

## **AERIAL HOOP RULES**

### **AERIAL HOOP SOLO :**

- To use a one or two-point hoop is equally allowed
- height is a minimum of 2.40 up to 5 meters

### **SOLO ACTIVITIES:**

Time: min 03:50

max 04:05

### **Obligatory basic elements:**

- minimum 2 laxity item (twine ,normal or side (pulled out) twins, bridge)
- the minimum holding time of an element: 3 sec
- minimum 2 power elements (one hand hanging out, arabesque and twine combined elements, einarming(front/back))
- dynamic elements: rotations on one or two feet or waist around the hoop, falls
- using of „strabátli“ is allowed for one element, the maximum duration of using is 40 sec, timeout is punished by deduction of points
- during the performance the competitor is allowed only one time to leave the hoop and touch the ground. The maximum time on the ground is 15sec, which is time for swirling or use „neck strabatli“. Timeout is punished by deduction of points

### **Scoring of solo aerial hoop performance:**

Strength+execution

Max 10 points

Power elements : 2 points

Dynamic elements: 2 points

Slacking elements: 1 point

Hanging on neck, rotation by neck: 3 points

### **Deductions :**

- at execution per tenth
- missing or wrong elements -1 point
- touching the ground several times - 2 points
- timeout -1 point

### **AERIAL HOOP DUO/SYNCH:**

- To use a one or two-point hoop is equally allowed
- height is a minimum of 2.40 up to 5 meters

### **DUO/SYNCH ACTIVITES:**

Time: min 03:50  
max 04:05

### **Obligatory basic elements:**

- synchronize positions: minimum 4 elements
- holding down: minimum 3 elements
- laxity elements (twine, bridge..)
- power elements (holding down einarming, back arabesque..)
- dynamic elements : falls , rotations (on feet or belly /back)
- using of „strabátli” is allowed for 2 elements(holding down or rotation), the maximum duration of using is 45 sec, timeout is punished by deduction of points
- during the performance the competitors are allowed only 2 times to leave the hoop and touch the ground ( it means int he aggregate, not per person) The maximum time on the ground is 10sec, whicch is time for swrilling or use „neck strabatli”. Timeout is punished by deduction of points

### **Scoring of duo/synch aeril hoop performance:**

Strength+execution

Max 10 points

Synch elements: 1 point

Power elements : 2 points

Dynamic elements: 2 points

Holding down elements, hanging on neck, rotation: 3 points

### **Deductions :**

- at execution per tenth
- missing or wrong elements -1 point
- touching the ground several times - 2 points
- timeout -1 point

Competitors have to use private hoop(s). The operator moves the pulley engine under the attendance of the trainer!

Every competitor have to be on the spot 2 hours before the beginning of the competition/qualifying to test the equipments!