

Pole 2.0 Pass-offs

Requirements for each side

- 5 consecutive aerial ball tucks
- Fan kick to pole sit
- Single arm secretary spin
- 5 second split grip hold
- Standard climb to the top up and down
- 2 side or mermaid climbs up

Pole 3.0 Pass-offs

Requirements for each side

- Shoulder mount
- Outside leg hang
- Inside leg hang
- Hero
- Crucifix
- Straddle invert
- Brass monkey to sit up

Pole 4.0 Pass-offs

Requirements for each side

- True and twisted grip handspring
- Aerial invert
- Dislocater spin
- Hands free outside to inside leg switch
- 3-5 move combo of instructor's choice
- Flexibility
 - Straddle forward bend (pancake) 6" minimum from touching floor
 - Split with 6" minimum from touching floor