on the lower are of the hoop in the back flag position, free hand holds homonymous leg in a "Biellmann" grip opening split line. AH-1-14 Side hanging with feet rest on the hoop holding by legs and rest on inner side of hips and feet - Hanging on one hand, legs straight AH-1-14 Side hanging with feet rest on the hoop - Hanging on the hoop holding by legs and rest on inner side of hips and feet AH-1-14 Option 1 - Feet are contracted AH-1-15 Back flag - Feet are stretched	AH-I-12	Front Flag		Hanging on or position , free	ne hand, the body turns in the «fold» arm set aside.	
AH-I-13 Split in back flag in the back flag position, free hand holds homonymous leg in a "Biellmann" grip opening split line. AH-I-13 Side hanging with feet rest on the hoop - Hanging on one hand, legs straight AH-I-14 Side hanging with feet rest on the hoop - Hanging on the hoop holding by legs and rest on inner side of hips and feet Option 1 0ption 2 - Feet are contracted AH-I-15 Back flag Hanging on one hand, the body performs a turn in the deflection, free arm set aside				2,5 points	- Legs straight feet together	
AH-I-14 Side hanging with feet rest on the hoop Image: Amount of the hoop holding by legs and rest on inner side of hips and feet AH-I-14 Option 1 Image: Amount of the hoop holding by legs and rest on inner side of hips and feet Option 2 Image: Amount of the hoop holding by legs and rest on inner side of hips and feet AH-I-15 Back flag Image: Amount of the hoop holding by legs and rest on inner side of hips and feet	АН-І-13	Split in back flag		in the back homonymous	flag position, free hand holds	
AH-I-14 feet rest on the hoop Hanging on the hoop holding by legs and rest on inner side of hips and feet Option 1 0,5 points - Feet are contracted Option 2 1,5 points - Feet are stretched AH-I-15 Back flag Hanging on one hand, the body performs a turn in the deflection, free arm set aside				4,5 points	- Hanging on one hand, legs straight	
Option 2 I,5 points - Feet are stretched AH-I-15 Back flag Image: Hanging on one hand, the body performs a turn in the deflection, free arm set aside	AH-I-14	feet rest on the		Hanging on the inner side of h	he hoop holding by legs and rest on hips and feet	
Option 2 Hanging on one hand, the body performs a turn in the deflection, free arm set aside AH-I-15 Back flag		Option 1		0,5 points	- Feet are contracted	
AH-I-15 Back flag the deflection, free arm set aside		Option 2		1,5 points	- Feet are stretched	
3,5 points - Legs straight	AH-I-15	Back flag		Hanging on o the deflection	ne hand, the body performs a turn in , free arm set aside	
				3,5 points	- Legs straight	

Group I - force

Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed	
AH-I-16	Hanging on one hand in deflection			shoulder, holding the sides of the ls set back straight legs	
AII-1-10	Option 1		1,5 points	Legs straight, holding by two hands	
	Option 2		2 points	Legs straight, hanging one hand	
AH-I-17	Taking body outside holding by hands			a knee on the upper arc of the hoop, the lower arc, pushing the body. Free k	
			2 points	- Arms and one leg straight	
	Stance with the rest on chest		Brace between chest an foot on the side arcs of the hoop. Free leg opening a split line not less than 160°. Legs straight. It is possible to perform without rest on the side arc if the cannot reach the side arc of the hoop		
AH-I-18	Option 1		4 points	 Holding the hoop by hands Both legs straight trend to be parallel to the floor 	
	Option 2		4,5 points	- Hands free - Both legs straight	
	Hanging with rest on the side arc of the hoop by back		Hanging with by back and 1	h the rest on the side arc of the hoop neck	
AH-I-19	Option 1		0,5 points	-Holding by two hands	
	Option 2		1 point	-Holding by lower hand	
AH-I-20	Hanging on the upper arc of the hoop holding by hand		of the hoop, underhand gr of the hoop (en the body and foot on the side arcs holding the upper arc of the hoop in ip (with wrist twist) on the other side carbine). lds the homonymous free leg	
	Option 1		3 points	- Leg bend	
	Option 2		3.5 points	- Leg straight	

Append	ix № 2 compulsor	y exercises Aerial hoop		Group I - force
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
AH-I-21	Brace in split holding by hand		the hoop. Hol	n the back and foot on the side arcs of ding the side arc by the hand. Free hand d or straight leg in a "Biellmann" grip ler twist).
	Option 1	A	1,5 points	- One leg bend
	Option 2		2 points	- Both legs straight
AH-I-22	Rest on back in split		Hanging with rest on the side arc of the hoop by the neck and back, lower arm straight. Free hand holds the leg opening split line.	
	Option 1		1,5 points	- One leg bend
	Option 2		2 points	- Both legs straight
	Front Blanche		stomach up p	anging on two hands. The body in osition and parallel to the floor. Body, lders make one straight line
	Option 1		4 points	- One leg straight, another bend
AH-I-23	Option 2		4 points	 Legs spread to the sides on 160° or more Legs and body in one line, parallel to the floor
	Option 3		4,5 points	 Legs spread to the sides on angle not more than 90° Legs and body in one line, parallel to the floor
	Option 4		5 points	- Both legs straight feet together

Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
AH-II-1	Hanging on waist		The body in deflection, hanging on waist on the lo of the hoop. Legs spread.	
	Option 1 Option 2		0,5 point 1 point	-Legs opening less than 180° -Legs opening 180° or more
	Front split with rest on back		-	the lower arc of the hoop, one leg rests the es, foot, heel – leg straight). Another leg is s.
AH-II-2	Option 1		1,5 point	-Bend leg holding by hands in regular grip
	Option 2	M	2,5 points	-Hands hold leg in a "Biellmann" grip (with a turn of shoulders)
	Option 3		3 points	-Hands hold straight leg in a "Biellmann" grip (with a turn of shoulders)
AH-II-3	Back fold holding the body on one side of the hoop		From the fold position with rest on the lower arc o hoop by stomach lift the body and legs to move whol body on one side of the hoop. Back in deflection	
	Option 1		1,5 points	- Feet together or "V" position - Knees locked
AH-II- 4	Russian split		in wide grip.	e upper arc of the hoop or holding sides arcs The foot holds the lower arc lifting the hoop. ther leg set back opening a split line
	Option 1		1,5 points	-Legs opening less than 180°
	Option 2		2 points	-Legs opening 180° or more
AH-II- 5	Taking leg under the lower arc of the hoop in "ring"		Hands on the lower arc of the hoop, upper arc under t knee. Back in deflection making a brace. One leg und the lower arc of the hoop	
		ter a	3,5 points	-Arms straight, lower leg straight

Appen	idix № 2 compulsoi	y exercises Aerial hoop		Group II - flexibility		
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed		
AH-II-6	Ring	Ring		Legs on the upper arc of the hoop, hands on the lower arc. Hands push the hoop, arms straight , back in deflection		
	Option 1	Con Con	0,5 point	- Feet do not touch the head		
	Option 2		1 point	- Feet touch the head		
AH-II-7	Split with taking leg out of the hoop with deflection		one foot rest	le grip on the upper arc of the hoop, s on the lower arc of the hoop, free ns split line. Back in deflection, body leg		
Ап-11-7	Option 1		2 points	- Feet do not touch the head		
	Option 2		2,5 points	- Foot touches the head		
	Hanging on knee		Hanging on t hand hold and	he knee on the lower arc of the hoop, other leg by ankle		
AH-II-8	Option 1		0,5 points	-Hand holds bend leg in regular grip		
AII-II-0	Option 2		1 point	- Hand holds bend leg by ankle in a "Biellmann" grip (with a shoulder twist).		
	Option 3		1,5 point	- Hand holds straight leg by ankle in a "Biellmann" grip (with a shoulder twist).		
AH-II-9	Elbow split holding the lower arc of the hoop		Arm bend ho	I elbow on the lower arc of the hoop. Iding the lower arc and the opposite opens split line		
	Option 1		2,5 points	-Legs opening less than 180°		
	Option 2		3 points	-Legs opening 180° or more		
	Split hanging on hand		Holding the hand hold by	hoop by farther hand. Homonymous another hand opens split line		
AH-II-10	Option 1		0,5 points	-Legs opening less than 180°		
	Option 2	and the second s	1 point	-Legs opening 180° or more		

Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
AH-II-11	Hanging on back side of the shoulder, legs in a split		Split with the rest on the front side of the hip. The body turns to hold the hoop in a "Biellmann" grip (with a shoulder twist)	
AII-II-I I	Option 1		2 points	- Arms bend
	Option 2		2,5 points	- Arms straight
AH-II-12	Hanging on back side of the shoulder holding		of the hoop,	back side of the shoulder on the lower arc free hand holds the opposite leg and nd the shoulder. Legs in split
	the opposite leg by free hand behind the shoulder		2,5 points	- Upper leg straight - The body turned to the body side
AH-II-13	Hanging on hip holding the hoop by leg		open the split	sition hips on the lower arc of the hoop t. One leg holds the hoop, another is hold dy in deflection.
	Option 1		2,5 points	-Hands hold bend leg in regular grip
	Option 2		3 points	-Hands hold straight leg in a "Biellmann" grip (with a turn of shoulders)
	Deflection taking body outside		out. Body in c of the foot. More difficul	g the upper arc of the hoop taking body deflection. Lower arc is hold by the bridge It option: feet in the lower arc of the g a brace, the body taking outside.
AH-II-14	Option 1		0,5 points	- Rest on the lower arc by bridge of the foot
	Option 2		1,5 points	- Rest on the lower arc by feet
AH-II-15	Side split hanging on the upper arc of the hoop		position pass	hands on the upper arc of the hoop the leg between the arm and the hoop og opens split line on the same side of the
			2 points	-Legs opening 180° or more

		ry exercises Aerial hoop		Group II - flexibility
Code\ Group	Name	рното	Points	Description, conditions under which the exercise is considered to be performed
AH-II-16	Vertical split turned down		legs and hips	e grip holding the upper arc of the hoop pressed to the hoop (without rest on the the hoop by the foot). Back in deflection ids to the leg
			1,5 points	-Legs opening 180° or more
AH-II-17	Hanging on elbows holding the leg in a "Biellmann" grip		Hanging on a grip (with a s	elbows holding the leg in a "Biellmann houlder twist)
	Option 1	V	3,5 points	- Lower leg bend
	Option 2		4 points	- Lower leg straight - Legs opening 180° or more
Hanging on elbow holding the AH-II-18 leg			Hanging on the elbow on the lower arc of the ho holding the opposite legs by ankles, opening split line	
			2,5 points	- Legs opening 180° or more
	Hanging on knees holding the legs in a "Biellmann"		Hanging on k hold holding shoulder twist	nees on the lower arc of the hoop. Hand the legs in a "Biellmann" grip (with t)
AH-II-19	grip		0,5 points	 Legs parallel to the floor or above th skyline Arms straight
AH-II-20	Hanging on elbow in half split		holding the ho	the elbow on the lower arc of the hoo omonymous leg by ankle. Free hand hold bening split line
			3 points	- Legs opening 180° or more

Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed	
AH-II-21	Hanging on the upper arc of the hoop, with deflection in "ring" position		In hanging on hands on the upper arc of the hoop position, straight legs press the upper arc. Back in strong deflection makes a full turn. Bend legs, making a "ring"		
7011 H 21	Option 1		1,5 points	- Feet touch the head	
	Option 2	V	2 points	- Feet touch the shoulders	
	Hanging on front side of the hip on the lower arc of the hoop		the hoop hole	ront side of the hip on the lower arc of ding the ankle by homonymous hand. is hold by free hand by ankle opening	
AH-II-22	Option 1		2 points	- One leg bend - Legs opening 180° or more	
	Option 2		3 points	- Both legs straight - Legs opening 180° or more	
AH-II-23	Hanging on hands and foot holding the leg between hands		Hanging on the lower arc of the hoop in hand an foot grips, the body in "stomach down" position Free leg is fixate between hands. Back in deflection		
			4 points	- Arms and legs straight	
	Hanging on hands with foot rest on the lower arc of the hoop			the lower arc of the hoop on hands in foot rest on the lower arc of the hoop. ection	
AH-II-24	Option 1		3,5 points	- Lower or upper leg bend	
	Option 2		4 points	- Both legs straight	
	Split with the rest of the leg on the shoulder		upper part of	ands, one leg rests the shoulder and the arm. The body turns on 270° in vn" position, opening split line	
AH-II-25	Option 1	4 -	1 point	 Hanging on the lower arc of the hoop Legs opening 180° or more 	
	Option 2		1,5 points	 Hanging on the upper arc of the hoop Legs opening 180° or more 	
				l	

Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
AH-II-26			Hands hold th the lower arc upper arc.	he upper arc of the hoop, leg in brace holds c. Another straighten leg passes under the
			5 points	- Both legs straight
AH-II-27	"Basket" with bridge of the foot rest			he lower arc of the hoop, the body in strong egs straight, rest on ankles or feet
	Option 1		4 points	 Arms straight in pronated grip Legs straight
	Option 2		5 points	 Arms straight in Biellmann grip (with a shoulder twist) Legs straight
AH-II-28	Front split in deflection		hoop. The see	ds the hoop, the hip on the lower arc of the cond leg passes between the hoop and back ned. The hand holds the leg in «Biellmann» oulder twist
			4,5 points	- Legs straight
АН-II-29	Hanging on hands in front split		straight. The	hands on the upper arc of the hoop, arms e leg is between the upper arc and hand. Lower leg goes into front split. Back ection
			3 points	- Legs opening 180° or more
AH-II-30	Front split with body twist		Front split with body twist. Lower leg perper the floor, upper leg diagonally	
			5 points	- Legs straight

Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
AH-II-31	Front split hands grip over the leg		strong deflec	nging on the lower arc of the hoop, back in tion hands in grip over the leg. The leg lmann grip with a shoulder twist.
	Option 1		4,5 points	- Legs opening 180° or more - Arms bend
	Option 2		5 points	- Legs opening 180° or more - Arms straight на кольце
	Wringing out on the lower arc of the hoop		bridge of the	he lower arc of the hoop in wide grip and foot grip. The body in "stomach down" we leg fixate between hands. Back in
AH-II-32	Option 1		4,5 points	One leg holds the hoop, hands in wide grip. One leg passes between the hoop and arm. Both legs straight
	Option 2		5 points	One leg holds the hoop, hands in wide grip. One leg passes between the hoop and arm. Both legs straight. The leg holding the hoop goes down opening split line.

AH-III-3 Stance on shoulders legs in fold not touching the hoop Image: Stance on shoulders legs in fold. Image: Stance on shoulders legs in fold. Image: Stance on shoulder segs in fold.						
AH-III-1 Inaid c holding the body in the body in the lower are of the hoop on one hand, in deflection, free arm is set free. Image: on the lower are of the hoop on one hand, in deflection, free arm is set free. AH-III-1 Option 1 Image: on the lower are of the hoop on one hand, in deflection, free arm is set free. Option 2 Image: on the lower are of the hoop on one hand, in deflection, free arm is set free. AH-III-2 Option 3 Image: on the lower are of the hoop on one hand, in deflection, free arm is set free. AH-III-2 Stance on shoulders holding by heel Image: on the lower are of the hoop. The head holds the opposite leg in bioluders hold the hoop or set aside. Back in deflection AH-III-2 Stance on shoulders holding by heel Image: on the lower are of the hoop. The head hold the hoop or set aside. Jegs in fold. AH-III-3 Stance on shoulders holding the hoop or set aside. Jegs in fold. Image: on the lower are of the hoop. The head hold the hoop or set aside. Jegs in fold. AH-III-4 Stance on shoulders heigs in fold. Image: on the lower are of the hoop. The head hold the hoop or set aside. Jegs in fold. AH-III-4 Stance on shoulders heigs in fold. Image: on the lower are of the hoop. The head hold the hoop or set aside. Jegs in fold. AH-III-4 Stance on athory Image: on the lower are of the hoop. Image hold the hoop or set aside. Jegs in fold. AH-III-4 Stance o		Name	РНОТО	Points	the exercise is considered to be	
AH-III-1 Option 1 Image: second		hand c holding the body in		Legs straight	feet together close to the arm. Back in	
Option 2 biellmann grip with a shoulder twist. Option 3 - Free hand bolds. the opposite leg in biellmann grip with a shoulder twist. AH-III-2 Stance on shoulders holding by heel - Free hand bolds. the opposite leg in biellmann grip with a shoulder twist. AH-III-2 Stance on shoulders holding by heel - Free hand bolds. the opposite leg in biellmann grip with a shoulder twist. AH-III-2 Stance on shoulders legs in biellmann. - Free hand bolds. the opposite leg in biellmann grip with a shoulder twist. AH-III-3 Stance on shoulders legs in biellmann. - Free leg straight AH-III-3 Stance on shoulders legs in biellmann. - Free leg straight and parallel to the floor. AH-III-3 Stance on shoulders legs in big in tot cuching the hoop. - Both legs straight and parallel to the floor. AH-III-4 Stance on elbow and body rest	AH-III-1	Option 1		3 points	- Both legs straight	
AH-III-2 Stance on shoulders holding by heel Rest on the shoulder and back of the head on the lower are of the hoop. The heel holds the upper are, free leg is so the hoop. The heel holds the upper are, free leg is not deflection AH-III-2 Stance on shoulders holding by heel Image: solution of the hoop of the hoop. The heel holds the upper are, free leg is not deflection AH-III-3 Stance on shoulders legs in fold not touching the hoop Image: solution of the hoop. Hands hold the hoop of set aside, legs in fold. AH-III-4 Stance on shoulders legs in fold not touching the hoop Image: solution of the hoop. Hands hold the hoop of set aside, legs in fold. AH-III-4 Stance on shoulders legs in split not touching the hoop Image: solution of the hoop. Hands hold the hoop of set aside, legs opening a split line. AH-III-4 Stance on shoulders legs in split not touching the hoop Image: solution of the hoop. Hands hold the hoop of set aside, legs opening a split line. AH-III-4 Stance on shoulders legs in split not touching the hoop Image: solution of the hoop. Hands hold the hoop of set aside, legs opening a split line. AH-III-4 Stance on ellow and legs resting the hoop Image: solution of the hoop. Hands hold the hoop of set aside, legs opening a split line. AH-III-4 Option 1 Image: solution of the hoop. Image: solution of the hoop. AH-III-5 Option 1		Option 2		4,5 points	- Free hand holds both legs in biellmann grip with a shoulder twist.	
AH-III-2 Stance on shoulders holding by held are of the hoop. The held holds the upper are, free leg is set back. Hands hold the hoop or set aside. Back in deflection AH-III-2 Stance on shoulders legs in fold not touching the hoop - Free leg straight AH-III-3 Stance on shoulders legs in fold not touching the hoop - Free leg straight and parallel to the floor AH-III-4 Stance on shoulders legs in fold not touching the hoop - Both legs straight and parallel to the floor AH-III-4 Stance on shoulders legs in fold not touching the hoop - Both legs straight and parallel to the floor AH-III-4 Stance on shoulders legs in split not touching the hoop - Both legs straight and parallel to the floor AH-III-5 Stance on elbow and body rest and legs resting the hoop - Both legs straight AH-III-6 Option 1 - Stance on elbow and body rest aside of the hoop, the shoulder and back of the head on the lower are of the hoop, the shoulder as the side of the hoop, the shoulder as the side of the hoop, the shoulder and back of the head rests the side of the hoop, the shoulder and back of the head rests the side of the hoop, the shoulder and back of the head rests the side of the hoop, the shoulder and back of the head rests the side of the hoop, the shoulder and back of the head rests the side of the hoop, the shoulder and back of the head rests the side of the hoop, the shoulder and back of the head rests the side of the hoop, the shoulder and back of the head rests the side of the hoop, the shoulder and back of the head rests the side of		Option 3		5 points	- Free hand holds the opposite leg in biellmann grip with a shoulder twist, the second leg opens split line (180° and more)	
AH-III-3 Stance on shoulders legs in fold. Rest on the shoulder and back of the head on the lower are of the hoop. Hands hold the hoop or set aside, legs in fold. AH-III-3 Stance on shoulders legs in shoulders legs in fold. Iso points -Both legs straight and parallel to the floor. AH-III-4 Stance on shoulders legs in split not ouching the hoop Rest on the shoulder and back of the head on the lower are of the hoop. Hands hold the hoop or set aside, legs opening a split line. AH-III-4 Stance on shoulders legs in split not ouching the hoop Rest on the shoulder and back of the head on the lower are of the hoop. Hands hold the hoop or set aside, legs opening a split line. AH-III-4 Stance on elbow and body rest and body rest and legs resting the hoop Ist points -Both legs straight AH-III-5 Option 1 Image: straight legs in shoulder and back of the head rests the side of the hoop, the shoulder and back of the head rests the side of the hoop the elbow rests the body. Lower leg bend or straight. Upper leg straight press the hoop.	AH-III-2	shoulders holding		arc of the hoc is set back. H	p. The heel holds the upper arc, free leg	
AH-III-3 Stance on shoulders legs in fold not touching the hoop arc of the hoop. Hands hold the hoop or set aside, legs in fold. AH-III-3 Stance on shoulders legs in shoulders legs in shoulders legs in split not touching the hoop -Both legs straight and parallel to the floor AH-III-4 Stance on shoulders legs in split not touching the hoop Rest on the shoulder and back of the head on the lower arc of the hoop or set aside, legs opening a split line. AH-III-4 Stance on elbow and body rest and legs resting the hoop I,5 points -Both legs straight AH-III-5 Stance on elbow and body rest and legs resting the hoop Stance on elbow on the lower arc of the hoop, the shoulder and back of the head rests the side of the hoop the hoop. AH-III-5 Option 1 I point -Lower leg bend or straight press the hoop.				0,5 points	- Free leg straight	
It is not p It is not p		shoulders legs in	arc of the hoo			
AH-III-4 Stance on shoulders legs in split not touching the hoop arc of the hoop. Hands hold the hoop or set aside, legs opening a split line. AH-III-4 Stance on elbow and body rest and legs resting the hoop -Both legs straight AH-III-5 Stance on elbow and body rest and legs resting the hoop Stance on elbow on the lower arc of the hoop, the shoulder and back of the head rests the side of the hoop the elbow rests the body. Lower leg bend or straight. Upper leg straight press the hoop. AH-III-5 Option 1 I point - Lower leg bend	AH-111-3	the hoop		1,5 points	-Both legs straight and parallel to the floor	
AH-III-5 Stance on elbow and body rest and legs resting the hoop Image: Construction of the lower and body of the head rests the side of the hoop the elbow rests the body. Lower leg bend or straight. Upper leg straight press the hoop. Option 1 Image: Construction of the hoop the elbow rests the body. Lower leg bend or straight. Upper leg straight press the hoop.		shoulders legs in split not touching		arc of the hoo	p. Hands hold the hoop or set aside, legs	
AH-III-5 and body rest and legs resting the hoop image: shoulder and back of the head rests the side of the hoop the elbow rests the body. Lower leg bend or straight. Upper leg straight press the hoop. Option 1 image: shoulder and back of the head rests the side of the hoop the elbow rests the body. Image: shoulder and back of the head rests the side of the hoop the elbow rests the body. Image: shoulder and back of the head rests the side of the hoop the elbow rests the body. Image: shoulder and back of the head rests the side of the hoop the elbow rests the body. Image: shoulder and back of the head rests the side of the hoop the elbow rests the body. Image: shoulder and back of the head rests the side of the hoop the elbow rests the body. Image: shoulder and back of the head rests the side of the hoop the elbow rests the body. Image: shoulder and back of the head rests the side of the hoop the elbow rests the body. Image: shoulder and back of the head rests the side of the hoop the elbow rests the body. Image: shoulder and back of the head rests the side of the hoop the elbow rests the body. Image: should back of the head rests the side of the hoop the elbow rests the body. Image: should back of the head rests the side of the hoop Image: should back of the head rests the side of the head rests the side of the hoop Image: should back of the head rests the side of the head rests the side of the head rests the h	АН-Ш-4	the hoop		1,5 points	-Both legs straight	
	AH-III-5	and body rest and legs resting		shoulder and b the elbow rest Lower leg ber	back of the head rests the side of the hoop s the body.	
Option 2 1,5 points - Both legs straight		Option 1		1 point	- Lower leg bend	
		Option 2	τ.	1,5 points	- Both legs straight	

	ppendix 0.2 2 compulsory excremes retrie noop			
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
AH-III-6	Split in brace		in front of th Another leg hand.	is the side of the hoop. The hip is fixated be foot by resting the side of the hoop. opens a split line hold by he opposite of the optione: fixation on the hoop by hand free
	Option 1		2 points	- One hand holds the hoop
	Option 2	17	2,5 points	- the opposite hand holds the leg
	Option 3		3,5 points	- Arms spread
AH-III-7	Rest inside the hoop head down		Brace betwee hoop . Arms s	on the back and feet resting side of the set aside
		1	2,5 points	- Hands free
AH-III-8	Balance on hip		Balance on side of hips.	the lower arc of the hoop on the back
		N. W.	1,5 points	- Hands free - Horand parallel to the floor
AH-III-9	Stance on shoulders, legs hold the hoop			houlders and neck on the lower arc of the hold the hoop or set aside, legs spread bligatory)
			1 point	 legs press the hoop Both legs straight and parallel to the floor Hips, body and head in the same plane (make one straight line)
AH-III-10	Holdout from rest on the shoulders		hoop. The he	noulders and neck on the lower arc of the cel fixates the upper arc. The body and ack. Hands hold the sides of the hoop or in deflection
			0,5 points	- Both legs straight

Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
Split, taking the leg out of the hoop		Hands in wide grip holding the upper arc of the hoop the foot rests the lower arc. Free leg opening a split lin back in strong deflection	
Option 1		2,5 points	-Legs opening less than 180°
Option 2		3 points	-Legs opening 180° or more
"L-sit" in stance on one shoulder		One shoulder the hoop, the spread.	rests the lower arc of the hoop, hands hold body turned to the side of the hoop. Legs
Option 1		2 points	- Rest on the shoulder. If hanging on hands without rest on the shoulder the exercise is not evaluated - Front arm bend.
Option 2		4,5 points	 Hands hold the hoop, on the same side. Legs spread the body turned to the side of the hoop
Holding the leg in back flag		"back flag"	one hand on the lower arc of the hoop in position. Free hand holds pressed to the aside. The second leg is set down opening
Option 1		3 points	- Leg touches the hoop
Option 2		3,5 points	- Leg doesn't touch the hoop
Split with the rest on the front side of the hip		hoop, free leg	ront side of the hip on the lower arc of the g opening a split line. The hand holds the or both arms set aside.
Option 1		1,5 points	- The leg is hold by the opposite hand
Option 2		3 points	- the leg is not hold by the hand
Hanging on foot		contracted and body and free Performing and junior	the lower arc of the hoop, the foot is d the bridge of the foot rests the hoop. The leg are set free. of this exercise is prohibited in children subgroups "A" according to the 5 of these Rules.
Option 1		4 points	- CFree leg straight and set aside
	Split, taking the leg out of the hoop 1 Option 1 Option 2 Coption 1 Option 1 Option 1 Option 2 Option 2 INUMARY SPLICE Split with the rest on the front side of the hip Option 1 Option 1 Option 1 Option 2 INUMARY SPLICE Split with the rest on the front side of the hip Option 2 INUMARY SPLICE Split with the rest on the front side of the hip Option 1 INUMARY SPLICE Split with the rest on the front side of the hip INUMARY SPLICE Split with the r	NamePHOTOSplit, taking the leg out of the hoopImage: Constraint of the phoopOption 1Image: Constraint of the on one shoulderOption 1Image: Constraint of the option 1Option 2Image: Constraint of the option 1Option 1Image: Constraint of the option 1Option 2Image: Constraint of the option 1Option 2Image: Constraint of the option 1Option 2Image: Constraint of the option 1Option 1Image: Constraint of the option 1Option 2Image: Constraint of the option 1Option 3Image: Constraint of the option 2Hanging on footImage: Constraint of the option 2	NamePHOTOSplit, taking the leg out of the hoopHands in wid the foot rests

	sendra vie 2 compansory excremeses retrain noop				
Code\Gro up	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed	
	Deflection with rest on hips			the lower arc of the hoop. Hands hold he hoop. The body in deflection	
AH-III-16	Option 1		1 point	- Hands hold the hoop	
	Option 2		2 points	- Hands free	
AH-III-17	Hanging on heels		ankles. Legs Performing prohibited in	he lower arc of the hoop on one or both bend or straight of this exercise <u>«Hanging on heel»</u> is n children and junior subgroups "A" the paragraph 6.5 of these Rules.	
	Option 1		2,5 points	- Legs bend	
	Option 2		4,5 points	- Legs straight	
	Option 3		4,5 points	- Hanging on one heel	
	Option 4		5 points	- Hanging on one heel -Hands hold free hold straight leg in Biellmann grip	
AH-III-18	Hanging on feet		lower arc of t	-	
			2 points	- Body down	
AH-III-19	Hanging on ankle holding it by hand		(heel),. Hom upper leg. An is hold by fro grip Performing children and	the lower arc of the hoop on the ankle onymous hands holds the ankle of the nother leg set down выведена вниз and ee hand in regular grip or in Biellmann of this exercise is prohibited in 1 junior subgroups "A" according to oh 6.5 of these Rules.	
	Option 1		3,5 points	- Hands hold bend leg regular grip	
	Option 2		4 points	- Hand holds bend leg in Biellmann grip	
AH-III-20 Hanging on foot holding it by hand			the hoop. The the foot. Another hand line. Body in Performing children and	he bridge of the foot on the lower arc of e hand, homonymous or opposite, press I holds free leg by ankles, opening split deflection of this exercise is prohibited in I junior subgroups "A" according to oh 6.5 of these Rules.	
			3 points	- Legs opening 180° or more	

Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
	Hanging on neck		Performing of and junior	ne neck on the lower arc of the hoop of this exercise is prohibited in children subgroups "A" according to the
	Option 1		3 points	.5 of these Rules. - Hanging without touching the legs
AH-III-21	Option 2		3,5 points	- Hanging holding the legs («basket»), legs straight, Back in deflection
	Option 3		4 points	- Hanging in front split , holding legs by hands
	Option 4		4,5 points	- Hanging the upper leg in biellmann grip (straight arms over the hoop) lover leg opening split line
	Hanging on heel holding the leg in Biellmann grip by one or two hands		holding that le twist) by one Performing (foot (heel) on the lower arc of the hoop, eg in a "Biellmann" grip (with a shoulder or two hands. Free leg bend or straight of this exercise is prohibited in children subgroups "A" according to the
AH-III-22	Option 1		paragraph 6. 3,5 points	5 of these Rules. - Legs bend
			_	
	Option 2		4,5 points	- Legs straight
AH-III-23	Split on hip holding the hoop or hands free			the lower arc of the hoop, tha hand holds leg, body in deflection.
	Option 1		2 points	-Legs opening 180° or more -One hand holds the hoop, holds the leg in Biellmann grip
	Option 2		3,5 points	-Legs opening 180° or more - Both hands holds the leg in Biellmann grip
AH-III-24	Split with rest on front side of leg and elbow		Rest on the u lower arc of t opening split	upper part of the hip. Elbow grip on the he hoop, another hand holds the leg. Legs line
			3 points	-Legs opening 180° or more
AH-III-25	Hanging on waist			vaist on the lower arc of the hoop. he legs. The back in strong deflection
			2,5 points	- Legs straight - Hands hold прямые ногу in a "Biellmann" grip (with a shoulder twist)

Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
АН-Ш-26	Stance on chest holding the leg		the lower arc ankle on the u	e chest and back side of the shoulder on of the hoop with additory fixation of the upper arc. Arms straight, holding the leg grip with a shoulder twist
	Option 1		3 points	- Hands hold bend leg
	Option 2		3,5 points	- Hands hold straight leg
	Option 3		4 points	- Hands hold straight leg - Upper leg straight
AH-III-27	Rest on chest hands free			est on the lower arc of the hoop. The the arm rest the hoop, legs in front split he hoop. - Arms spread
AH-III-28	Split with rest on armpit hands free		without hold	e rest on the back side of the shoulder ing by upper hand. The body is set loes not touch he hoop. - Legs opening 180° or more

Группа IV - special

	Appendix 0.2 compulsory excretises retraintoop			i pynnu i v speciui
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
AH-IV-1	Spinning with the rest on the body and elbow grip		elbow and b	er arc of the hoop fixate the body by end leg. Making a swing by free hand ke a full turn forward or backward er arc
ΑΠ-Ιν-Ι	Option 1	A A	3,5 points	- Minimum 3 swings forward
	Option 2	ļ	3,5 points	- Minimum 3 swings backward
	Spinning in split with rest on hip		holding the	osition hanging on front side of hips hoop make a swing by hand holding id free leg make a turn forward or
AH-IV-2	Option 1		4,5 points	- Minimum 3 swings forward
	Option 2		4,5 points	- Minimum 3 swings backward
AH-IV-3	Spinning on elbows			sition brace between feet resting the f the hoop and back and turned arm ows resting on the lower arc of the le body forward on 360°
			3,5 points	- Minimum 3 turns
AH-IV-4	Turn forward under the knee		position, on	tting on the lower arc of the hoop the back side of the bend leg, body is olding the sides of the hoop, turn the d on 360°
			0,5 points	- Minimum 3 turns - Free leg straight
AH-IV-5	Turn backward under the knee		position, on	tting on the lower arc of the hoop the back side of the bend leg, body is olding the sides of the hoop, turn the ard on 360°
		ŗ	1 points	- Minimum 3 turns - Free leg straight

Appen	dix № 2 compuls	ory exercises Aerial hoop		Группа IV - special
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
AH-IV-6	Roll forward straight legs without a stop	PHOTO Will be posted soon	on back side of	ition siting on the lower arc of the hoop, of legs, legs straight. Hands hold the sides he body turns forward on 360°
/			1,5 points	- Minimum 3 rolls - Legs straight
AH-IV-7	Spinning in body rest holding by hand		elbow and kn	ated on the lower arc of the hoop by ee. Doing swing by free arm and leg the a full turn forward or backward over the he hoop
	Option 1		3 points	- Minimum 3 swings forward
	Option 2		3 points	- Minimum 3 swings backward
AH-IV-8	Turns on hips		Backward or part of the hip	forward swings with the rest on upper s and elbows.
	Option 1	X	3,5 points	- Minimum 3 swings forward
	Option 2		3,5 points	- Minimum 3 swings backward
AH-IV-9	Spinning in split with body rest and elbow grip		and leg bend i the body mak hoop. Lower	r arc of the hoop fixate by body, elbow in knee. Doing swing by free arm and leg tes a full turn over the lower arc of the arm on the hoop fixating bend leg. Then en opening split line.
			4,5 points	Both legs straightMinimum 3 swings forward
AH-IV-10	Fall from hands to elbows			hanging on hands on the upper arc of the n elbows on the lower arc of the hoop, or bend.
			2,5 points	- Hold the position before the fall for 2 sec.
		W.		l

Append	ix № 2 compuls	ory exercises Aerial hoop	Группа IV - special		
Code\ Group	Name	РНОТО	Points Description, conditions under which the exercise is considered to be performed		
	Fall from hands to hands		Start position hanging on hands on the upper arc of the hoop. Fall in hanging on hands on the lower arc of the hoop.		
AH-IV-11	Option 1		1,5 points- Keep the position for 2 sec before the fallStart position- Hanging on hands on the upper arc of the hoopEnd position- Hanging on hands on the lower arc of the hoop		
	Option 2		Start position hanging on hands on the upper arc of the hoop, legs spread. Fall in hanging on hands on the lower arc position. Legs spread.		
			2 points - Keep the position for 2 sec before the fall - Keep split squat position (do not let legs down)		
AH-IV-12	From elbows to elbows		Start position hanging on elbows on the upper arc of the hoop. Fall to hanging on elbows on the lower arc of the hoop position 3 points - Keep the position for 2 sec before the fall		
AH-IV-13	From elbows to inner side of the shoulders		Start position hanging on elbows on the upper arc of the hoop. Fall to hanging on inner side of the shoulder on the lower arc of the hoop position		
			3,5 points - Keep the position for 2 sec before the fall		
	From elbows to hands with turn	ls with	Start position hanging on elbows on the upper arc of the hoop. Fall to hanging on hands on the lower arc of the hoop position, turning the body on 180°		
AH-IV-14			4 point - Keep the position for 2 sec before the fall		

Группа IV - special Appendix № 2 compulsory exercises Aerial hoop Points Code\ **Description, conditions under** Group Name рното which the exercise is considered to be performed Start position hanging in brace between the waist and the rest on upper arc of the hoop, holding free bend leg in biellmann grip. By pressing the hoop by upper leg change the position into the hanging AH-IV-15 Fall from waist on elbows holding the leg to elbows 3,5 points Start position- Hanging on waist on the lower arc of the hoop End position- Hanging on elbows on the lower arc of the hoop Start position sitting on the lower arc of the hoop, Legs spread, hands hold the hoop between the legs. The body goes down. End position hanging in split squat on the lower arc of the hoop AH-IV-16 Fall from sitting **3** points Start position- sitting on the to split squat lower arc of the hoop. Legs spread End position- Hanging on hands, legs spread Regrasp Regrasp 4 points Start position: Hanging on hands on the lower arc of the hoop in **Option 1** wide grip, legs between arms End position: Hanging on the lower arc in narrow grip, legs AH-IV-17 spread Start position: Hanging on the lower arc in narrow grip, legs 4,5 points spread **Option 2** End position: Hanging on hands on the lower arc of the hoop B wide grip, legs between arms Hands in pronate or underhand wide grip. The body makes a full turn on 360°. Legs straight during the performance of the exercise. Spinning on hips 3 points AH-IV-18 and hands Minimum 3 turns. Start position: laying on the lower arc of the hoop on the hip. Upper leg parallel to the floor and is straight during the performance of the exercise. Spinning in One hand at the level of the face, another hold the laving on the lover arc Lower leg beds to make a forward turn AH-IV-19 lower arc of the with returning in start position. hoop position 1,5 points Minimum 3 turns.

Appendix J	№ 2 compulsory e	xercises Aerial hoop		Группа IV - special
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
AH-IV-20	From elbows to elbows with turn		arc of the hoo	hanging on elbows on the upper p. Fall in hanging on elbows on the ly turns on 180°
			4,5 points	- Keep the position for 2 sec before the fall Start position - Hanging on elbows on the upper arc End position - Hanging on elbows on the lower arc
AH-IV-21	Somersault		of the hoop. hands, then tu	hanging on hands on the upper arc Swinging the body hanging on rn the body on 360° to hanging on he hips position
	hanging to hip		3,5 points	- Keep the position for 2 sec before the fall Start position - Hanging on hands on the upper arc of the hoop End position - Hanging on front side of the hip on the lower arc
	Somersault to the		knees. Swing	h hanging on the back side of ing the body then make a turn in ckwise order landing on feet. End ing feet.
AH-IV-22	floor		3,5 points	Start position- Hanging on the back side of knees End position- dismount on the floor, fixating the position standing on feet without losing balance and touching the floor.
AH-IV-23	Regrasp from hanging on knees		knees. Swing goes back ma	h hanging on the back side of ing the body then when the hoop ke regrasp in hanging on hands on of the hoop position.
	to hanging on hands on the lower arc of the hoop		5 points	Start position- Hanging on the back side of knees End position- Hanging on hands, legs spread
	Fall from feet to			hanging on the bridge of the foot arc of the hoop, fall on the knees on of the hoop
AH-IV-24	knees		4,5 points	Start position – Hanging on the bridge of the foot on the upper arc of the hoop End position - Hanging on back side of knees on the lower arc of the hoop

Group- Duet

Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
AH-G-1	Duet hanging, opening split line on the upper arc of the hoop		hoop, opening Second athle hoop on the	Hanging on the upper arc of the split line, body in deflection te: Hanging on the lower arc of the back side of the hips, holding the es. Arms spread
	Option 1		1,5 points	- Legs bend
	Option 2		2 points	- Legs straight - Legs opening 180° or more
AH-G-2	Synchronous hanging on the upper and lower arcs of the hoop, bodies in deflection		hoop, hands together, press Second athle hoop, hands together, press	Hanging on the upper arc of the in narrow grip, Legs straight feet sed to the arm. Back in deflection te: Hanging on the lower arc of the in narrow grip. Legs straight feet sed to the arm. Back in deflection odies are placed symmetrically
	Option 1		1,5 points	- Both legs bend e
	Option 2		2 points	- Both legs straight
AH-G-3	Synchronous hanging on the body side on the lower arc of the hoop		hoop. The up the hoop, leg fixated the up	he body side on the lower arc of the per hand holds 3a the upper arc of s opening split line. Upper leg is per arc of the hoop by foot. bodies are placed symmetrically,
			1,5 points	- Both legs straight
AH-G-4	Hanging in split on the lower arc of the hoop		hoop on one leg by ankle, o Second athle hips on the homonymous line. Free hand	Hanging on the lower arc of the hand, free hand holds the opposite opening split line te: Hanging on the back side of the lower arc of the hoop, the hand holds the wrist, opening split d holds the partner's ankle. bodies are placed symmetrically
	Option 1		1 point	- Legs opening less than 180° (at least one partner)
	Option 2		2 points	- Legs opening 180° or more - Splits should be parallel

Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed
AH-G-5	Hanging in split on partner's wrist		side of the hoo Second athl	brace between back and feet between the op, hands hold the partner's wrists. ete: horizontal hanging in split, legs floor, hands hold the partner's wrists
	Option 1		0,5 points	Second athlete: -Legs opening less than 180°
	Option 2		1 point	Second athlete: -Legs opening 180° or more
AH-G-6	Balance with the rest on partner's feet by shoulders		holding the v spread or feet Second athle hands hold the	the shoulders rest on partner's feet, hands apper arc of the hoop. Legs straight and together. te: the hips rest the lower arc of the hoop, e sides of the hoop, the body in deflection, partner's weight.
	Option 1		2 points	First athlete: - straight legs spread - Body diagonally
	Option 2		2,5 points	First athlete: - Legs straight, feet together - Body diagonally
	Option 3		3,5 points	First athlete: - straight legs spread - Body parallel to the floor
	Option 4		4 points	First athlete: - Legs straight, feet together - Body parallel to the floor
AH-G-7	AH-G-7 Split with the rest on partner's feet by shoulders First athlete: The shoulders hands hold the upper arc of the upper arc of the hoop. The bod back. Second athlete: The hips rest the		e: The shoulders rests the partner's feet, e upper arc of the hoop. The heel holds the he hoop. The body and another leg are set te: The hips rest the lower arc of the hoop, e sides of the hoop, the body in deflection, he partner's weight.	
	Option 1		2,5 points	-Legs opening less than 180°
	Option 2		3 points	-Legs opening 180° or more
AH-G-8	Symmetrical stance in deflection		rest the lower deflection.	e grip 3a the upper arc of the hoop, the feet r arc of the hoop. Legs straight, back in re placed symmetrically.
			0,5 points	- Back in strong deflection
AH-G-9	Symmetrical hanging in split		the lower arc	he hoop 3a the upper arc, lower leg rests of the hoop, the hip of the upper leg rests Back in deflection.
	Option 1		0,5 points	-Legs opening less than 180°
	Option 2		1 point	-Legs opening 180° or more
		₹		l

Appendix	: № 2	comp	oulsory	exercises	Aerial	hoop
rependent		/ comp	Juison	CACI CISCS	1 x ci iai	noop

Group- Duet

pp		ory exercises Aeriar hoop		Group- Duct	
Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed	
AH-G-10	Hanging on partner's hands and foot		First athlete: the back rests on the lower arc of the hoop, one leg rests the upper arc (toe, foot, heel - leg straight), another leg is set back, hands hold partner's head by neck. Second athlete: horizontal hanging, the neck rests on partner's hands, the ankle is hold by foot. Hands free.		
			3,5 points	- Body parallel to the floor	
	Symmetrical hanging with leg grip	$\mathbf{\lambda}$	The back rests the lower arc of the hoop, one leg rests the upper arc (toe, foot, heel - leg straight). Second leg is hold by hand		
AH-G-11	Option 1		1,5 point	- Hands hold bend leg in regular grip	
	Option 2		2,5 points	-Hands hold bend leg in Biellmann grip by ankles (with a shoulder twist)	
	Option 3		3 points	-Hands hold straight leg in Biellmann grip by ankles (with a shoulder twist)	
	Hanging on knee on partner's leg		hoop. The boo (180°) Second athlet	Hanging on hands on the lower arc of the dy parallel to the floor. Legs opening split line te: hanging on knee on the partner's leg. Back	
AH-G-12	Option 1		3 points	arms spread стороны or hold a free leg - Hands hold bend leg in regular grip	
	Option 2		3,5 points	-Hands hold bend leg in Biellmann grip by ankles (with a shoulder twist)	
	Option 3		4 points	-Hands hold straight leg in Biellmann grip by ankles (with a shoulder twist)	
	Double split		lower a Second athlet	Hands in brace holding only the upper or the arc. Legs in front split te: Hands in wide grip on the upper arc of the ot rests the lower arc. Free leg opens a spli in deflection.	
AH-G-13	Option 1		3,5 points	First athlete: - Front split in the middle of the hoop - Hands in brace holding the lower and upper arcs of the hoop	
	Option 2	-	4 points	First athlete: - Front split in the middle of the hoop - Hand hold only the upper arc of the hoop	
AH-G-14	Balance, shoulders rests the partner's feet		hoop, feet tog partner's shou Second athle	te: Hanging on hands on the upper arc of the oulders rests the partner's feet. Keep the body	
	Option 1		4,5 points	Second athlete: - Legs spread - Body parallel to the floor.	
	Option 2		5 points	Second athlete: - Feet together - Body parallel to the floor.	

Code\ Group	Name	рното	Points	Description, conditions under which the exercise is considered to be performed	
AH-G-15	Rest on the front side of the hip		First athlete: Hanging on front side of the hip on th lower arc of the hoop. One leg opens a split line and i hold by opposite hand, free arm set aside. Second le rests partner's waist. Second athlete: Hanging on hands on the upper arc of the hoop, body in deflection, the back rests the partner's foot		
			4 points	Legs straight, feet together.	
	Hanging on on partner's foot		hoop, the boo line 180° or n		
AH-G-16	and on the lower arc of the hoop	17		ete: Hanging on foot on the lower arc of the holding partner's foot, body in deflection.	
	Option 1	V.	4 points	Second athlete: Both legs bend	
	Option 2		4,5 points	Second athlete: Both legs straight	
AH-G-17	Balance in split on partner's foot and hands	First athlete: The back rests the lower arc of the hore one leg rests the upper arc (toe, foot, heel -leg straig Another leg and hands hold partner's leg. Second athlete: balance in split on partner's foot hands. support point - ankles.			
-	Option 1		3,5 points	Second athlete: one hand holds the hoop	
	Option 2		4 points	Second athlete: hands free.	
	Stance partner's chest		the hips, has deflection. Second ath	e: sitting on the hoop on the back side of nds hold the side of the hoop. Back is lete: Stance partner's chest, body is ands hold the hoop. The body and legs of the hoop.	
AH-G-18	Option 1		1,5 points	Second athlete: legs touch the hoop	
	Option 2		2 points	Second athlete: legs bend and do not touch the hoop, feet trends to the head.	
	Option 3		2,5 points	Second athlete: Legs straight an parallel to the floor	
	Synchronous blanche		body kept p	he lower and the upper arc of the hoop, the arallel to the floor. The athlete's bodie aced symmetrically	
	Option 1		3,5 points	- One leg straight, another bend	
AH-G-19	Option 2		4 points	 Legs spread to the sides on 160° of more Legs and body in the same plan parallel to the floor 	
	Option 3		4,5 points	 Legs spread to the sides on angle normore than 90° Legs and body in the same plan 	
	Option 4			parallel to the floor	

Group- Duet

Code\ Group	Name	РНОТО	Points	Description, conditions under which the exercise is considered to be performed	
AH-G-20	Hanging in split with twist		First athlete: brace between back and feet between side of the hoop, both hands hold the panther's wrist. Second athlete: horizontal hanging, one leg rests the shoulder and upper part of the arm. The body turns on 270° in "stomach down" position opening split line (180°)		
			1 point	-Legs opening 180° or more	