

COMPULSORY ELEMENTS AERIAL HOOP

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°.

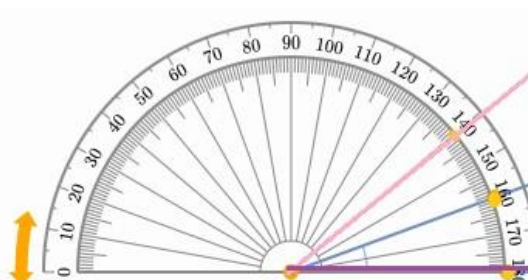
Foot flexion = bending of the foot or toes toward the sole.

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
STRADDLE SPLIT	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both legs and hips 3. Range: straddle split in legs minimum 140° 4. Arm and leg position: both arms fully extended in optional position, both legs fully extended 5. Body position: inverted 	
BACK HOOK	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both hands, both knee pits 3. Arm position: fully extended arms press the ring overhead, arms are shoulder-width apart (maximum distance) 4. Leg position: both legs are bent at the knees and hooked onto the upper ring 5. Body position: inverted, back arch, ring is behind the body 	
BACK BEND LOWER HOOP	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both hands 3. Arm position: one arm fully extended, the other arm between the legs can be bent 4. Leg position: both legs fully extended, spread apart, feet and ankles must be lower than hips 5. Body position: inverted, back arch 	
BOW POSITION	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both hands, both shins 3. Arm position: both arms are fully extended and hold the upper hoop 4. Leg position: both legs are fully extended, close together on the lower hoop 5. Body position: upright, back arch 	
RUNNING ANTELOPE	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: one knee pit, opposite hand 3. Range: 160° 4. Arm and leg position: both arms are fully extended, one hand holds the lower hoop, the other hand holds the opposite ankle/foot, both legs are bent 5. Body position: torso is twisted and at least one shoulder is lower than hips 	

STRENGTH COMPULSORY ELEMENTY






NAME	CRITERIA	EXAMPLE
MARTINI	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: one knee pit, one hooked elbow, opposite leg at knee/calf level 3. Arm position: arm hooked behind the ring under the elbow holds the opposite leg, the other arm in optional fixed position without contact with the ring 4. Leg position: one leg is bent, the other leg is fully extended at a 90° angle to the ring 5. Body position: sideways, head must be higher than hips 	
BASIC INVERT	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both hands, both thighs 3. Arm position: both arms fully extended 4. Leg position: both legs fully extended, uncrossed, close together 5. Body position: inverted, entire body must be aligned 	
ONE KNEE HANG	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: one knee pit 3. Arm position: one arm holds the ankle of the hooked leg, the other arm is in an optional fixed position 4. Leg position: one leg fully extended without contact with the ring, the other leg bent in contact with the ring, the back extended leg is horizontal 5. Body position: inverted 	
LOLLIPOP	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both legs, both hands 3. Arm position: both arms fully extended, may be in contact with the ring 4. Leg position: both legs fully extended, crossed at the ankles, with the ring between the legs 5. Body position: inverted 	
SIDE ARABESQUE	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: one hand and one leg on the same side, foot optionally 3. Arm position: one arm fully extended, the other in an optional fixed position without contact with the ring 4. Leg position: leg in contact with the ring is fully extended (except the foot, which is in a flexed position), the other leg is bent in an arabesque position 5. Body position: diagonally 	

BALANCE COMPULSORY ELEMENTS






NAME	CRITERIA	EXAMPLE
BASIC SEAT	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: buttocks, thighs optionally 3. Arm position: in optional fixed position without contact with the ring 4. Leg position: legs are bent and together 5. Body position: upright 	
MOON LEGS STRAIGHT CROSSED	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: back, both feet/ankles, one shoulder, neck 3. Arm position: in optional fixed position without contact with the ring 4. Leg position: both legs fully extended, crossed in contact with the upper hoop at ankle/foot level 5. Body position: upright 	
HIP STRADDLE	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: one hip 3. Arm position: in optional fixed position without contact with the ring 4. Leg position: both legs fully extended, spread apart 5. Body position: inverted, balancing on one hip on the lower hoop 	
HIP ARROW	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: front leg, calf/shin of back leg, one hip, hips optionally 3. Arm position: in optional fixed position without contact with the ring 4. Leg position: front leg hooked around the ring, back leg fully extended 5. Body position: inverted 	
BACK BEND RING	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: hips on the lower hoop, ankle/foot or heel optionally on the upper hoop 3. Arm position: arms may be bent and holding the foot of the leg over the head 4. Leg position: one leg fully extended on the upper hoop, the other leg bent in a ring position 5. Body position: inverted, balancing on hips 	

DIVISION PROFESSIONALS






FLEXIBLE COMPULSORY ELEMENTS

NAME	CRITERIA	EXAMPLE
ZET	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both hands, knee pit of front leg, ankle or calf of back leg 3. Range: front split in legs minimum 180° 4. Arm and leg position: both arms fully extended, both legs are bent in contact with the ring in the zet position 5. Body position: inverted, back arch 	
REVERSE FRONT SPLIT	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both hands 3. Range: front split in legs minimum 180° 4. Arm and leg position: both arms fully extended, both legs fully extended, front leg horizontal 5. Body position: inverted, back arch 	
COCOON	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: knee pit 3. Arm position: both arms fully extended over the head holding the foot/ankle of the leg 4. Leg position: one leg fully extended, the other leg bent hanging on the lower hoop 5. Body position: inverted, back arch 	
SIDE FRONT SPLIT	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: shin, foot and ankle, opposite hand 3. Range: front split in legs minimum 180° 4. Arm and leg position: both arms fully extended, one hand holds the ankle or foot of the opposite leg, both legs fully extended 5. Body position: facing downwards, diagonal 	
RING 1	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: hips, foot/ankle or heel on the upper hoop 3. Range: front split in legs minimum 160° 4. Arm and leg position: both arms may be bent and holding the foot behind the head, one leg fully extended, the other leg bent backward 5. Body position: inverted, back arch, head is at shin level 	

STRENGTH COMPULSORY ELEMENTY






NAME	CRITERIA	EXAMPLE
ONE KNEE HANG	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: knee pit 3. Arm position: optional fixed arm position without contact with the ring 4. Leg position: one leg is bent and hangs behind the lower hoop, the other leg is fully extended without contact with the ring 5. Body position: inverted (head down) 	
ONE HAND HANG	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: one hand 3. Arm position: one arm fully extended holding the ring, the other arm is around the leg 4. Leg position: both legs are fully extended, close together in pike position 5. Body position: upright 	
SIDE TUBE	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: one hand, opposite shoulder, side of chest, back, neck 3. Arm position: one arm fully extended holding the ring in front of the body, the other arm is in an optional fixed position 4. Leg position: both legs are fully extended without contact with the ring, close together 5. Body position: upright 	
ANKLE HANG	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both ankles, Achilles tendons, both shins 3. Arm position: both arms fully extended without contact with the ring 4. Leg position: both legs fully extended, feet in flexed position hooked around the ring 5. Body position: inverted, body trunk aligned with the ring, body is aligned in front of the ring 	
LOLLIPOP NO HANDS	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both legs 3. Arm position: both arms fully extended without contact with the ring 4. Leg position: both legs fully extended, crossed at the ankles, ring is between the legs, feet may be in flexed position 5. Body position: inverted 	

BALANCE COMPULSORY ELEMENTS






NAME	CRITERIA	EXAMPLE
<p>MIDDLE TUBE</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: hips, abdomen, both hands 3. Arm position: in shoulder-width grip, hands are in contact with the net 4. Leg position: both legs fully extended including toes, horizontally with the ground 5. Body position: upright, entire body must be aligned in one line 	
<p>INVERT MOON</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: back, both toes of feet, one shoulder, neck, hips optionally 3. Arm position: both arms fully extended in shoulder-width grip without contact with the ring 4. Leg position: both legs bent, toes of feet fully extended in contact with the ring 5. Body position: inverted, entire body inside the ring (except for head and arms) 	
<p>BACK BALANCE ZET</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: hips on the lower hoop 3. Arm position: both arms fully extended in shoulder-width grip without contact with the ring 4. Leg position: both legs bent in the zet position 5. Body position: inverted, back arch, balancing on hips 	
<p>EGG</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: one hip 3. Arm position: optional fixed position without contact with the ring 4. Leg position: legs are bent, together, thighs touching the chest 5. Body position: inverted, balancing on one hip 	
<p>ONE KNEE HANG RING</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: knee pit on the lower hoop 3. Arm position: both arms hold the foot of the back leg over the head, arms may be bent 4. Leg position: both legs bent, back leg in a ring position 5. Body position: inverted, back arch 	

ELITE DIVISION





FLEXIBLE COMPULSORY ELEMENTS

NAME	CRITERIA	EXAMPLE
VICTIM	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: armpits, shoulder blades 3. Arm position: both arms fully extended overhead, hands gripping shins/ankles 4. Leg position: both legs fully extended in a horizontal position, legs apart at a maximum width of hips 5. Body position: upright 	
STRADDLE SPLIT	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both legs, hips 3. Range: straddle split in legs min. 180° 4. Arm and leg position: arms in any fixed position without contact with the hoop, both legs fully extended 5. Body position: inverted 	
RUSSIAN SPLIT	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both arms, one foot 3. Range: front split in legs min. 180° 4. Arm and leg position: both arms fully extended in contact with the upper hoop, both legs fully extended, front leg in a horizontal position in contact with the lower hoop 5. Body position: inverted 	
HALF FRONT SPLIT	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both legs, one side, hips, optionally buttocks 3. Range: front split in legs min. 180° 4. Arm and leg position: both arms fully extended without contact with the hoop, same arm holds the same leg, one arm holds the calf/ankle of the front leg, the other arm holds the ankle/foot of the back leg, front leg fully extended in a horizontal position, back leg bent 5. Body position: inverted 	
RING 2	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: hips on the lower hoop and foot/heel/ankle on the upper hoop 3. Range: front split in legs min. 180° 4. Arm and leg position: both arms fully extended and holding the ankle/foot of the back leg over the head, both legs fully extended 5. Body position: inverted 	

STRENGTH COMPULSORY ELEMENTY

NAME	CRITERIA	EXAMPLE
STRADDLE PLANK	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both hands, one leg optionally 3. Arm position: both arms bent, lower arm in contact with the lower hoop supporting the body, upper arm gripping the side of the hoop 4. Leg position: both legs fully extended apart, with feet higher than hips 5. Body position: horizontal, chest lying on the forearm/elbow 	
REVERSE MEATHOOK	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: one arm 3. Arm position: one arm holding the hoop behind the body, the other arm in an optional fixed position without contact with the hoop 4. Leg position: both legs fully extended apart without contact with the hoop 5. Body position: back lying on the arm behind the body, chest in a horizontal position 	
ELBOW HANG STRADDLE	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: elbow 3. Arm position: one arm bent in contact with the hoop at the elbow, the other arm in a fixed optional position 4. Leg position: both legs fully extended apart, with at least one foot higher than shoulders 5. Body position: upright 	
ONE SHOULDER STAND	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both hands, one shoulder, both legs 3. Arm position: arm in front of the body is bent holding the hoop in front, the other arm is fully extended holding the hoop behind the body 4. Leg position: both legs fully extended, close to each other horizontally with the floor 5. Body position: inverted 	
FRONT PLANK	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: both hands 3. Arm position: both arms fully extended in contact with the hoop 4. Leg position: one leg fully extended, the other leg bent 5. Body position: face facing upwards, chest and extended leg in a horizontal position 	

BALANCE COMPULSORY ELEMENTS

NAME	CRITERIA	EXAMPLE
<p>BACK BALANCE CHAIR</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: hips 3. Arm position: optional fixed arm position without contact with the hoop 4. Leg position: both legs bent at the knees, feet together, feet higher than hips 5. Body position: inverted, balancing on the hips 	
<p>HIP SIDE SPLIT</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: hip, groin 3. Arm position: arms holding the opposite ankle/foot of the front leg 4. Leg position: both legs fully extended in a horizontal position 5. Range: split min. 180° 	
<p>FULL MOON</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: feet, knees, shoulders, arms, chest 3. Arm position: both arms in optional fixed position 4. Leg position: both legs in a zet position, toes of feet in contact with the hoop 5. Body position: inverted, with everything except the arms and head inside the hoop 	
<p>SHOULDLER STAND STRADDLE</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: neck, shoulders, arms, no contact with hands allowed 3. Arm position: both arms in optional fixed position 4. Leg position: both legs fully extended apart without contact with the hoop, feet must be higher than hips 5. Body position: inverted, aligned in a straight line head, torso, and hips 	
<p>SHOULDER STAND PENCIL</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds 2. Contact points: neck, shoulders, arms, no contact with hands allowed 3. Arm position: both arms extended fully apart 4. Leg position: both legs fully extended together, upper hoop is between the legs 5. Body position: inverted, entire body must be aligned in a straight line 	