

COMPULSORY ELEMENTS OF AERIAL SILKS

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°.

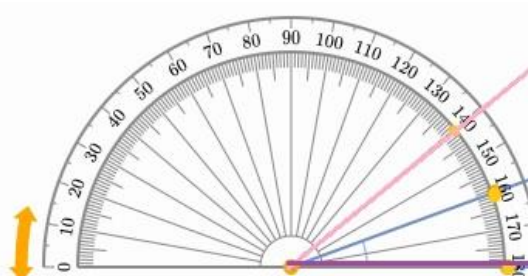
Foot flexion = bending of the foot or toes toward the sole.

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
TRIANGLE STRADDLE SPLIT	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: both feet including the ankle, hands optional 3. Range: straddle split in legs min. 160° 4. Position of arms and legs: both arms in a fixed optional position, both legs fully extended 5. Body position: upright 	
BIRD NEST	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: both arms and hands, both ankles 3. Arm position: both arms fully extended holding the silk at knee level 4. Leg position: both legs fully extended apart 5. Body position: back arched, head higher than hips 	
BACK BEND FANG	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: both hands 3. Arm position: one arm fully extended, the other between the legs may be slightly bent 4. Leg position: both legs are bent backward, feet at or below shoulder level, knees at or below hip level 5. Body position: inverted, back arched 	
SWALLOW ONE LEG	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: both hands, the foot, instep, and ankle of one leg 3. Range: front split in legs min. 160° 4. Position of arms and legs: arms are fully extended to the maximum shoulder width, back leg is fully extended, front leg in a fixed optional position 5. Body position: upright 	
TRAPPED FRONT SPLIT	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: one hand, back, chest, both ankles, instep, feet, shin 3. Leg range: front split in legs min. 160° 4. Arm position: one arm in any fixed position, the other in contact with the silk 5. Body position: upright 	

STRENGTH COMPULSORY ELEMENTS

NAME	CRITERIA	DEMONSTRATION
MEATHOOK	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: one arm, abdomen and thighs, back 3. Arm position: one arm in contact with the silk, the other in a fixed optional position without contact with the silk 4. Leg position: both legs fully extended in a pike position (hand pressed between the chest and thighs, close together (closed)) 5. Body position: inverted (head down) 	
ONE LEG WRAP	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: popliteal fossa, instep of the other leg including the foot, shin and calf optional 3. Arm position: optional fixed position of arms without contacts with the silk 4. Leg position: back leg bent, front leg fully extended 5. Body position: inverted (head down) 	
INSIDE LEG HANG	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: one hand, popliteal fossa, groin, hips, legs, head optional 3. Arm position: one hand in contact with the silk, the other in an optional fixed position without contacts with the silk 4. Leg position: back leg fully extended horizontally to the ground, front leg bent 5. Body position: inverted (head down) 	
POSITION V	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: both hands, one arm, chest, side and armpit optional 3. Arm position: both hands holding the silk and are fully extended 4. Leg position: legs in a straddle position, fully extended 5. Body position: inverted (head down), hips must be higher than the shoulders 	
Bow	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: back, groin, ankles, insteps, feet 3. Arm position: both arms in a fixed position without contacts with the silk 4. Leg position: both legs fully extended in a straddle position with a minimum range of 160°, horizontally to the ground 5. Body position: inverted (head down) 	

BALANCE COMPULSORY ELEMENTS

NAME	CRITERIA	DEMONSTRATION
<p>REVERSE SPLIT</p>	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: both hands, forearms, back, and optionally shoulder blades 3. Arm position: both arms fully extended 4. Leg position: both legs fully extended in a front split including the toes, front leg horizontal to the ground 5. Body position: inverted (head down) 	
<p>HIP SPLIT</p>	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: one leg, hips, sides, one hand 3. Arm position: one hand in contact with the silk, the other hand holding the opposite leg by the ankle/toe 4. Leg position: both legs fully extended in a front split including the toes 5. Body position: torso horizontal 	
<p>REVERSE SPLIT ONE LEG</p>	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: both hands, foot 3. Arm position: both arms fully extended 4. Leg position: both legs fully extended in a front split including the toes, back leg horizontal 5. Body position: inverted (head down) 	
<p>REVERSE BALANCE</p>	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: both arms and hands 3. Arm position: both arms fully extended 4. Leg position: both legs fully extended in a straddle position without contact with the silk, extended toes higher than hips 5. Body position: upright 	
<p>HANDSTAND STRADDLE</p>	<ol style="list-style-type: none"> 1. Duration: 2 seconds 2. Contact points: back, groin, armpits, arms, both hands 3. Arm position: both arms fully extended 4. Leg position: both legs fully extended in a straddle position, horizontal to the ground 5. Body position: inverted (head down) 	