

COMPULSORY ELEMENTS AERIAL HAMMOCK

In each division and category, there are always 5 compulsory elements, of which two (2) are flexible elements, two (2) are strength elements, and one (1) is a balance element. Each compulsory element has 5 criteria that the competitor must meet. Each criterion of the compulsory element is worth 1 point. So, if the element is performed 100% correctly and meets all 5 criteria, the competitor receives 5 points for the compulsory element. If all 5 compulsory elements are performed correctly, the competitor receives the full score of 25 points from the judges.

A competitor can receive 0–5 points for one compulsory element. The number of points for the compulsory element depends on the fulfillment of the precisely defined criteria of that compulsory element.

All competitors must fill out a form with the compulsory elements, which they will record in the order they perform them.

These compulsory elements must be marked in the Compulsory Elements form and sent by May 31, 2024, to email: info@acrodancersonline.cz

The form with the compulsory elements for download can be found in the download section at: www.acrodancerscompetition.cz

Explanation of terms:

Stag position = both legs are bent with thighs and calves forming a 90° angle.

Pike position = diver's pose, chest/arm in contact with the legs, legs are together and fully extended.

Fang position = diamond pose, both legs are bent backward, feet are joined and knees are apart at shoulder width.

Tuck position = egg pose, knees are bent together in contact with the chest.

Arabesque = one leg is fully extended, the other bent.

Horizontal = the final position must be performed horizontally to the ground with a maximum deviation of 30°.

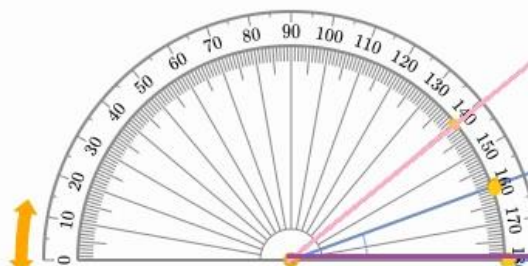
Foot flexion = bending of the foot or toes toward the sole.

Fixed position = final position, where there must be no bending for a minimum duration of the compulsory element (at least 2 seconds).

Front split = a body position in which both legs are in one line and pointing in opposite directions.






Straddle split = a body position in which both legs are in one line and pointing in opposite directions.

Ranges in splits: demonstration of basic ranges 140°/ 160°/ 180°.








DIVISION AMATEURS





FLEXIBLE COMPULSORY ELEMENTS

NAME	CRITERIA	EXAMPLE
TRIANGLE STRADDLE SPLIT	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: entire soles including ankles, both arms, back (optional), thighs and calves (optional) 3. Range: straddle split in legs min. 160° 4. Arm and leg position: both arms fully extended, both legs fully extended 5. Body position: upright 	
INVERT STRADDLE SPLIT	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: hips, thighs, groin 3. Range: straddle split in legs min. 160° 4. Arm and leg position: both arms in any position, both legs fully extended 5. Body position: inverted (head down) 	
BASIC STRADDLE SPLIT	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: hips, thighs, groin, arms (optional) 3. Range: straddle split in legs min. 160° 4. Arm and leg position: both arms in any position, both legs fully extended 5. Body position: upright 	
TRAPPED HALF FRONT SPLIT	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: back, hips, thigh, calf, foot, armpit, arm of the other hand (optional) 3. Range: front split in legs min. 160° 4. Arm and leg position: same arm holds the back leg at ankle level, back leg is bent, front leg fully extended, both arms fully extended, front arm in any position 5. Body position: upright 	
TRAPPED FRONT SPLIT	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: back, hips, thigh, calf, foot, armpit, arm of the other hand (optional) 3. Range: front split in legs min. 140° 4. Arm and leg position: both arms in any position, both legs fully extended in front split 5. Body position: upright 	

STRENGTH COMPULSORY ELEMENTY

NAME	CRITERIA	EXAMPLE
<p>ANKLE HANG</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both legs, ankles 3. Arm position: optional fixed arm position without contact with the net 4. Leg position: both legs fully extended, ankles hooked behind the net in a flexed position 5. Body position: inverted (head down), body fully extended (head, hips in a single line) 	
<p>ONE LEG WRAP</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: shoulder, chest, groin, back leg (only calf, shin, foot) 3. Arm position: optional fixed arm position without contact with the net 4. Leg position: back leg fully extended, front leg bent in arabesque position without contact with the net 5. Body position: upright 	
<p>ARABESQUE</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: only one leg and one arm 3. Arm position: one arm in optional fixed position without contact with the net, the other arm holding the net 4. Leg position: back leg fully extended, front leg bent in arabesque position without contact with the net 5. Body position: upright 	
<p>ELBOW HOLD WITH ONE LEG</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: only one arm and the area below the knee 3. Arm position: one arm in optional fixed position without contact with the net, the other arm hanging below the elbow behind the net 4. Leg position: legs in arabesque position, one bent, the other fully extended 5. Body position: upright 	
<p>FLY ONE LEG</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: only one leg above the knee, both arms, hands, both shoulders, back (optional) 3. Arm position: both arms in a crossed position holding the net 4. Leg position: back leg can be extended/bent, front leg bent in arabesque position without contact with the net 5. Body position: horizontal 	

BALANCE COMPULSORY ELEMENTS

NAME	CRITERIA	EXAMPLE
BIRD	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: hips, abdomen, both hands 3. Arm position: crossed, hands are in contact with the net 4. Leg position: both legs fully extended including toes, horizontally with the ground 5. Body position: upright 	
STAR	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: both legs and arms, hips, back 3. Arm position: outstretched, hands are in contact with the net 4. Leg position: legs are in diamond position, soles are connected 5. Body position: upright 	
AMAZON STAG	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: buttocks, hips, thighs, knees, calves, one shoulder, one hand 3. Arm position: one arm in any fixed position without contact with the net, the other hand holds the net in front 4. Leg position: both legs bent in stag position 5. Body position: upright 	
BACK BALANCE	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: hips 3. Arm position: any fixed arm position without contact with the net 4. Leg position: one leg is bent, the other leg is fully extended, both legs are without contact with the net 5. Body position: inverted (head down) 	
TREE POSITION	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: arms, shoulder blades, hips, groin, buttocks, calf, thigh, one foot, ankle 3. Arm position: outstretched, only arms are in contact with the net 4. Leg position: standing on one leg, where the foot of the other leg is in contact only with the foot, not the net 5. Body position: upright 	