

Hoop Icon

Intermediate I Moves List

1. Crab
2. Single Point Flag
3. French Gazelle
4. Walking Man
5. Bird's Nest
6. Single Leg Hocks
7. Hip Hold
8. Half Hocks Split
9. Arrow Under the Bar
10. Reverse Scarab
11. Delilah on Top Bar
12. Front Balance
13. Half Back Balance
14. Angel Split
15. Elbow Hold Tuck



1. Crab



Contact points: Both hands hold the bottom bar of the hoop. The thighs and/or the front of the pelvis may also touch the hoop. Do not add contact points.
/1

The shoulders are down. The neck is in line with the spine and the arms are straight.
/1

The torso is upside down and the spine is extended.
/1

The legs are bent, the knees are open, the feet are both pointed and in contact with each other.
/1

/4

2. Single Point Flag



Contact points: One hand holds the top bar, one hand holds the lower/side bar. The upper/mid-back and the back of shoulders may also be in contact with the hoop. Do not add contact points.
/1

The shoulders are down. The neck is in line with the spine and the arms are straight.
/1

The torso is upright and the spine is lengthened. The hoop is behind the body.
/1

The legs are straight and closed. Both feet are pointed.
/1

/4

3. French Gazelle



Contact points: The calf/ankle, inner thigh and hip fold of the front leg. The sacrum, the gluteal area, and/or back of the thigh and the knee. The calf or the ankle of the back leg (depending on whether the back leg is higher or lower in the hoop). Do not add contact points.

/1

The shoulders are down. The neck is in line with the spine. The arms are in a position of choice.

/1

The torso is upside down. The spine is lengthened.

/1

The front leg is bent, the back leg is straight. Both feet are pointed. No minimum split angle is required.

/1

/4

4. Walking Man



Contact points: The outside/tops of both feet, the ankles and/or shins and the inner thighs. The crotch area may also touch the hoop. Do not add contact points.

/1

The shoulders are down. The neck is in line with the spine. The arms are in a position of choice.

/1

The torso is upside down. The spine is lengthened.

/1

Both legs are straight.

/1

/4

5. Bird's Nest



Contact points: Both hands hold the bottom bar of the hoop. The front of the ankles/shins, and/or the front of the knees. The tops of the feet may be in contact with the hoop. Do not add contact points.

/1

The shoulders are down and rolled back. The neck is in line with the spine. The arms are straight.

/1

The torso is upside down with the chest pointing down to the floor. The spine is extended.

/1

Both legs are straight.

/1

/4

6. Single Leg Hocks



Contact points: The back of the hooked knee. Do not add contact points.

/1

The shoulders are down. The neck is in line with the spine. The arms may not touch any part of the body.

/1

The torso is upside down. The spine is extended.

/1

The hooked leg is bent. The free leg is behind the body. Both feet are pointed.

/1

/4

7. Hip Hold



Contact points: The hip fold, the crotch area and the top of the thighs. The lower abdomen may also touch the hoop. Do not add contact points.

/1

The neck is in line with the spine. The shoulders are down. The hands hold the ankles.

/1

The torso is upside down and the spine is lengthened.

/1

The legs are straight and closed around the bottom bar of the hoop. The feet are pointed.

/1

/4

8. Half Hocks Split



Contact points: Both hands hold the top bar of the hoop. The upper leg hooks the top bar at the back of the knee. The front of the ankle, or the shin of the lower leg is in contact with the bottom bar of the hoop. Do not add contact points.

/1

The shoulders are down. The neck is in line with the spine. The arms are straight.

/1

The spine is extended.

/1

The top leg is bent and the lower leg is straight. Minimum split angle is 140°. Both feet are pointed.

/1

/4

9 . Arrow Under the Bar



Contact points: Both hands hold the bottom bar of the hoop. The inner thighs. The crotch/gluteal area may have contact with the hoop. Do not add contact points.

/1

The neck is in line with the spine. The shoulders are down. One arm is in front of the body and one arm is behind the body. Both arms are straight.

/1

The torso is upside down. The whole body from the head to the feet forms a straight, vertical line.

/1

The legs are straight and closed around the bottom bar of the hoop. Both feet are pointed.

/1

/4

10. Reverse scarab



Contact points: Both hands hold the bottom bar of the hoop. The back of both knees hook over the hoop. Do not add contact points.

/1

The neck is in line with the spine. The shoulders are down. The arms are extended straight with a 30° tolerance either by extending at the shoulders or flexing at the elbows. The hands hold the hoop with the arms overhead (not behind the back).

/1

The torso is upside down. The spine is extended

/1

The legs are bent and both feet are pointed.

/1

/4

11. Delilah on Top Bar



Contact points: Both hands hold the side or bottom bar of the hoop. The back of the top knee is hooking over the top bar of the hoop. The top of foot of the lower leg, the front of the ankle or shin and the top of one shoulder, or the front of chest is in contact with the hoop. Do not add contact points.

/1

The neck is in line with the spine. The shoulders are down. The arms are bent.

/1

The torso is upside down and the spine is extended.

/1

Both legs are bent and both feet are pointed.

/1

/4

12. Front Balance



Contact points: The front of the hips. The lower abdomen and/or upper thighs may be in contact with the hoop. Do not add contact points.

/1

The neck is in line with the spine. The shoulders are down. The arms are straight.

/1

The torso is upright and the spine is lengthened.

/1

The legs are straight, closed and elevated in a horizontal position, not pointing down to the floor. The feet are pointed.

/1

/4

13. Half Back Balance



Contact points: The lower back and sacrum are on the bottom bar of the hoop. The front of the ankle, the shin or the top of the foot of the upper leg is in contact with the top bar of the hoop. No strap contact is allowed. Do not add contact points.

/1

The neck is in line with the spine. The shoulders are down. The arms are straight.

/1

The torso is upside down and the spine is extended.

/1

The both legs are straight. The lower leg is either parallel to or pointing toward the floor. Both feet are pointed.

/1

/4

14. Angel Split



Contact points: One hand holds the lower/side bar of the hoop and the opposite side's front of ankle or shin is in contact with the opposite lower/side bar. Do not add contact points.

/1

The neck is in line with the spine. The shoulders are down. The arm is straight that has the hand holding the hoop. The opposite arm can be bent or straight pulling in the front leg by the ankle, calf or at the back of the knee.

/1

The torso is parallel to the floor or upside down. The spine is lengthened.

/1

Both legs are straight. The front foot is pointed. Minimum split angle is 140°.

/1

/4

15. Elbow Hold Tuck



Contact points: The inside of the elbow that hooks over the bottom bar of the hoop. Do not add contact points.

/1

The shoulders are down. The arm that is not hooked on the hoop is wrapped around the legs pulling them toward the chest.

/1

The torso is upright.

/1

The legs are bent and closed. Both feet are pointed.

/1

/4

Terminology

Top bar

Side bar

Bottom bar



Additional Descriptions

Extended = Lengthened, not rounded or flexed.

Back Arch = Arched backwards showing back extension or back bend.

Front or Forward = In the direction forwards 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 with the spine without deviation. Do not over extend, flex, laterally flex or over-rotate the neck.

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.

Shoulders down = shoulders drawn away from the ears.

Remember to hold all moves still for 3 seconds.