

Point Values for Lifts				
0.5 Cradle Shoulder Sit Fish	0.6 Knee Stand Reverse Knee Stand Shoulder Swan Nalu	0.7 Hand Knee Stand One Leg Knee Stand One Leg Knee Arch Pinwheel	0.8 Fake Arm to Arm (FAA) Fake High Stag Falling Angel Pop	0.9 Grass Shack High Reverse Stag Neck Roll Shoulder Stand
1.0 Camel One Arm Back Side Bird	1.1 One Leg Shoulder Stand High Stag Ploc	1.2 Falcon Kennedy Totem	1.3 Arabesque Arabesque Stand Heel Stretch Stand	1.4 Front Angel One Arm Falcon High Swan
1.5 Attitude Halo Perch	1.6 Hurdler Small Arrow Statue	1.7 Buddha Foot to Head Helicopter	1.8 Americano Back Angel One Arm Kennedy	1.9 Atlas Big Arrow Pyramid
2.0 Front Arch Split One Arm Statue Straddle	2.2 Butterfly Pendulum Star	2.4 Arm to Arm Contorsion Needle Stand	2.6 Cobra Flat Pike	2.8 Acro Puka Scorpion
3.0 Foot to Hand Y Arm to Arm	3.2 Y Arm to Arm Scorpion	3.3 One Arm Straddle Javelin Split Acro		

Lifts highlighted in yellow are new for 2016