



## **The Rule Book**

This rules book is designed to create the guidelines that serve athletes, technicians, judges, event producers, national and international federations in order to be able to structure choreographies of an artistic sense suitable for the vision of a heterogeneous audience.

Athletes from all ages 6+ including all nationality, belonging to a sports association (for minors, consent from parents) or from a national federation or club can register for the competition.

Insurance is included in the registration fee and is mandatory to all participants. Please note that all adult participants or coaches should acknowledge the danger aspect of moves performed in their routines and know the skill level of their performer. As they are solely responsible and liable for any incorrect execution or untrained moves performed by their participants entered into this competition.

Each participant must read and accept the rules book and competition conditions.

Your signature at the bottom of the registration document will be implicit confirmation you have read and accepted these terms and conditions.

In case of need or lack of understanding on how to fill in the registration form, please send an email for assistance.

Official documents can be downloaded from the website or requested from the organizer social media or email [president@aerialart.org](mailto:president@aerialart.org)

## **RECEIVING EVALUATION SCORE SHEET**

To request for the evaluation score sheets of your performer please contact our organization after the event. It is possible to request only your own evaluation sheets and not those of other athletes from other clubs / nations. Coaches/ organization or participants. can request them to the organization by sending an email starting from the day after the competition, until the following month, after that date the score sheets will no longer be sent.

This contact must be made by email address [president@aerialart.org](mailto:president@aerialart.org). indicating: name / surname / nationality or company / sport equipment / category.

## **AERIAL EQUIPMENT**

Sport equipment's are certified and supplied by the Event Producer, except for those of free style category, where athlete can bring their own unique and customized equipment (e.g. Moon, chair etc.) we suggest your own equipment be certified for weight load and know that your own equipment is your sole responsibility. Athletes can use their own equipment if they have a valid safety certificate for their equipment that they can present on the day of competition with certification validation date and equipment can be checked over by competition staff and refused if deemed unsafe. The routines must take place on the equipment you declared at the time of your registration.

## **ROUTINE**

During the routine, it is necessary to perform combination of a technical high-level movement and flow on the apparatus, dynamic and balance elements, movements that show strength and flexibility.

The routines are performed on a music base, sent by email at the time of registration in mp3 format, showing choreographic and artistic components both on the aerial equipment and on the floor connecting with the music chosen by performer. See more about music info below.

The sport equipment is positioned centrally on the competition platform, the stage can be raised or at parterre level. The ceiling or American ceiling must allow a maximum height of the sport equipment equal to 6 meters

For MINI and KIDS categories the heights are lower, please look at the technical data sheets for each aerial apparatus.

### **1. CATEGORIES**

<b>CATEGORY</b>	<b>AMATEURS WOMEN/MEN</b>	<b>Year of birth</b>	<b>Double / Team</b>
<b>MINI</b>	6 - 9 yrs	2014-2011	Yes
<b>KIDS</b>	10 - 12 yrs	2010-2008	Yes
<b>JUNIOR</b>	13 - 15 yrs	2007-2005	Yes
<b>TEEN</b>	16- 19 yrs	2004-2001	Yes
<b>SENIOR</b>	20 - 39 yrs	2000-1981	Yes
<b>MASTER +40</b>	da 40 - 49 yrs	1980-1971	Yes
<b>MASTER +50</b>	da 50 yrs	1970	Yes
<b>PROFESSIONAL</b>	from 18 yrs and over	2002	Yes

Children under 6 can only perform as a "half time" category and will receive a certificate of participation.

Please note that if an athlete is 9 years old when applying but will be 10 years old on competition date this child will fall into 10-12 years category. In Double and Team categories athletes that are a team but not at same age would then compete in the category of the oldest performer.

### **DIVISION**

The division defines the difficulty level of the performance: **Amateurs or professionals** this will be for each category from age 10 years+ giving we have high level of applications we can only split categories in this way if we have over 20 participants in each category. except for categories above 18 or in the masters.

Coaches will have to compete in the Professional division.

The enforcement between divisions, or the internal division in each division, is applied only when it is reached the minimum number of at least 5 athletes per division.

Eg if there are 2 athletes registered in the Kids category and 3 athletes registered in the Junior category, the two categories could be merged (upon decision of the event producer) we will not run categories with a minimum of 5 members.

Eg if in the Amateur category there are 20 members, the category could be divided into 2 divisions depending on the level, years of experience, previous competitive experiences.

This decision is at the discretion of the Event Producer.

Men and women compete separately.

Only at the end of the competition it is foreseen a "BEST IN SHOW" without gender distinction.

The best in show will be nominated by the head judge or by the event producer and can be either an individualist, a double or a team.

### **Official divisions**

- Amateurs
- Professional (coaches, performers, or those that get a cachet for their shows or placed in previous world championships.)

## **2. SAFETY**

### **1. SAFETY IN THE MINI / KIDS / JUNIOR / TEEN CATEGORIES / LEGAL PROTECTION**

All athletes under the age of 18 must have a parent /coach/ legal tutor present at competitions.

If the parent / coach/legal tutor is unable to participate, he must provide the responsible person with a delegation document for temporary protection in free form.

This document must be written in English in case of international competitions.

The child protection delegate can be a friend, family member, coach or other member of the national delegation.

## **2. USE OF THE SPOTTER AND SAFETY**

- Spotters on stage are recommended for each performance in the Mini and Kids category, also for their emotional support. In the Kids and Junior categories, spotters are not mandatory, but are recommended.
- Spotters can stand on the back of the stage during the performance and approach the athlete in high risk moves.
- No contact or verbal instructions are allowed during the show except in an emergency. All physical and verbal contacts will be deducted by the penalty judge.
- In the event of an emergency where spotter intervention is required, the head judge can interrupt the competition, possibly disqualify the athlete who does not comply with this regulation, or give a deduction of up to 5 points
- The Head Judge can also decide to repeat the routine if the interruption was due to forces outside performers control.
- In case of disqualification the music will be stopped
- The Spotter can also stop the execution of a move if he/she deems it is necessary.

## **3. USE OF THE MATTRESS/ MAT**

The mattress/ crash mat is mandatory during performances of the under 18 categories, while it is strongly recommended for the other categories. Not using the mat does not give any lower score. The mattress can also be positioned by a spotter during execution in order to allow to perform the routine on the floor.

Those over the age of 18 can choose not to use the safety mattress after signing a document in which they relieve the responsibility of the federation and event producer.

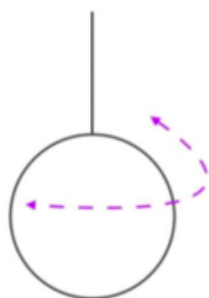
## **3. ROUTINE COMPOSITION**

- Choreography can begin and end on the floor, on the apparatus or even behind the stage.
- Athlete's routine should contain some floorwork. Floorwork refers to all movements performed on the ground, without contact with the aerial apparatus, in which the soloist, both members of the double and the 3 or 4 members of the team are all simultaneously on the floor and not on the apparatus.
- Floorwork duration differs depending on athlete's age, category and division:

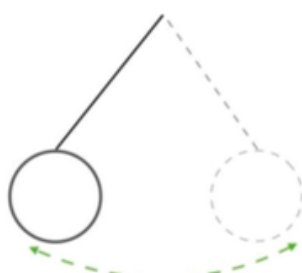
CATEGORIA	Categorie s age	Floorwork Individual	Floorwork Double	Floorwork Team
<b>MINI</b>	6 - 9	max 30 Seconds	max 30 Seconds	max 30 Seconds
<b>KIDS</b>	10 - 12	max 30 Seconds	max 30 Seconds	max 30 Seconds
<b>JUNIOR</b>	13 - 15	max 30 Seconds	max 30 Seconds	max 30 Seconds
<b>TEEN</b>	16- 19	max 45 Seconds	max 45 Seconds	max 45 Seconds
<b>SENIOR</b>	20 - 39	max 45 Seconds	max 45 Seconds	max 45 Seconds
<b>MASTER +40</b>	40 - 49	max 45 Seconds	max 45 Seconds	max 45 Seconds
<b>MASTER +50</b>	50	max 45 Seconds	max 45 Seconds	max 45 Seconds
<b>PROFESSIONAL</b>	Over 18	max 45 Seconds	max 45 Seconds	max 45 Seconds

- During the routine it is possible to get on and off the apparatus without limitations.
- Each position must be kept for a minimum of 2 ", eg: 2" for the strength element, 2 "for the flexibility element, etc. We advise athletes to count up to 3 "to ensure they keep the element for a sufficient time for the figure to be seen and evaluated in its maximum extension.
- The routine can be performed on a static, swinging, slowly or fast spinning apparatus.
- Only for the Professional categories it is possible to use the apparatus also in circular motion.

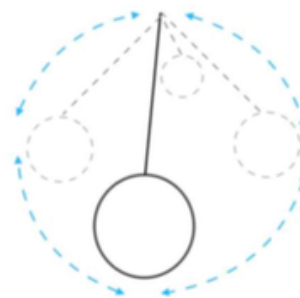
Movimento rotatorio o spin



Oscillazione



Movimento circolare



- For all categories it is possible to perform drops and sliding elements only if performed with control and safety.
- To propose a balanced routine we recommend including the following types of elements:
  - ✓ power

- ✓ flexibility
- ✓ equilibrium
- ✓ dynamic

#### 4. **MUSIC**

##### 1. **ROUTINE LENGTH**

Routine duration depends on the athlete's age and division.

Duration of the musical composition, including the audio signal:

CATEGORY	AMATEUR S WOMAN / MAN	ROUTINE LENGTH Individual	ROUTINE LENGTH Double	ROUTINE LENGTH Team
<b>MINI</b>	6 – 9 years old	2:30-3 minutes	2:30-3 minutes	2:30-3 minutes
<b>KIDS</b>	10 – 12 years old	2:30-3 minutes	3-3:30 Minutes	3-3:30 Minutes
<b>JUNIOR</b>	13 – 15 years old	2:30-3 minutes	3-3:30 Minutes	3-3:30 Minutes
<b>TEEN</b>	16- 19 years old	3-3:30 Minutes	3:30-4 Minutes	3:30-4 Minutes
<b>SENIOR</b>	20 – 39 years old	3-3:30 Minutes	3:30-4 Minutes	3:30-4 Minutes
<b>MASTER +40</b>	from 40 - 49 years old	3-3:30 Minutes	3:30-4 Minutes	3:30-4 Minutes
<b>MASTER +50</b>	from 50 years old	3-3:30 Minutes	3:30-4 Minutes	3:30-4 Minutes
<b>PROFESSIONAL</b>	From 18 years old	3-3:30 Minutes	3:30-4 Minutes	3:30-4 Minutes

***\*Aerial Bungee routine duration differs from other categories, please see the pages dedicated to Aerial Bungee.***

If the participants' music does not follow the requirements, point will be deducted by the dedicated judge.

## **2. CHOICE OF MUSIC**

- We suggest & recommend the first music tone identifies the beginning of the routine, the last tone of the music identifies the end of the routine with the use of special beep sound.
- Music can also end by fading.
- Music can be of any style and can contain lyrics.
- One or more pieces can be mixed; music with original sound effects is allowed.
- The sound quality must be professional
- It is not allowed to use texts with racially, homophobic, sexual, violent, political, or in some way offensive content. The athlete with music that violates these requirements will receive a deduction from the final score, or eventual disqualification.
- In case of use of a song in a foreign language, it is highly recommended to check the lyrics and content to verify it is free from foul language or unsuitable content.
- Music must be sent by email to the address indicated within the deadline. The files must be sent in MP3 format indicating: Name, surname of the athlete, club/ company or country of origin, title or titles of the songs used, the artist and / or composer (see registration form online or email [president@aerialart.org](mailto:president@aerialart.org))
- We also accept poems and other readings, provided accompanied by a backing track that defines their rhythm.
- There is no possibility of playing music and singing live.

## **5. CLOTHING**

### **1. COSTUME**

- The choice of look is free, as long as the private parts are always covered. The leotards are allowed but not stalked to prevent them from moving during the performance, the use of tights is recommended to protect the skin of the lower limbs. For women it is recommended to use containing tops or sport bras. For men, the use of a jockstrap is recommended.
- It is possible to use glitter and sequins, as long as they are not sharp, in order not to ruin or compromise the maintenance of the aerial tools.
- Mesh fabric is allowed as long as a flesh-colored lycra is positioned under the transparent part if the insert is in correspondence with the décolleté or intimate parts
- It is possible to use props, among these also the costume or part of it can be used as a prop (e.g. cloak, hat, skirt, etc.)
- The costume must adapt to the body of the athletes to give the jury the opportunity to correctly evaluate the execution of the elements and the body alignment.

## **2. DRESS CODE**

A clean and correct athletic appearance is always recommended. The performances must be suitable for the vision of a heterogeneous audience. Any violation of this regulation will be deducted by the judge in charge.

## **3. NATIONAL SUIT**

- National delegations must ensure that all their athletes have an official national suit that meets the following requirements:
- Overalls must include: trousers (leggings are allowed), t-shirt or tank top and a jacket in the color and design of your choice.
- The tracksuits must have the athlete's name, the name of the nation with the emblem or logo (in the case of national competitions, the presentation suit must have the club / club logo to which it belongs). The name of the country must be written on the suit and on the shirt / tank top.
- The size of the logo cannot exceed 10x10 cm.
- During international IAAF competitions, the athlete must wear their official national suit during the opening and closing ceremony and the competition clothing for the medal award ceremonies.

## **6. HAIR, MAKEUP AND OTHER RESTRICTIONS**

- hair can be styled at the choice of the performer, as long as it does not hinder the performance
- Makeup can be used for men, women and children. Only on face and neck, in order not to compromise the aerial tools that will be used by subsequent competitors: NO body painting
- Competitors may wear footwear for artistic performance, provided that they do not have to compromise the performance and the maintenance of the aerial tools
- Clothing must be in non-transparent material in the intimate parts (chest, groin and buttocks)
- Loose and additional items of clothing are allowed as long as they do not prevent the routine and the competition.
- Rhinestones, sequins and other types of ornaments (sewn or glued) are allowed, provided they are not sharp and that do not compromise the maintenance status of the tools supplied by the Event Producer
- Jewelry or piercings can be worn at the performer's risk and responsibility
- Clothing depicting themes that may affect the sensitivity of gender, religious or ethnicity choice is prohibited.

## **7. COMPETITION PLAN**

- Competitors are kindly asked to arrive in time at the Sport Venue where the competition will take place.
- It is good to be ready on the backstage at least half an hour before the scheduled time for performance.



- The athletes must appear on the competition stage when they are announced. If a competitor does not appear on the stage within 20 seconds after being called, he will receive a 1.0 point deduction.
- In the event of an inconvenience due to force majeure, The Head Judge must be informed
- In the event that a competitor does not appear on stage within 60 seconds from the call, the absence will be considered as a Walk Over. Upon the announcement of Walk Over the competitor loses the right to participate in the category in question.

#### 1. **EXTRAORDINARY CIRCUMSTANCES**

- Music is incorrect
- Musical problems due to equipment malfunction.
- Disturbances caused by general equipment failures - lighting, stage, venue
- The introduction of foreign objects or subjects into the competition area, and which have nothing to do with the competitor in the competition

It is the competitor's responsibility to stop the routine immediately if an extraordinary circumstance occurs as mentioned above. A protest after completing a routine will not be accepted.

Upon decision of the head judge, the competitor can start the routine again after solving the problem. Any previously assigned score will be ignored. Where situations not indicated above may arise, they will be resolved by the head judge.

The head judge's decision is final.

#### 2. **RECOVERY TIME BETWEEN TWO OR MORE ROUTINES**

For the health and safety of athletes, performers who compete in multiple aerials need at least 30 minutes between performances to recover before competing again.

#### 3. **RESULTS**

- At the end of each category the previous category will be awarded. Eg at the end of the Kids category the MINI category will be awarded.
- Athletes can receive score sheets in paper or digital format.

The digital file will be sent digitally

#### 4. **CANCELLATION**

- a) Athletes have the right to withdraw from the competition at any time.
- b) The registration fee will not be returned

## **5. STAGE / TOOL TESTS**

All athletes can try the competition stage during breaks in order not to hinder or delay the progress of the competition.

The tests on the competition stage will be carried out under the control of the staff.

Routines cannot be tried in full.

No stage and music rehearsal. The sound check will be carried out at the sound engineer desk.

On the competition stage, the athletes can perform the reconnaissance all together, alternating one at a time on the aerial tools, trying only the tricks and not the whole routine.

## **8. LIABILITY OF THE ATHLETE**

- The athlete must know the rules & regulations and act accordingly
- Athletes under the age of 18 must have an approved tutor (parent / authorized legal representative / coach) with signatory authority.
- Among the registration documents it is necessary to provide: ID, CF, sports medical certificate, insurance copy.
- At check-in present a paper copy of the documents mentioned above, including copies of health insurance and identification documents for the competition, as well as a USB with music and information about the musical work that will be used (Name, athlete, country or club surname, aerial tool, category, division)
- Be fully responsible for your personal health condition and ability to compete. To avoid injury, athletes must perform the elements they are completely confident in a safe way.
- Athletes must be healthy. Female athletes cannot compete if they are pregnant. Upon request, the athlete may be required to present a doctor's documentation confirming the level of health. All information will be kept confidential.
- Athletes must wear the official national suit during the international / world competition, or the club suit, in the case of national competitions.
- Athletes must present themselves in the warm-up area of the backstage at least half an hour before their performance and present themselves on stage when announced.

## **9. RULES FOR COACHES**

In the event an athlete does not have a coach or another representative as parent or tutor, the duties and responsibilities of the coach fall on the athlete himself, provided the athlete is adult.

### **1. COACHES' RIGHTS**

The coach has the right to:

- Assist the athlete during the competition
- Access the changing rooms, the warm-up area and the waiting rooms

- Act as a spotter for MINI and KIDS athletes during their performance
- Receive the athletes score sheets after the category award ceremony

## **2. LIABILITY FOR COACHES**

- Know the rules and act accordingly
- Wear the official national suit during the international / world competition or the club suit during the national competitions
- Maintain a decent, polite, sporting and respectful attitude towards other athletes, clubs, national teams, judges, event producers, national / international federations

## **10. RESPONSIBILITY FOR NATIONAL DELEGATIONS**

- All members of national delegations must act professionally during the event
- Any complaint must be sent by email to IAAF or to the event organizer
- Ensure that athletes and coaches wear sports suits as per regulation

## **11. STAGE SPECIFICATIONS**

- The competition stage can be either elevated or at parterre level.
- It must have a minimum size of 6 by 6 meters.
- The performance area will be covered with non-slip material, suitable for dance (e.g. linoleum, wood, dance cover, tatami, etc.)
- For the Individual, Double (2 athletes of the same gender or mixed) and Team categories (3 or 4 athletes of the same gender or mixed type), the use of a single apparatus centrally hung on the stage is envisaged.
- **Syncro categories are NOT foreseen for the 2019-2020 competitive season.**

## **12. APPARATUS SPECIFICATIONS**

It is not possible to use your own training apparatus, unless you have a valid safety certificate for your equipment that you can present on the day of competition with certification validation date and equipment can be checked over by competition staff and refused if deemed unsafe. Please note you are liable for your own equipment.

### **1. AERIAL HOOP/ LYRA**

Aerial apparatus consisting of a small diameter metal tube bent in a circle, rigged from the ceiling / winch (lifting engine) by a carabiner with swivel and carabiner attached to the strap that wraps the hoop.

- The tube diameter is 25mm
- The hoop is wrapped by special cotton tape
- The internal diameter of the hoop varies according to the category:

<b>CATEGORY</b>	<b>AMATEURS WOMAN / MAN</b>	<b>Internal diameter cat. Individual</b>	<b>Internal diameter cat. Double</b>	<b>Internal diameter cat. Team</b>
<b>MINI</b>	6 - 9 years old	70-80 cm	80-85 cm	80-90 cm
<b>KIDS</b>	10 - 12 years old	80-85-90 cm	85-90 cm	85-90 cm
<b>JUNIOR</b>	13 - 15 years old	85-90-95 cm	90-95 cm	90-95 cm
<b>TEEN</b>	16- 19 years old	90-95-100 cm	95-100-11 0 cm	95-100-110 cm
<b>SENIOR</b>	20 - 39 years old	90-95-100 cm	95-100-11 0 cm	95-100-110 cm
<b>MASTER +40</b>	From 40 - 49 years old	90-95-100 cm	95-100-11 0 cm	95-100-110 cm
<b>MASTER +50</b>	From 50 years old	90-95-100 cm	95-100-11 0 cm	95-100-110 cm
<b>PROFESSIONAL</b>	From 18 years old	90-95-100 cm	95-100-11 0 cm	95-100-110 cm

If you need different diameters from those proposed in the table, please report the size in the registration form

- A strap 1.5-2.00 meters long (length to be indicated on the registration form) and min. 20 mm will be fixed centrally to the hoop without additional connections.
- It is possible to use a hand loop. If a hand loop is needed, it must be indicated on the registration form.
- The height of the rigging of the aerial hoop may vary depending on the athlete's choreographic choice, but once the height has been set, the apparatus cannot be raised or lowered once positioned. The routine must be carried out entirely with the apparatus fixed at the required height.
- The minimum height corresponds to the level of the athlete's chin standing in front of the hoop.
- The maximum height: athlete standing, arms beside the ears, stretched upwards, the hoop must reach the height of the palm of the hand, in order to guarantee the athlete's possibility of starting a spin.
- Drops, jumps and swings from the top to the bottom of the hoop are prohibited for MINI programs. Jump outs allowed only from the bottom of the hoop to the floor.

- For all categories, drops and sliding elements can be performed only if performed with control and safety.
- For all MINI and KIDS programs it is allowed to perform exercises with fast spins only in the lower part of the hoop.

## 2. **AERIAL SILKS / FABRICS**

Aerial apparatus consisting of a certified medium stretchy or non-stretchy fabric, folded in half and fixed to figure eight and rigged from the ceiling / winch (lifting engine) by a carabiner with swivel and carabiner attached to the figure eight at a sufficient height to guarantee 6 meters of effective work.

The fabric should have at least 1 m long ends on the floor.

- In case of MINI categories, it is possible to request the thinner fabric in order to facilitate the grip by young children.
- The height of the fabric suspension varies according to the categories:

<b>CATEGORY</b>	<b>AMATEURS WOMAN / MAN</b>	<b>max usable height</b>
<b>MINI</b>	6 – 9 years old	4 mt
<b>KIDS</b>	10 – 12 years old	5 mt
<b>JUNIOR</b>	13 – 15 years old	6 mt
<b>TEEN</b>	16- 19 years old	6 mt
<b>SENIOR</b>	20 – 39 years old	6 mt
<b>MASTER +40</b>	from 40 - 49 years old	6 mt
<b>MASTER +50</b>	from 50 years old	6 mt
<b>PROFESSIONAL</b>	From 18 years old	6. mt

- For the MINIS and KIDS category, the drops must be at a safe height and the drop must not be greater than the height of the athlete's body. Eg if an athlete is 150 cm tall, the drop must not exceed 150 cm.

## 3. **AERIAL CUBE**

Aerial apparatus consisting of a small diameter metal tube bent to create the geometric shape of a cube, rigged from the ceiling / winch (lifting engine) by

a carabiner with swivel and carabiner attached to the strap that wraps the cube apex.

- The tube diameter is 25mm
- The cube is wrapped by special cotton tape
- The internal size of the cube side is 95cm.

For the moment there are no cubes sizes other than the one indicated above

- A strap of 1.5-2.00 meters in length (length to be indicated on the registration form) and min. 20 mm will be attached to an apex of the cube without additional connections.
- It is possible to use a hand loop, starting from the junior category. If a hand loop is needed, it must be indicated on the registration form.
- The height of the rigging of the aerial cube may vary depending on the athlete's choreographic choice, but once the height has been set, the apparatus cannot be raised or lowered once positioned. The routine must be carried out entirely with the apparatus fixed at the required height.
- The minimum height corresponds to the athlete's chin level standing in front of the cube. The lower apex of the cube must reach the height of the athlete's chin.
- The maximum height: athlete standing, arms beside the ears, stretched upwards, the cube apex must reach the height of the palm of the hand, in order to guarantee the athlete's possibility of starting a spin.
- For all categories it is possible to use the strap positioned at the top of the cube.
- For all MINI and KIDS programs, exercises with fast spins are only allowed if coach has decided to take full responsibility known this child is trained and capable of executing the moves safely on the cube.

#### **4. AERIAL HAMMOCKS**

Aerial apparatus consisting of a certified medium stretchy single-elastic fabric, anchored at both ends, with a central belly on which to perform the typical movements of the apparatus. The two ends are anchored to a single rigging point by a carabiner with swivel and another carabiner all rigged from the ceiling / winch (lifting engine) at a height that varies according to the height of the athlete.

- The minimum height corresponds to the level of the athlete's pelvis standing in front of the hammock
- The maximum height: standing athlete, arms next to the ears, stretched upwards, the belly of the hammock must reach the height of the palm of the hand, in order to guarantee the athlete's possibility of starting a spin.
- For the MINI and KIDS category, the drops must be at a safe height and the drop must not be greater than the height of the athlete's body. Eg if an athlete is 150 cm tall, the drop must not exceed 150 cm.

## **5. FLYING POLE**

Aerial apparatus consisting of a metal tube 40 mm in diameter, rigged from the ceiling / winch (lifting engine) by a carabiner with swivel and carabiner attached

to the anchoring hook of the flying pole, which is therefore anchored and suspended only at one end.

- The tube diameter is 40mm.
- The flying pole is 3 meters long.
- It is possible to use a hand loop in the upper end of the flying pole, starting from the junior category. If a hand loop is needed, it must be indicated on the registration form.
- The height of the Flying Pole suspension can vary depending on the athlete's choreographic choice, but once the altitude is set, the tool cannot be raised or lowered once it has been positioned. The routine must be carried out entirely with the tool fixed at the required height.
- The minimum height corresponds to the level of the athlete's tibia standing in front of the Flying Pole.
- The maximum height: standing athlete, arms next to the ears, stretched upwards, the lower apex of the Flying Pole can reach the height of the elbows, in order to guarantee the athlete the opportunity of starting a spin.
- For all MINI and KIDS programs, drops and jump outs higher than the athlete's height are forbidden.

## **6. POLE SILK**

Aerial tool consisting of a 40 mm diameter metal tube, between 3 and 4 meters high, anchored to the floor and ceiling, by means of a pressure mechanism and safety plate. In the upper end it has a slot through which a hook with a ring passes to which a certified monoelastic lycra aerial fabric is fixed, folded in half and less than that of aerial fabrics.

- The diameter of the tube is 40 mm
- For all MINI and KIDS programs, drops and jump outs higher than the athlete's height are forbidden.

## **7. AERIAL ROPE (CORDE LISSE)**

Aerial apparatus consisting of a certified cotton rope (3-ply, braided or covered) with steel eye, rigged from the ceiling / winch (lifting engine) by a carabiner with swivel and carabiner anchored to the steel eye of the rope, positioned in the center of the stage at a height that varies according to the height of the athlete.

- The rope diameter is 33-36mm.
- It is possible to use a hand loop in the upper end of the flying pole, starting from the junior category. If a hand loop is needed, it must be indicated on the registration form.
- For the MINIS and KIDS category, the drops must be at a safe height and the drop must not be greater than the height of the athlete's body. Eg if an

athlete is 150 cm tall, the drop must not exceed 150 cm.

#### 8. **AERIAL STRAPS (LOOPS)**

Aerial apparatus consisting of a certified polyester (or cotton covered polyester) loops with ring band or straps with 20-30 cm hand loops rigged from the ceiling / winch (lifting engine) by means of a carabiner with swivel, triangle and two more swivels attached to each strap, positioned in the center of the stage at a height that varies according to the height of the athlete.



- For the MINIS and KIDS category, the drops must be at a safe height and the drop must not be greater than the height of the athlete's body. Eg if an athlete is 150 cm tall, the drop must not exceed 150 cm.

#### 9. **AERIAL TRAPEZE**

Aerial apparatus consisting of an iron bar and two ropes attached to both ends of the bar. Both ropes are rigged from the ceiling / winch (lifting engine) by means of a carabiner with swivel, triangle and two more carabiners attached to each rope, positioned in the center of the stage at a height that varies according to the height of the athlete.

- The bar diameter is 25mm
- The bar length is 45-65 cm
- The bar is wrapped by special cotton tape
- The ropes diameter is 24-30 mm
- The ropes length is 1,5 – 4 meters
- The height of the rigging of the aerial trapeze may vary depending on the athlete's choreographic choice, but once the height has been set, the apparatus cannot be raised or lowered once positioned. The routine must be carried out entirely with the apparatus fixed at the required height.
- The minimum height corresponds to the level of the athlete's chin standing in front of the trapeze.
- The maximum height: athlete standing, arms beside the ears, stretched upwards, the trapeze must reach the height of the palm of the hand, in order to guarantee the athlete's possibility of starting a spin or swing.
- For all MINI and KIDS programs, exercises with fast spins are only allowed if coach has decided to take full responsibility known this child is trained and capable of executing the moves safety on the trapeze.



## **10. AERIAL SPIRAL**

Aerial apparatus consisting of a small diameter metal tube bent to create the geometric shape of a spiral, rigged from the ceiling / winch (lifting engine) by a carabiner with swivel and carabiner attached to the spiral apex.

- The tube diameter is 33mm
- The spiral is wrapped by special cotton tape
- The spiral pitch is from 48 to 52 cm
- The internal spiral diameter is 90-92 cm
- Spiral length is from 230 to 250 cm.

For the moment there are no spiral sizes other than the one indicated above

- A strap of 1.5-2.00 meters in length (length to be indicated on the registration form) and min. 20 mm will be attached to an apex of the cube without additional connections.
- It is possible to use a hand loop. If a hand loop is needed, it must be indicated on the registration form.
- The height of the rigging of the aerial spiral may vary depending on the athlete's choreographic choice, but once the height has been set, the apparatus cannot be raised or lowered once positioned. The routine must be carried out entirely with the apparatus fixed at the required height.
- The minimum height corresponds to the athlete's ankle level standing in front of the spiral. The lower apex of the spiral must reach the height of the athlete's ankle.
- The maximum height: standing athlete, arms next to the ears, stretched upwards, the lower apex of the spiral can reach the height of the elbows, in order to guarantee the athlete the opportunity of starting a spin.
- For all MINI and KIDS programs, exercises with fast spins are only allowed if coach has decided to take full responsibility known this child is trained and capable of executing the moves safely on the spiral.

## **11. BUNGEE**

Aerial tool consisting of a 120 cm long elastic for bungee jumping, covered with fabric, connected to a harness with rear anchorage, rigged from the ceiling / winch (lifting engine) by a carabiner with swivel and another carabiner anchored to the hook of the rope or chain, resulting therefore being anchored and suspended only at one end.

- The elastic is 120 cm long.
- The composition of the fabric is in cotton and polyester jersey. The color should be black.
- Disassemblies are allowed as long as the performer can independently lock and unlock the hook connected to the harness
- The harness is worn by the athlete and you can start already anchored to the bungee, or you can self-hook it during the routine

- The height of the suspension of the Bungee can vary depending on the athlete's choreographic choice, but once the altitude is set, the apparatus cannot be raised or lowered once it has been positioned. The routine must be carried out entirely with the apparatus fixed at the required height.
- The minimum height corresponds to the athlete's navel level standing next to the tool.
- We recommend using the entire competition field
- The choreography begins and ends on the floor
- The floor section cannot last more than 10 "in total
- For all children and amateurs categories only simple exercises are required.

Duration of the musical composition, including the audio signal:

<b>CATEGORY</b>	<b>AMATEURS WOMAN/MAN</b>	<b>ROUTINE DURATION Individual</b>
<b>MINI</b>	6 - 9 years	2 Minutes
<b>KIDS</b>	10 - 12 years	2:30 minutes
<b>JUNIOR</b>	13 - 15 years	3 Minutes
<b>TEEN</b>	16- 19 years	3 Minutes
<b>SENIOR</b>	20 - 39 years	3 Minutes
<b>MASTER +40</b>	40 - 49 years	3 Minutes
<b>MASTER +50</b>	from 50 years	3 Minutes
<b>PROFESSIONAL</b>	18 years and older	3 Minutes

- Only Individual categories are foreseen.
- Each athlete must perform at least one big jump.

## **12. FREESTYLE**

The Freestyle category includes all the apparatus not covered in the previous parts, e.g. chains, whirlpool, Lollipop, Luna, chair, Cyr wheel, Rohn wheel etc.

Each athlete can bring his own equipment, provided it is certified and perform a choreographic routine according to the following specifications regarding duration and safety:

- Upon request, it is possible to place a strap of 1.5-2.00 meters in length (length to be indicated in the registration form) and min. 20 mm, which will be fixed centrally and anchored to the apparatus without additional connections.

- It is possible to use a hand loop, starting from the junior category. If a hand loop is needed, it must be indicated on the registration form.
- The height of the suspension of the freestyle apparatus can vary according to the athlete's choreographic choice, but once the height is fixed, the apparatus cannot be raised or lowered once positioned. The routine must be carried out entirely with the apparatus fixed at the required height.
- For all categories it is possible to perform drops and sliding elements only if performed with control and safety.

**13. HALF TIME**

- This category is meant for children under 6. These are free choreographies, performed to show athlete's level.
- Participants from this category do not fall into the competition categories and do not receive a score sheet, but only a certificate of participation.
- Maximum routine duration is 2 minutes.
- Only simple exercises are required in this category.

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