HOOP 1CON

The LYRA Project

the Pole Studio

Hoop Icon 2020

Intermediate 2 Moves List

1. Delilah Split

2. Back Balance Foot Lock

3. Elbow Hang Splits Away Passé

4. 1/2 Straddle in the Hoop

5. Yogini

6. Chard

7. Poisson Split

8. Wrapped Diving Bird

9. Cradle Passé Split

10. Candlestick No Hands

11. Lollipop

12. Shoulder Stand Straddle

13. Mexican in the Hoop

14. Iron Fanny

15. Hip Hold on the Top Bar

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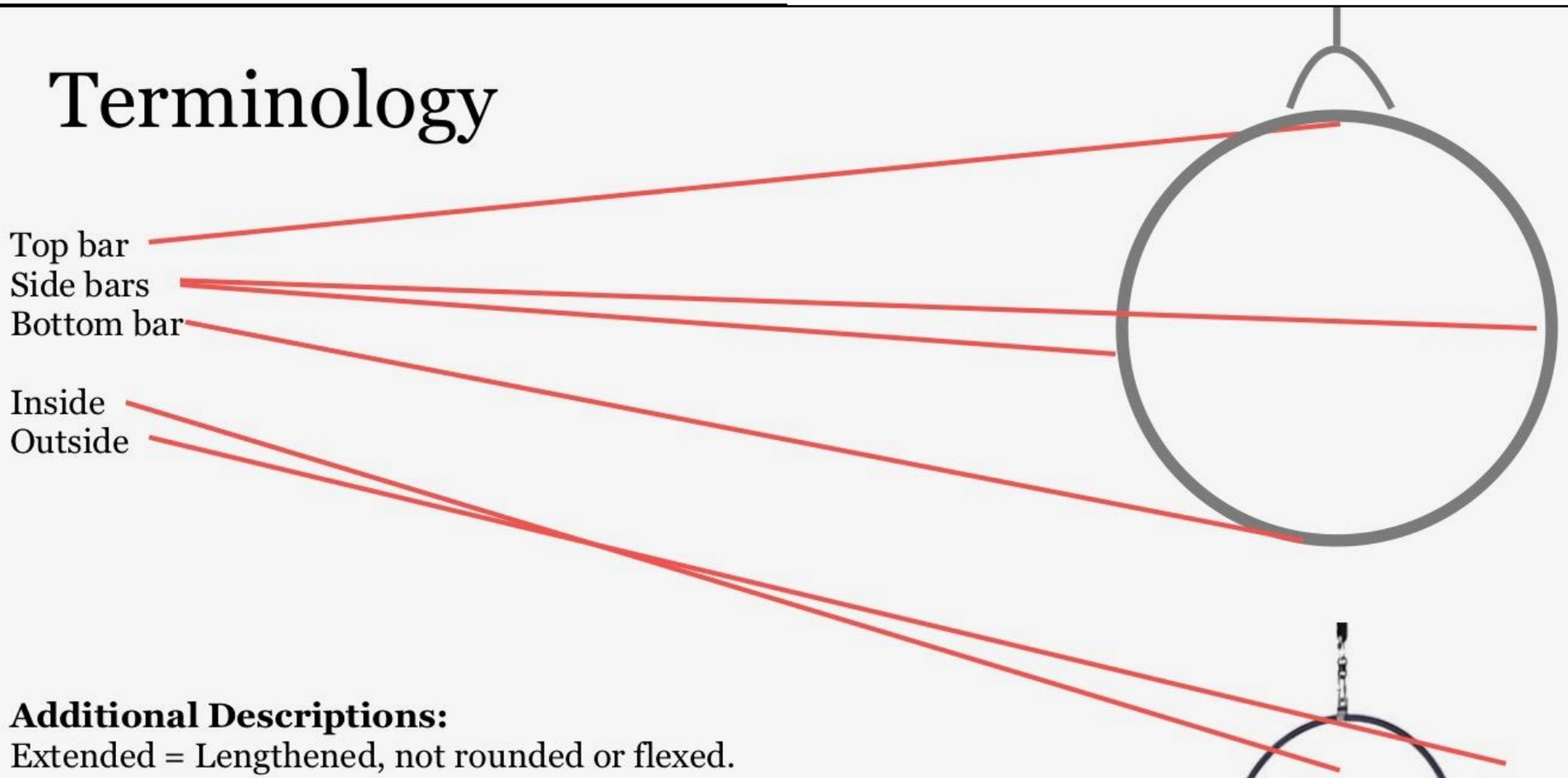
Terminology



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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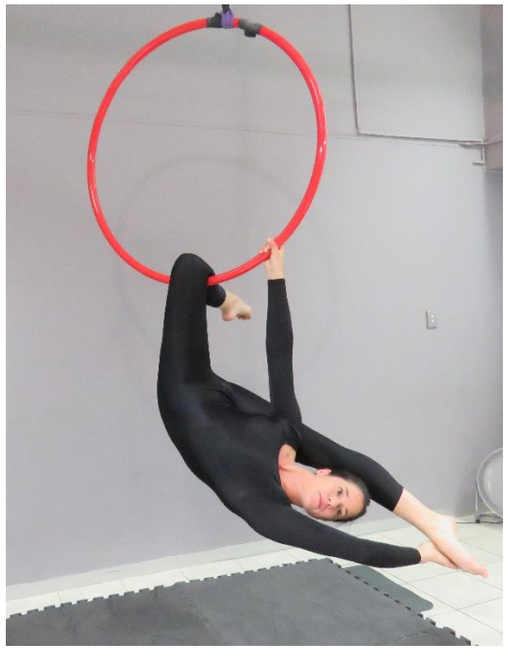

1. Delilah Split	**MAX. POINTS**
Contact points: One hand has contact with the bottom/side bar and the opposite knee is hooked over the bottom bar.	1 point
The shoulders are down away from the ears. The arm that is holding onto the hoops is straight. The opposite arm is holding the straight leg at the foot or ankle.	1 point
The torso is inverted or horizontal facing up or forward and the spine is extended.	1 point
The straight leg is behind the arm or shoulder of the hand that holds the lower bar of the hoop. The straight leg is either parallel to the floor or below. Both feet are pointed. There is no minimum split angle.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

2. Back Balance Foot Lock	**MAX. POINTS**
Contact points: Both feet or ankles have contact with the top bar. The top of the back has contact with the hoop.	1 point
The shoulders are down away from the ears, and both arms are extended straight with no contact with the hoop.	1 point
The torso is horizontal lying facing up on the bottom bar parallel to the floor and the spine is lengthened. Neck is in line with the spine.	1 point
The legs are straight and closed pointing upward. Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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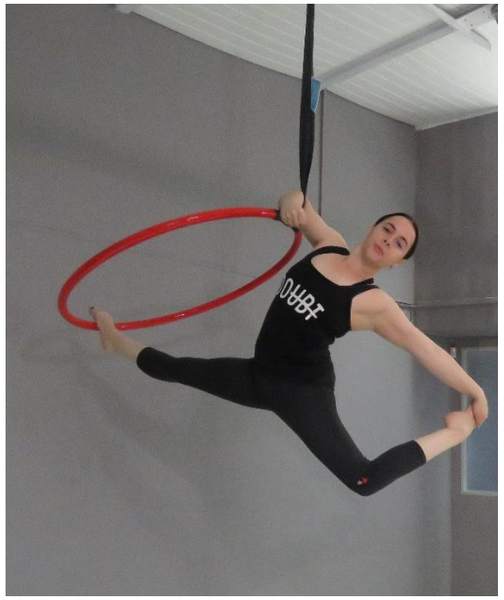

3. Elbow Hang Splits Away Passé	MAX. POINTS
Contact points: The elbow of one arm is holding on to the strap (this elbow may have contact with the hoop). One foot has contact with the lower bar.	1 point
The neck is lengthened, and the shoulders are down away from the ears. The free arm is extended straight holding the foot or ankle of its corresponding leg.	1 point
The torso is upright. The spine is lengthened or in back arch position.	1 point
The front leg is straight with the ball of the foot pushing on the lower bar, the back leg is bent at 90° and pointed. Minimum split angle of 140°.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

4. ½ Straddle in the Hoop	MAX. POINTS
Contact points: Both hands have contact with the top bar of the hoop.	1 point
The neck is lengthened, and the shoulders are down from the ears. The arms are straight.	1 point
The torso is upside down, hanging inside the hoop with the hips above the head. The spine is lengthened.	1 point
Both legs are straight in straddle position, one leg between the arms and one leg between the arm and the hoop. Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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5. Yogini	MAX. POINTS
Contact points: The armpits and upper back have contact with the lower bar.	1 point
The neck is lengthened, the shoulders are down from the ears and rolled back. The arms are both extended straight holding the feet or the ankles behind the body.	1 point
The torso is upright. The spine is extended in a back arch.	1 point
The legs are both bent backward pointing upward the feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

6. Chard	MAX. POINTS
Contact points: Forearms (optional), elbows, upper arms and upper back have contact with the hoop.	1 point
The neck is lengthened, and the shoulders are down from the ears and drawn back. Arms are hooked backwards around the top bar of the hoop with no hand contact.	1 point
The torso is upright and spine is lengthened hanging through the hoop from front to back.	1 point
Legs are closed and parallel to the other, or one knee can be bent. Both feet must be pointed with no contact with the hoop.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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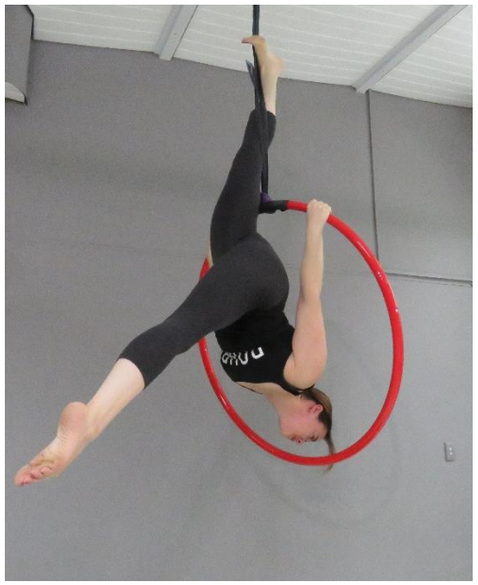

7. Poisson Split	MAX. POINTS
Contact points: Both hands have contact with the top bar. The back leg's foot (shin and side of calf optional) have contact with the strap.	1 point
The neck is extended and the shoulders are down away from the ears. The arms are straight.	1 point
The body is upside down, and the spine is lengthened or in a back arch position.	1 point
The legs are straight in front split position, with the back leg's foot hooked around the strap and the front leg pointing downward to the floor. Front foot is pointed. Minimum split angle of 120°.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

8. Wrapped Diving Bird	MAX. POINTS
Contact points: One hand has contact with the top or side bar, (forearm contact is optional). The outside of the top leg's ankle or shin has contact with the top bar. The bottom leg's inner thigh and outer shin (calf optional) and the hip of the lower leg have contact with the hoop.	1 point
The neck is extended and the shoulders are down away from the ears. The lower arm is in a position of choice with no contact to the hoop.	1 point
The spine is lengthened or in back arch. The torso is not hanging down toward the floor. The hoop is at the back of the body. The top hip is turned toward the floor.	1 point
The top leg is straight pointing upward resting on the hoop. The bottom leg is wrapped around the lower bar. Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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9.Cradle Passé Split	MAX. POINTS
Contact points: The crook of one elbow and the same side shoulder are in contact with the side bar. The back of the body and the back of one leg (Side of hip optional) have contact with the hoop.	1 point
One arm is hooked onto the hoop. The other arm is extended straight holding the same side foot or ankle behind the body. The neck is extended and the shoulders are down away from the ears.	1 point
The torso is upright and the hoop lies diagonally across the back from shoulder to opposite hip. The spine is arched.	1 point
The same leg as hooked arm is resting on the side/ low bar of the hoop. The leg is extended straight in front split position. The other leg is held by the same side hand behind the body. Minimum split angle of 120° Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

10. Candlestick No Hands	MAX. POINTS
Contact points: The crotch area, inner thighs, the back of the calf and ankle of the lower leg. The top leg's ankle and/or shin and the top of the feet.	1 point
The shoulders are down, away from the ears, the neck is in line with the spine. The arms are in a position of choice with no contact to the hoop.	1 point
The spine is lengthened and the body is inverted.	1 point
The legs are closed and both feet are flexed. One foot crossing over the other.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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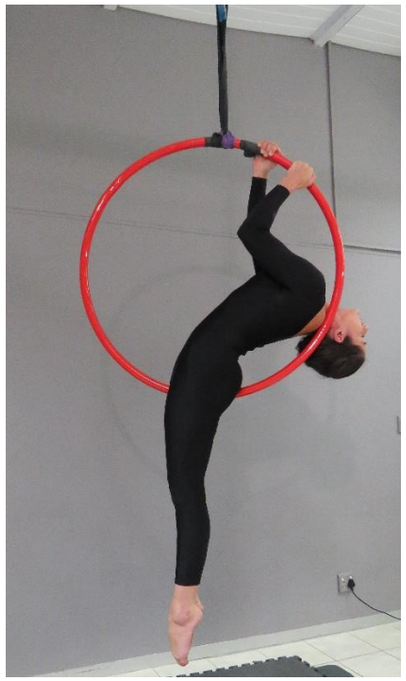

11. Lollipop	MAX. POINTS
Contact points: Both hands hold the hoop on the same side of the strap. The side of the face or one shoulder can have contact with the side bar of the hoop. The glutes, crotch area and inside of the thighs have contact with the bottom bar of the hoop.	1 point
The neck is lengthened and the shoulders are down away from the ears. The arms are bent.	1 point
The torso is upright in a back arch position.	1 point
Legs are straight and parallel to each other, and perpendicular to the floor with a tolerance of 20°. Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

12. Shoulder Stand Straddle	MAX. POINTS
Contact points: The back of the neck and top of the shoulders have contact with the bottom bar. The hands, the inside of one calf and outside of the other have contact with the side bars of the hoop.	1 point
The neck is lengthened, the shoulders are down from the ears and the arms are extended straight.	1 point
The torso is inverted, and the spine is lengthened.	1 point
The legs are straight and in straddle position in front of the body and parallel to the floor, one leg to the inside of the hoop and one leg to the outside. The feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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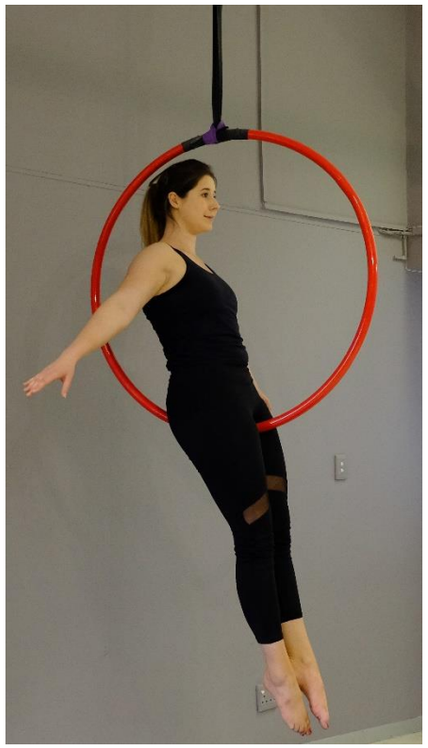

13. Mexican in the Hoop	**MAX. POINTS**
Contact points: Both hands have contact with the top bar. Inner thighs and crotch area may have contact with the hoop.	1 point
The neck is lengthened, and the shoulders are down away from the ears. The front arm is extended straight, the back arm may be bent.	1 point
The torso is inverted in the hoop and the spine is in a back arch.	1 point
Both legs are extended straight, parallel to the floor with a tolerance of 20°. Legs may be closed or open.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

14. Iron Fanny	**MAX. POINTS**
Contact points: Glutes, crotch area and inside of the thighs have contact with the bottom bar.	1 point
The neck is lengthened, and the shoulders are down away from the ears. The arms are in a fixed position of choice with no contact with the hoop.	1 point
The body is upright and in a straight line from head to toe balancing on the bottom bar of the hoop. The spine is lengthened.	1 point
Both legs are straight, parallel to each other or crossed at the ankle with both feet pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**

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15. Hip Hold on the Top Bar	MAX. POINTS
Contact points: Top of the thighs and lower abdomen have contact with the top bar. The inside of the thighs have contact with the strap.	1 point
The shoulders are down and the neck is lengthened. Both arms are in a fixed position of choice with no contact to the hoop.	1 point
The body is folded over the top bar with legs on either side of the strap. Torso is upside down with legs angled downward, feet below the hips.	1 point
The legs straight and closed. Both feet are pointed.	1 point
Held for 3 seconds.	Compulsory
TOTAL POINTS	**/4**