



Silks Tricks Guide

Use this guide to help you know if the skills are allowed in your category, we have the below descriptions for each category.

BEGINNER:

Aerial Trick Limits Only allowed 1 aerial invert or straddle (upside down skill) in your routine, followed by your choice of inverted tricks. (Upright combos are unlimited.)

INTERMEDIATE:

Aerial Trick Limits No drops or flips where hands are removed from the apparatus, no advanced strength skills

ADVANCED:

No Trick Limits

PLEASE READ FULL TRICK GUIDE BELOW TO ENSURE YOUR CHOICE OF TRICKS IS SUITABLE FOR THE DIVISION YOU WISH TO ENTER.

PLEASE NOTE, THERE WILL BE A DEDUCTION
PER TRICK

FOR ALL TRICKS THAT ARE NOT SUITABLE FOR YOUR DIVISION. ANY TRICKS YOU ARE UNSURE ABOUT, PLEASE EMAIL A VIDEO TO YOUR COMPETITION HOST STUDIO.

Inspire Silks Tricks Guide

DROPS			
Trick	Beginner	Intermediate	Advanced
Catchers Slide	X	Y	Y
Half Knee Drop	X	Y	Y
Superman Drop	X	Y	Y
Angel Drop	X	X	Y
Windmill (hands on)	X	Y	Y
Windmill (hands off/free)	X	X	Y
Windmill back balance variations	X	X	Y

CLIMBS			
Trick	Beginner	Intermediate	Advanced
Russian Climb	Y	Y	Y
French Climb	Y	Y	Y
Step Up Climb	Y	Y	Y
Pike Straddle Climb	X	Y	Y
Bicycle Climb	X	X	Y
Hox Climb	X	X	Y

FLEXIBILITY			
Trick	Beginner	Intermediate	Advanced
Foot to Head	1 only	Y	Y
Front Birdie	Y	Y	Y
Standing Mermaid	Y	Y	Y
French Mermaid	Y	Y	Y
Planche Split	X	Y	Y
Jade Split	X	Y	Y
Archer Split	X	X	Y

STRENGTH			
Trick	Beginner	Intermediate	Advanced
Foot Lock	Y	Y	Y
Sit Lean	Y	Y	Y
Lotus	Y	Y	Y
Straddle	Y	Y	Y
Aerial Straddle	1 only	Y	Y
Hip Lock	1 only	Y	Y
Catchers Genie	1 only	Y	Y

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Hangman	1 only	Y	Y
Crochet Leg	1 only	Y	Y
Sailor	1 only	Y	Y
Aerial Crochet Leg	X	Y	Y
Aerial Hip Lock	X	Y	Y
Double Ankle Hang	X	Y	Y
Single Ankle Hang	X	X	Y
Skin the Cat (floor)	X	Y	Y
Skin the Cat (aerial)	X	X	Y
Eagle	X	X	Y
Meat Hook	X	X	Y
Windmill	X	X	Y
Chagall	X	X	Y
Adv Skin the Cat	X	X	Y
Belays	X	X	Y

SPLIT FABRIC			
Trick	Beginner	Intermediate	Advanced
Double Foot Lock	Y	Y	Y
Birds Nest	Y	Y	Y
Cocoon	Y	Y	Y
Girl in the Moon	Y	Y	Y
Flamingo	Y	Y	Y
Arabesque	Y	Y	Y
Open Tear Drop	Y	Y	Y
Girl in the Moon Variations	X	Y	Y
Cross Back Straddle	X	Y	Y
Foot Tear Drop	X	Y	Y
Supported Bridge	X	X	Y
Foot Wrap Split	X	X	Y
Half Moon	X	X	Y