HOOP 1CON

The LYRA Project

the Pole Studio

Hoop Icon 2020

Advanced Moves List

1. Figure 4 in the Strap
2. Russian Split
3. Chest Stand Stag
4. Extreme Gazelle
5. Open Delilah on the Top Bar
6. Single Hocks Split
7. Single Leg Scarab
8. Vertical Split
9. Back Balance Attitude
10. Reverse Splits Away
11. Bow and Arrow
12. Inverted Man in the Moon
13. Figurehead
14. Single Arm Hang
15. Optical Split in the Hoop

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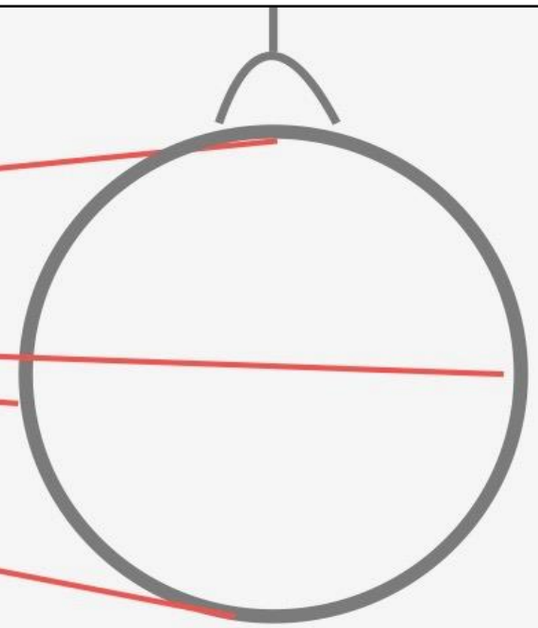
Terminology



Top bar
Side bars
Bottom bar

Inside
Outside

Additional Descriptions:
Extended = Lengthened, not rounded or flexed.
Front or Forward = In the direction forward of, or in front of the body.
Backwards or Behind = In the direction backwards or behind the body.
Neck in line with spine = When the neck lengthens in line without deviation.
Upright = When the head is above the level of the torso and hips.
Parallel to the floor = When the whole of, or part of the body forms one straight line, which is horizontal.
Inverted/Upside down = When the head is below the level of the hips and torso.

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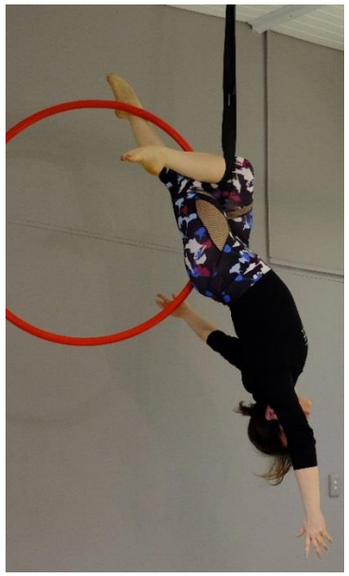

1. Figure 4 in the Strap	MAX. POINTS
Contact points: The crook of the bent knee is in contract with the strap. The ankle or foot of the straight leg, the thighs and the glutes are in contact with the top bar of the hoop.	1 point
The shoulders are down away from the ears, and the arms are both extended straight with no contact to the hoop.	1 point
The torso is inverted and the spine is extended or arched.	1 point
One knee is bent around the strap holding at the back of the knee, the other leg is straight and fed through the hoop from one side to the other. The glutes are resting on the outside of the top bar. Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

2. Russian Split	MAX. POINTS
Contact points: Both hands hold the top bar of the hoop, the thigh or the knee of the back leg (optional). The ball of one foot is pushing against the bottom bar of the hoop.	1 point
The neck is in line with the spine, the shoulders are down away from the ears, and both arms are extended straight.	1 point
The torso is inverted, and the spine is lengthened.	1 point
The foot of the front leg is pushing on the bottom bar of the hoop. The back leg is in split position reaching away from the hoop behind the body. Both legs are extended straight. The back foot is pointed. Minimum split angle of at least 140°.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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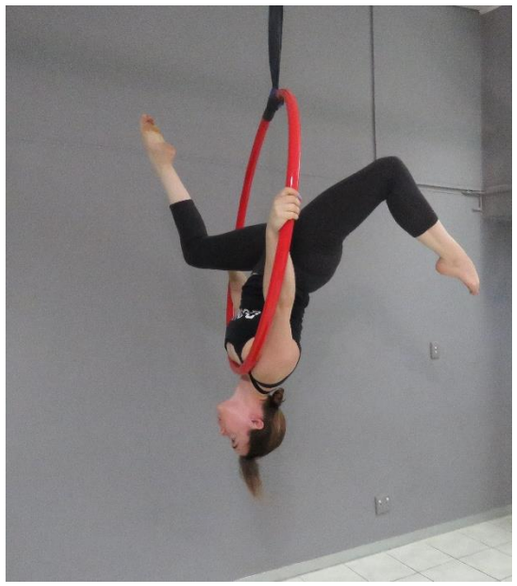

3. Chest Stand Stag	MAX. POINTS
Contact points: The hands, arms, front of shoulder and top of the chest, below the collar bone have contact with the hoop.	1 point
The neck is lengthened, and the shoulders are down away from the ears. The arms are straight with hands holding onto the side bar.	1 point
The torso is upside down with the chest resting on the bottom bar of the hoop. The spine is lengthened.	1 point
The legs are in attitude position inside the hoop with no contact to the hoop, and both feet are pointed. No minimum split angle is required.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

4. Extreme Gazelle	MAX. POINTS
Contact points: The inner thigh, and/or the inner side of the knee of the front leg. The outer thigh or knee of the back leg. The side of the torso, and hip, the gluteal area and/or sacrum.	1 point
The neck is lengthened, and the shoulders are away from the ears. The hand of the front leg holds the knee, thigh or ankle. The hand of the back leg holds the ankle. Both arms are straight.	1 point
The torso is upside down. The spine is lengthened.	1 point
The front leg is extended straight and the back leg is bent. The feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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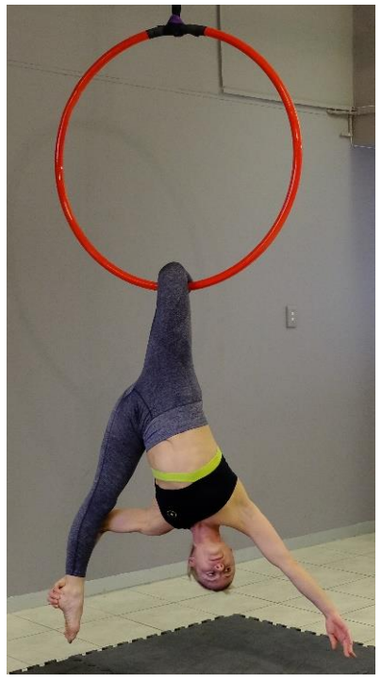
5. Open Delilah on the Top Bar	MAX. POINTS
Contact points: The knee of the top leg is bent over the top bar of the hoop, contact with the strap is allowed. The back of the knee or thigh of the straight leg touches the side bar or lower bar of the hoop. The back of the neck, the top of the shoulders and the inside of the arms have contact with the hoop.	1 point
The neck is lengthened, the shoulders are down from the ears. The arms are both extended straight with no hand contact to the hoop.	1 point
The torso is inverted down with the shoulders resting on the bottom or side bar of the hoop. The spine is extended.	1 point
The top leg is bent over the top bar, the bottom leg is extended straight pointing in a downward direction resting against the hoop on the same side as the head. Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**



6. Single Hocks Split	MAX. POINTS
Contact points: One leg is hocked over the low bar.	1 point
The neck is lengthened, and the shoulders are down from the ears. One arm reaches away in a position of choice, with no contact to the hoop and the other arm is holding the split leg by the knee, calf or ankle.	1 point
The torso is upside down. The spine is lengthened.	1 point
The hooked leg is bent, the free leg is pulled down toward the side or front of the torso in a split angle of at least 120°. Both feet must be pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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7. Single Leg Scarab	MAX. POINTS
Contact points: One knee is hooked over the top bar, contact with the strap is allowed. Both hands how contact with the low bar.	1 point
The neck is extended and the shoulders are down away from the ears. The arms are straight in front of the body.	1 point
The torso is upside down, and the spine is lengthened or arched.	1 point
The front leg is hooked and the back leg is in a bent position with foot pointing towards the floor. Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

8. Vertical Split	MAX. POINTS
Contact points: Both hands hold the top bar of the hoop. The upper leg's calf is in contact with the top bar and the lower leg's shin or knee is in contact with the bottom bar in font split position.	1 point
The neck is extended and the shoulders are down away from the ears. The arms are extended straight.	1 point
The spine is lengthened or arched.	1 point
The legs are in split position of a minimum of 140°. Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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9. Back Balance Attitude	MAX. POINTS
Contact points: Sacral/Lumbar region of the lower back.	1 point
Arms are extended away from the body in position of choice with no contact with the hoop. The neck is extended and the shoulders are down away from the ears.	1 point
The torso is upside down the spine is arched.	1 point
The legs are bent in attitude position. Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

10. Reverse Splits Away	MAX. POINTS
Contact points: Both hands have contact with the top bar and the top of one foot has contact with the bottom bar.	1 point
The neck is lengthened, and the shoulders are down away from the ears. The arms are extended straight.	1 point
The torso is upright forward of the hoop. The spine is in a back arch.	1 point
The back foot or ankle has contact with the hoop the leg may be bent. The front leg is extended straight with no contact to the hoop. Minimum split angle of 120° at the thighs. Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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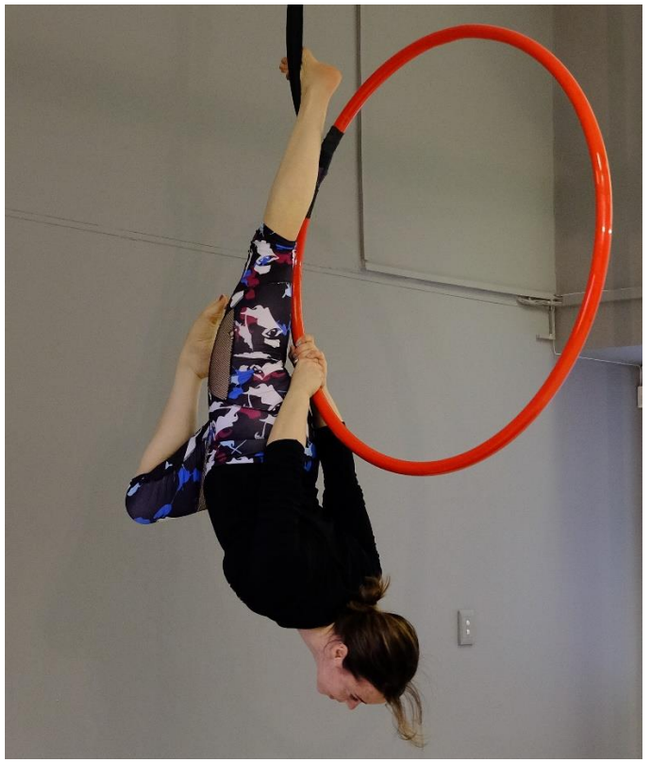
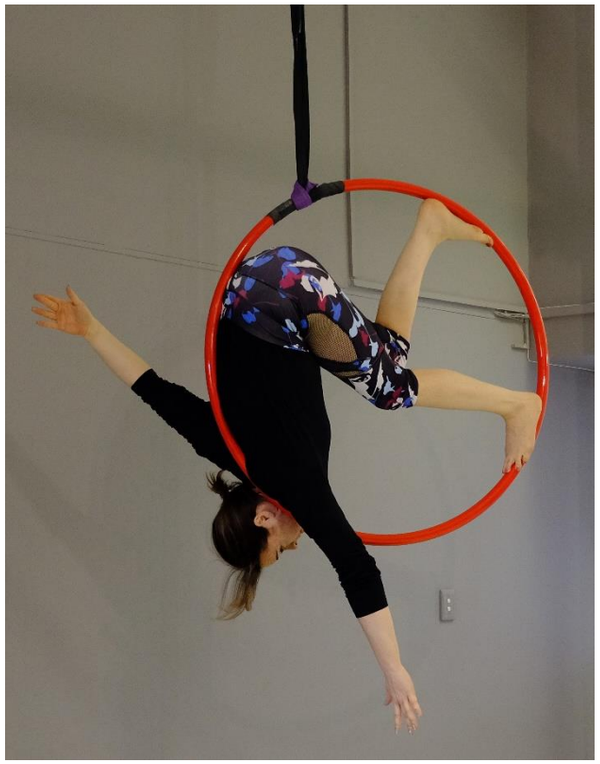


11. Bow and Arrow	MAX. POINTS
Contact points: Both hands hold the side bar of the hoop. The foot of the top leg is hooked around the strap. The calf and thigh of the top leg and the glutes may have contact with the hoop.	1 point
The neck is lengthened and the shoulders are down away from the ears. The arms are straight holding the hoop behind the back.	1 point
The torso is upside down and on the outside facing away from the hoop, the spine is extended.	1 point
The top leg is straight holding the strap with a flexed foot. The bottom leg can be bent towards the body or extended straight. The foot of the bottom leg is pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**



12. Inverted Man in the Moon	MAX. POINTS
Contact points: Both feet, one shoulder (Side of neck and face optional) Length of the back from shoulder to sacrum have contact with the hoop. Glutes optional.	1 point
The neck is lengthened, and the shoulders are down from the ears. The arms are in position of choice with no contact to the hoop	1 point
The torso is upside down on the inside of the hoop resting one shoulder on the bottom bar. The spine is curved along the side bar to take the shape of the hoop.	1 point
The legs are bent pushing on the inside of the side bar of the hoop (with flat feet). Knees are closed	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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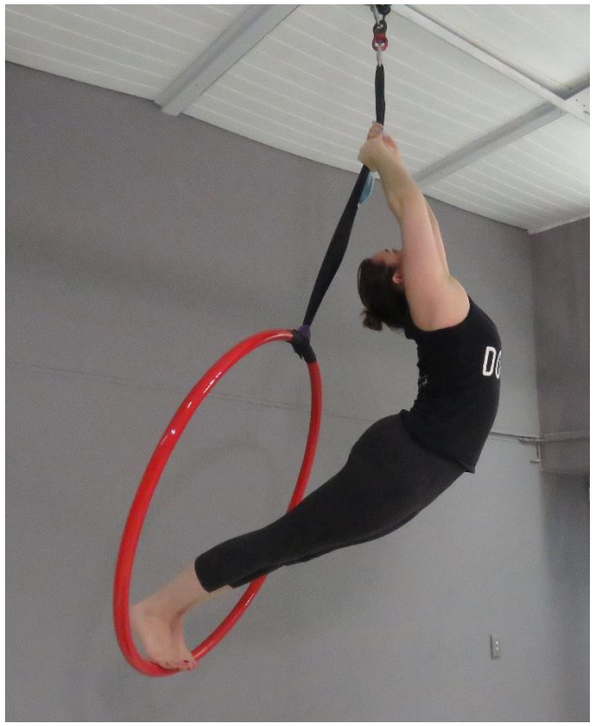

13. Figurehead	MAX. POINTS
Contact points: Balls of both feet have contact with the bottom bar. Both hands have contact with the strap	1 point
The neck is lengthened, and the shoulders are down away from the ears. The arms are reaching over head to hold onto the strap, straight or bent at the elbow.	1 point
Body is upright stranding on the bottom bar with the hoop behind the back, and the spine is in a back arch.	1 point
Both legs are straight standing on the balls of the feet	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

14. Single Arm Hang	MAX. POINTS
Contact points: One hand holds the top bar of the hoop next to the strap. The arm or back may have contact with the hoop.	1 point
The neck is lengthened, and the shoulders are down away from the ears. The holding arm is straight. The opposite arm is straight next to the body.	1 point
The body is upright hanging free of the hoop. The spine is lengthened.	1 point
Both legs are straight and closed with both feet pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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15. Optical Split in the Hoop	MAX. POINTS
Contact points: One hand has contact with the top/side bar. The hip and thigh of the bottom leg have contact with the hoop. The back of the thigh or calf of the top leg may also have contact with the hoop.	1 point
The shoulders are down, the top arm is straight the lower arm is holding the opposite calf, ankle or foot.	1 point
The torso is horizontal, the spine is lengthened.	1 point
The legs are in split position and extended straight with the top leg being pulled behind the top arm or shoulder, between the arm and the hoop. Minimum split angel of 120°. Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**