

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 in 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 to email: info@acrodancersonline.cz

The form with the compulsory elements to 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 = chest is pushed against thighs and 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 shin.

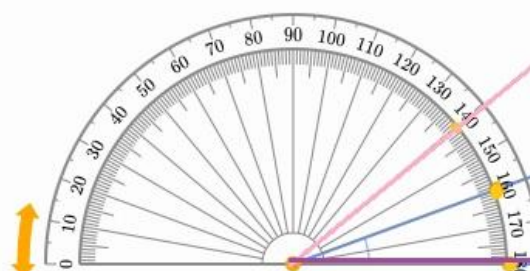
Fixed position = final position, where there must be no bending for a minimum duration of the compulsory element (at least 2 seconds).

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

Spins = For a spin to be recognized, each rotation must be in a fixed position and must include a minimum rotation of 720°.






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	EXAMPLE
<p style="text-align: center;">FLOATING FRONT SPLIT</p>	<ol style="list-style-type: none"> 1. Hold: 2 seconds. 2. Points of contact: base partner uses both hands; flyer uses only one hand, forearm optional. 3. Range: flyer performs a front split with legs extended to at least 160°. 4. Position of arms and legs: flyer has both arms fully extended, holding the foot of the same-side leg; both legs fully extended in a front split. Base partner has both arms fully extended, legs together in a tucked position. 5. Body position: upright in the base partner, upright and sideways-facing in the flyer. 	
<p style="text-align: center;">DOUBLE INVERT STRADDLE SPLIT</p>	<ol style="list-style-type: none"> 1. Hold: 2 seconds. 2. Points of contact: lower partner at the lower back; both partners are in contact with the hammock at the waist. 3. Range: both partners in a straddle split with a minimum range of 140°. 4. Position of arms and legs: both have arms fully extended to the sides in a horizontal line; legs fully extended in a straddle split. 5. Body position: inverted. 	
<p style="text-align: center;">DELILAH FUSION</p>	<ol style="list-style-type: none"> 1. Hold: 2 seconds. 2. Points of contact: both partners hold the hammock with one hand and are in contact with the hammock behind the knee. 3. Range: the bent legs of both partners must form an angle of at least 90° at the knee. 4. Position of arms and legs: both partners have one arm fully extended, holding the hammock; the other arm reaches down and holds the foot. 5. Body position: the body is tilted to the side, with the head in line with the body. 	
<p style="text-align: center;">BACKBEND EYE HOLD</p>	<ol style="list-style-type: none"> 1. Hold: 2 seconds. 2. Points of contact: the top partner is in contact with the hammock from the lower back down to the ankles; the bottom partner has no contact with the hammock. 3. Position of arms: both have bent arms with elbows pointing forward (not to the sides), holding their partner's feet. 4. Position of legs: both partners have legs fully extended; maximum leg separation is shoulder-width. 5. Body position: the top partner is in an inverted position; the bottom partner is upright. 	
<p style="text-align: center;">HANGING TRUST</p>	<ol style="list-style-type: none"> 1. Hold: 2 seconds. 2. Points of contact: the top partner is in contact with the hammock at the lower back, legs, and insteps; the bottom partner has no contact with the hammock. 3. Range: the bottom partner is in a front split with a minimum range of 140°. 4. Position of arms and legs: the top partner has arms fully extended while holding the bottom partner; the legs may be slightly bent but not tucked. The bottom partner has legs fully extended in a front split. 5. Body position: both partners are in an inverted position. 	

STRENGTH COMPULSORY ELEMENTY

NAME	CRITERIA	EXAMPLE
<p>INVERTED STAR STRADDLE HOLD</p>	<p>1. Hold: 2 seconds.</p> <p>2. Points of contact: the top partner is in contact with the hammock at the waist, lower back, and one leg; the bottom partner has no contact with the hammock.</p> <p>3. Range: both partners are in a straddle split with a minimum range of 160°.</p> <p>4. Position of arms and legs: the top partner has both arms fully extended, holding the bottom partner by the hands. The bottom partner also has both arms fully extended. Both have legs fully extended.</p> <p>5. Body position: both partners are in an inverted position.</p>	
<p>NECK HANG PLANK HOLD</p>	<p>1. Hold: 2 seconds.</p> <p>2. Points of contact: the top partner is in contact with the hammock at the lower abdomen; the bottom partner has no contact with the hammock.</p> <p>3. Position of arms: the bottom partner's arms are in an optional position, without contact with the hammock or the top partner. The top partner has both arms fully extended, holding the bottom partner by the neck, with no contact with the hammock.</p> <p>4. Position of legs: both partners have one leg extended horizontally to the ground, the other leg bent.</p> <p>5. Body position: the top partner is positioned horizontally to the ground.</p>	
<p>LEG WRAP HOLD</p>	<p>1. Hold: 2 seconds.</p> <p>2. Points of contact: the top partner is in contact with the hammock at the pelvis; the bottom partner has no contact with the hammock.</p> <p>3. Position of legs: both legs are bent and kept together at a minimum 90° angle.</p> <p>4. Arms: both partners are holding each other under the knees.</p> <p>5. Body position: upright in the bottom partner; inverted in the top partner.</p>	
<p>CRESCENT HOLD</p>	<p>1. Hold: 2 seconds.</p> <p>2. Points of contact: the top partner is in contact under the knees; the bottom partner has no contact with the hammock.</p> <p>3. Position of arms: the top partner's arms are in an optional position without contact with the hammock. The bottom partner's arms are extended backwards, both fully straightened.</p> <p>4. Position of legs: the top partner has both legs bent at the knees. The bottom partner has legs bent backwards, directed towards the top partner.</p> <p>5. Body position: upright for both; the bottom partner is in a backbend.</p>	
<p>YIN-YANG ARCH</p>	<p>1. Hold: 2 seconds.</p> <p>2. Points of contact: the top partner is in contact with the hammock in the armpit area. The bottom partner is in contact at the hips and buttocks.</p> <p>3. Position of arms: both partners hold their own insteps with both hands, arms fully extended.</p> <p>4. Position of legs: both have legs bent at the knees at a 90° angle. Legs are spread apart.</p> <p>5. Body position: the top partner is in a backbend in an upright position. The bottom partner is in a backbend in an inverted position.</p>	

BALANCE COMPULSORY ELEMENTS

NAME	CRITERIA	EXAMPLE
DOUBLE BIRD	<ol style="list-style-type: none"> 1. Hold: 2 seconds. 2. Points of contact: the bottom partner is in contact with the hammock at the abdomen and pelvis. The top partner is in contact only with the hands. 3. Position of arms: the bottom partner's arms are in an optional position, without contact with the hammock or the partner. The top partner holds the hammock with both hands overhead, arms fully extended. 4. Position of legs: both partners have their legs extended, together and horizontal to the ground. 5. Body: both partners are in a horizontal position to the ground. 	
T POSITION	<ol style="list-style-type: none"> 1. Hold: 2 seconds. 2. Points of contact: the top partner is in contact at the hips and with the hands. The bottom partner is in contact with the hammock at the hips, lower back, and legs. 3. Position of arms: the top partner has both arms extended backwards. The bottom partner's arms are in an optional position, without contact with the hammock or the partner. 4. Position of legs: the top partner has legs extended, together, and horizontal to the ground. The bottom partner's legs are stretched (not necessarily fully extended) and slightly apart. 5. Body position: the top partner is in a horizontal position. The bottom partner is in an inverted position. 	
ARABESQUES	<ol style="list-style-type: none"> 1. Hold: 2 seconds. 2. Points of contact: both partners are in contact with the hammock at the groin area, thigh, and with one hand. 3. Position of arms: both partners have one arm extended, holding the hammock. The other arm is bent behind the back, without contact with the hammock, holding the partner's foot. 4. Position of legs: both partners have the top leg extended and the other leg bent at the knee. 5. Body position: both partners are in a slight backbend. 	
MIRROR LOTUS	<ol style="list-style-type: none"> 1. Hold: 2 seconds. 2. Points of contact: the bottom partner is in contact at the groin, hips, and feet. The top partner is sitting on the bottom partner and is in contact with the hammock in the armpit area. 3. Position of arms: both partners have their palms together in front of the chest, without contact with the hammock. 4. Position of legs: both partners are in a lotus (cross-legged) position with the soles of the feet together, not crossed. 5. Body: the top partner is seated; the bottom partner is inverted. 	
A POSITION	<ol style="list-style-type: none"> 1. Hold: 2 seconds. 2. Points of contact: the top partner is in contact with the hammock using the hands. The bottom partner is in contact at the lower back. 3. Position of arms: the top partner has arms fully extended, holding the hammock. The bottom partner's arms are in an optional position, without contact with the hammock. 4. Position of legs: the top partner's leg position is optional. The bottom partner has legs fully extended, horizontal to the ground. 5. Body position: the top partner is in an upright position; the bottom partner is in a deep backbend with the head pointing downwards. 	