

COMPULSORY ELEMENTS AERIAL HOOP DOUBLES

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°.

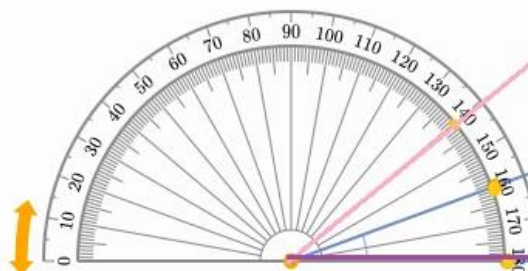
Foot flexion = bending of the foot or toes toward the sole.

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°.








DIVISIONS AMATEURS, PROFESSIONALS, ELITE




FLEXIBLE COMPULSORY ELEMENTS

NAME	CRITERIA	DEMONSTRATION
DOUBLE FRONT SPLIT	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. Contact points: Upper partner is in contact with the hoop using legs, hips, lower partner only by hand. 3. Arm position: Both partners have both arms fully extended. 4. Upper partner: is in an inverted position in a front split with a range of at least 160°, holding the same leg by the foot/ankle with one hand, the other hand holding the partner's leg at the calf level. 5. Lower partner: is in an upright position in a front split with a range of at least 160°, holding the opposite leg by the foot/ankle with one hand, the other hand holding the lower hoop. 	
SPLIT SUPPORT BIRD	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. Contact points: Upper partner is in contact with the hoop with hands, lower partner with hands and hips. 3. Arm position: Both partners have both arms fully extended. 4. Upper partner: in a front split of at least 180°, holding the upper hoop with both hands, the foot of the front leg braced against the partner's back/neck, front leg horizontal to the ground. 5. Lower partner: in a bird-like position, legs higher than the lower hoop. 	
MESH	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. Contact points: Upper partner legs, buttocks, lower partner both hands and foot. 3. Arm position: Upper partner has arms fully extended holding partner by the ankle of the back leg, lower partner may have bent arms holding the upper hoop. 4. Upper partner: has legs fully extended (except feet) in an inverted position. 5. Lower partner: upright position in a front split with a range of at least 160°. 	
SCORPION	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. Contact points: Upper partner is in contact with the hoop/loops by the ankle, both hands, lower partner under the knees on the lower hoop. 3. Arm position: Upper partner has arms fully extended, lower partner has arms fully extended and is holding the back foot of the partner. 4. Upper partner: is in a front split position with a minimum of 160°. 5. Lower partner: hangs under the knees on the lower hoop and pulls towards the partner's leg. 	
RING AND FRONT SPLIT	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. Contact points: Only upper partner is in contact with the hoop at the hips, buttocks (optionally), one foot, heel optionally. 3. Arm position: Upper partner may not have arms fully extended, lower partner has both arms fully extended, one holding the lower hoop, the other holding the front leg by the ankle/foot. 4. Upper partner: in a Ring position with at least 160° in front split and holding partner by the ankle/foot with one hand, the other hand holding own ankle/foot. 5. Lower partner: is in a front split position with a minimum of 160° in an upright body position, one hand in contact with the hoop. 	

STRENGTH COMPULSORY ELEMENTS

NAME	CRITERIA	DEMONSTRATION
<p style="text-align: center;">KNEE HANG HOLD PIKE</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. Contact points: Only the upper partner is in contact with the hoop under the knees and with one hand. 3. Arm position: The upper partner has both arms fully extended, one arm holding the partner, the other pushing off from the lower hoop; the lower partner may not have arms fully extended and holds the partner by the hand/wrist. 4. Upper partner: is in an inverted position, hanging under the knees. 5. Lower partner: is in an inverted position, not in contact with the hoop. 	
<p style="text-align: center;">HOOK SUPPORTED FEET HANG</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. Contact points: Only the upper partner is in contact with the hoop under the knees. 3. Arm position: Both partners have arms in an optional fixed position without contact with the hoop. 4. Upper partner: is in an inverted position, hanging under the knees, holding the partner in a fixed position by the feet. 5. Lower partner: is in an inverted position, hanging by the feet of the upper partner, legs fully extended, not in contact with the hoop. 	
<p style="text-align: center;">KNEE HANG HOLD PENCIL</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. Contact points: Only the upper partner is in contact with the hoop under the knees and with hands. 3. Arm position: The upper partner has both arms fully extended to the maximum shoulder width; the lower partner has arms in an optional fixed position without contact with the hoop. 4. Upper partner: is in an inverted position, hanging under the knees, pushing the hoop away with arms. 5. Lower partner: is in an inverted position, hanging in the armpit area of the upper partner by the feet, legs fully extended, not in contact with the hoop. 	
<p style="text-align: center;">FLYING SPLIT</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. Contact points: The upper partner is in contact with the hoop with back, neck, shoulder, hand; the lower partner is in contact by hand. 3. Arm position: Both have arms fully extended. 4. Upper partner: in an Amazon position, holding the back leg of the lower partner with legs. 5. Lower partner: in a front split position, one arm holding the lower hoop, the other arm holding the ankle of the same leg. 	
<p style="text-align: center;">RING HOLD DESK</p>	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. Contact points: Only the upper partner is in contact with the hoop in the hip area, buttocks (optionally), foot, heel optionally. 3. Arm position: The upper partner has arms fully extended; the lower partner has arms in an optional fixed position without contact with the hoop. 4. Upper partner: in a Ring position holding the lower partner with both hands by the neck, one leg between the thighs of the lower partner. 5. Lower partner: is in a plank position horizontal to the ground without contact with the hoop, legs fully extended and may be crossed. 	

BALANCE COMPULSORY ELEMENTS

NAME	CRITERIA	DEMONSTRATION
SYN SEAT	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. Contact points: behind the knees. 3. Arm position: in an optional fixed position without contact with the hoop. 4. Leg position: legs are bent together, feet are hooked under the partner. 5. Body position: upright, partners must be mirrored. 	
MIRROR CHAIR	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. Contact points: lower partner is in contact with the lower hoop with hips and upper parts of the legs, upper partner in a sitting balance on the lower partner without contact with the hoop. 3. Arm position: in an optional fixed position without contact with the hoop. 4. Leg position: knees are together. 5. Body position: upper partner in an upright position, lower partner inverted, partners must be mirrored. 	
BACK BALANCE HOLD DESK	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. Contact points: only upper partner in the gluteas area, hands. 3. Arm position: upper partner holds the hoop with hands, arms are fully extended, lower partner has arms in an optional fixed position without contact with the hoop. 4. Upper partner: balances on the back, legs are fully extended and the feet hold the lower partner under the neck and between the legs. 5. Lower partner: is in a plank position horizontal to the ground without contact with the hoop, legs are fully extended together. 	
PICK UP BOW	<ol style="list-style-type: none"> 1. Endurance: 2 seconds. 2. C 3. Contact points: upper partner legs, lower partner hands. 4. Arm position: both have arms fully extended. 5. Leg position: both have legs fully extended, upper partner has legs spread, lower fully extended together. 6. Body position: upper partner in an inverted position, lower partner upright. 	