

## **Pole 2.0 Pass-offs**

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### **Requirements for each side**

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

## **Pole 3.0 Pass-offs**

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### **Requirements for each side**

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

## **Pole 4.0 Pass-offs**

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### **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