

Aerial Acrobatics World Championship rules

Categories: Woman solo
Man solo
Synchronous
Pair

Excercise period : 3,50 - 4,10 minutes

Music: on CD /optional/

Required elements of the exercises:

"A" items:

- climbing
- climbing leg up
- "dumplings"
- "asparagus"
- "cube"
- "angel"
- "jesus"
- (or any arms or feet junction on tissue)

"B" items:

- "angel backward somersault"
- climbing in sitting position
- forward somersault
- twine "with turning" (can be on stnading or in horizontal)
- "dumpling tour"
- sit-ups before whirling (forward or backward)
- "nest-slip"
- one foot looped, twine forward or backward
- "small whirling down"
- "tied in knots exercises "

"C" items:

- "angel forward somersault"
- twine without hand (min 3 seconds)
- "reclining"
- "great whirling down"
- "angel falls"
- "bomb"
- "persisted Christ"(min.3 seconds)
- "corkscrew"

- "angel slipping" (min 2meters fall)
- "armpit slipping" (min 2meters fall)
- (any kind of min 2 meters fall)

"D"items

:

- "great whirling down double or triple"
- "bomb double or triple"
- "helicopter"(min. 3 turns)
- "great whirling down without legs"
- "corkscrew double or triple"
- "falling in knot" (min. 3 meters fall)
- "whirling forward or backward from falling
any kind of min 3 turns whirling combined
with falling"

The items scores:

"A" items: 0,3 point

"B" items: 1 point

"C" items: 2 pont

"D" items: 3 pont

**The competition practices can be set free, but it have to contain minimum:
3 "A items", 2 "B items", 2 "Citems" and 1 "D item"!**

Scoring:

Competition practies have to combined of (A, B, C, D) items scores.

The maximum value of the exercises can be 10 points.

The judges score by the quality of the performance. There will be deductions in case of mistakes:

- holding error (bented knees etc.) (0,1 point deduction)
- spoiled tie (re-tied etc) (0,3 point deduction)
- missing items (deduction according to missing item(s) type)
- overrun time (0,5 point deduction)

Competitors have to handle the music and the detailed description of her/his performance at the time of application.

Application:

- over age of 9 any person can be enter for the championship
- application deadline is : 12th February 2016
- competitor has to link the music and the detailed description of her/his performance to the application form
- the application fee is 5000 HUF, what the compator has to pay in transfer or cash