

# Regulations

## Aerial Championship Kalamata 2025

### 1. Disciplines

|                                   |                               |                 |
|-----------------------------------|-------------------------------|-----------------|
| Women's Aerial Silks              | Men's Aerial Silks            |                 |
| Women's Aerial Sling              |                               |                 |
| Women's Aerial Hoop               | Men's Aerial Hoop             |                 |
| Women's Aerial Rope               | Men's Aerial Rope             |                 |
| Women's Duo Silks                 | Men's Duo Silks               | Duo Silks Mixed |
| Women's Duo Hoop                  |                               | Duo Hoop Mixed  |
| Duo synchronized silks<br>Women's | Duo synchronized silks<br>Men |                 |

### 2. Divisions

|         |   |                                  |
|---------|---|----------------------------------|
| 8-9     | from 8 to 9 years old                         | Year of birth 2017/2016          |
| 10-11   | from 10 to 11 years old                       | Year of birth 2015/2014          |
| 12-14   | from 12 to 14 years old                       | Year of birth 2013 / 2012 / 2011 |
| 15-17   | from 15 to 17 years old                       | Year of birth 2010 / 2009 / 2008 |
| 18+     | from 18 years old and<br>over                 | Year of birth 2007 and earlier   |
| 18+ Pro | Professional<br>from 18 years old and<br>over | Year of birth 2007 and earlier   |

The age is calculated based on the **year of birth**.

Athletes may register in the category corresponding to their age or in a higher category, except for the Professional category. In the events Duo Silks / Duo Hoop / Duo Synchronized Silks, pairs are classified in the age category of the older of the two athletes or in the Professional category if one of the two is Professional.

### 3. Routine Duration

| Division       | Duration      |
|----------------|---------------|
| <b>8-9</b>     | up to 3'      |
| <b>10-11</b>   | up to 3' 30'' |
| <b>12-14</b>   | up to 4'      |
| <b>15-17</b>   | up to 4'      |
| <b>18+</b>     | up to 4'      |
| <b>18+ Pro</b> | up to 4' 30'' |

Ground choreography is allowed (no more than 10'')

#### 4. Music

The music of each routine should be sent electronically in mp3 format to [aerialchampionship@gmail.com](mailto:aerialchampionship@gmail.com) (preferably by we-transfer).

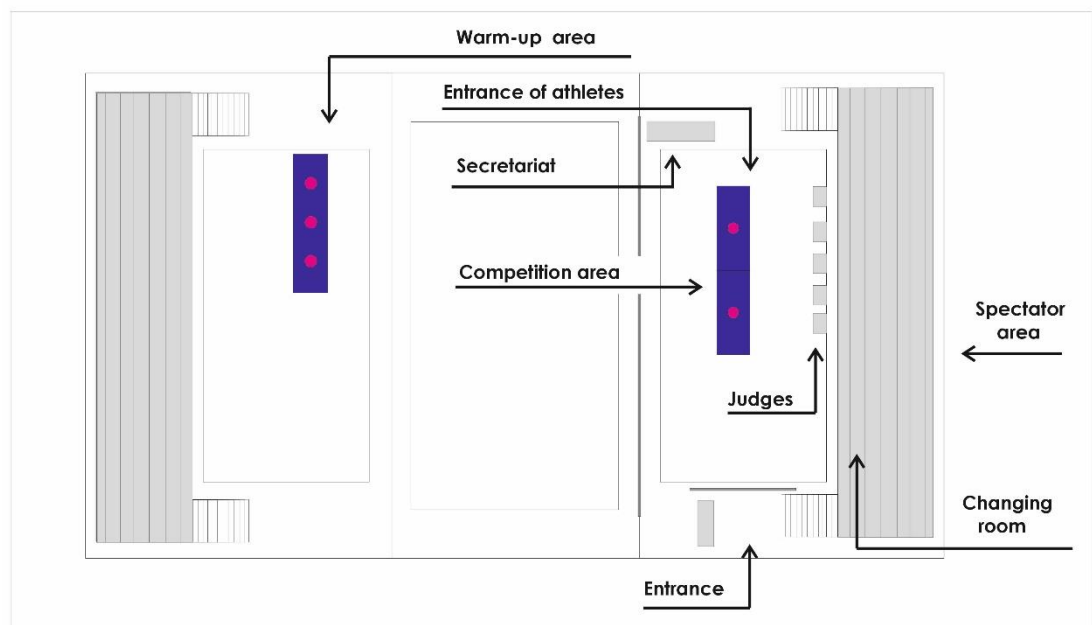
The name of the file must list, in the following order a) the discipline b) the division and c) the name of the athlete, e.g. (**Aerial\_Silks\_8-9\_Aggelakou\_Anna**).

The duration of the music may not exceed the routine duration limit of each division.

#### 5. Special circumstances

The judges may allow an athlete to repeat his/her routine if there is a problem with the sound by fault of the organiser or if incorrect music is heard, if there is a problem with the facilities, in case of external intervention and if the apparatus is defective.

#### 6. Facilities



#### 7. Medical Certificate

Each athlete must provide a medical certificate (from a cardiologist, internist, or paediatrician). Said certificate may be sent electronically to [aerialchampionship@gmail.com](mailto:aerialchampionship@gmail.com) or delivered to the secretariat of the event before the beginning of the competition.

## 8. Scoring system







Two kinds of scores are used.  
The score for Execution (E) and the Degree for Difficulty (D).

### 8.1. Execution Score (E)




The maximum initial Execution score for a program is 100 points, from which are deducted the reductions for incomplete execution by the athlete, according to the Execution technical errors table.

$$E = 100 - \text{reductions}$$






### Execution Technical Errors Table

|   |  |
|---|--|
| - During the performance of the exercises of the routine, the athlete's legs must be straight (except when required by the choreography). |  |
| For the ankle joint, reductions go up to 5 points for each bending.   |  <span style="float: right;">0</span> |
|   |  <span style="float: right;">2</span> |
|   |  <span style="float: right;">5</span> |
| For the knee joint reductions go up to 5 points for each bending.   |  <span style="float: right;">0</span> |
|   |  <span style="float: right;">2</span> |
|   |  <span style="float: right;">5</span> |




In splits, when the angle of the leg span is less than 180°, the reductions go up to 5 points for each split.

|  |   |
|--|---|
|  | 0 |
|  | 2 |
|  | 5 |

In spinning drops (Silks) the body of the athlete must be straight. Reductions for deviation from the straight position go up to 5 points.

|  |   |
|--|---|
|    | 5 |
|  | 2 |
|  | 0 |
|  | 2 |
|  | 5 |

In spinning drops (Silks) the athlete's body must be horizontal. The reductions for deviation from the horizontal position go up to 5 points.

|  |   |
|--|---|
|  | 0 |
|  | 2 |
|  | 5 |

|  |              |
|--|--------------|
| - Exercise flow  | From 2 to 10 |
| - Body slip  | From 2 to 10 |
| - Balance<br>2-to-5-point reduction if exercise position is not maintained for 3'' | From 2 to 5  |
| - Fall from the apparatus  | 20           |
| - Reduction of up to 5 points if the full range of the apparatus is not used       | up to 5      |
| - Violation of the 10'' duration limit for ground choreography                     | 5            |
| - Violation of routine duration limit  | 5            |
| - Routine end before the end of the music  | 5            |
| - Unable to complete routine   | 10           |
| - Synchronization in duets   | From 2 to 20 |
| - Inappropriate attire   | up to 20     |

Obscene movements / gestures or inappropriate words / profanity in the music piece are not allowed and will result in disqualification of the athlete.

## 8.2. Degree of Difficulty

The degree of Difficulty is broken down to a score for -Drops-Power - Balance -Flexibility and -Dance.

In the Duo synchronized divisions -Synchronization is also taken into account.

|               |  |
|---------------|--|
| - Drops       | Drop refers to the abrupt descent of the athlete's centre of gravity to a lower level of height.                                 |
| - Power       | The use of the muscular strength of the upper limbs and the torso is considered a dynamic element in the exercises of a routine. |
| - Balance     | Balance is when the athlete's centre of gravity is kept stable (for at least 3 seconds) above the basic support point.           |
| - Flexibility | Flexibility refers to the athlete's ability to take advantage of the full range of motion of the human joints.                   |
| - Dance       | Dance is the athlete's ability to express the rhythm and style of the music of his/her routine through the body.                 |

A routine can be awarded a score of up to 30 points for drops, up to 20 points for Strength , up to 15 points for Balance, up to 20 points for Flexibility, and up to 15 points for Dance. The sum of these points is the degree of Difficulty ( up to 100 points)

|             |                 |
|-------------|-----------------|
| Drops       | Up to 30 points |
| Strength    | Up to 20 points |
| Balance     | Up to 15 points |
| Flexibility | Up to 20 points |
| Dance       | Up to 15 points |

In the Duo synchronized divisions, a routine may be awarded a score of up to 25 points, for drops, up to 15 points for Strength, up to 10 points for Balance up to 15 points, for Flexibility, up to 10 points for Dance and up to 25 points for synchronization. (for a routine to be synchronized, the athletes must perform the same movements at the same time)

The sum of these points is the degree of Difficulty ( up to 100 points)

Total Difficulty Up to 100 points

## 9. Score Calculation

An athlete's Total Score (S) is the sum of the Execution score (E) and Difficulty score (D).

$$S = E (\text{max}100) + D (\text{max}100)$$

The Execution score (E) is calculated from the average of the score of the Execution Judges, without taking into account the highest and the lowest score.

Difficulty (D) is calculated out of the sum of scores of the Difficulty Judges.

## 10. Ties

In the event of a tie, the highest rank will be awarded to the athlete with the highest score, in the following order

- 1) Execution score
- 2) Drops score
- 3) Strength score
- 4) Balance score
- 5) Flexibility score
- 6) Dance score.

In the event of a tie in the Duo synchronized divisions, the highest rank will be awarded to the athlete with the highest score in the following order: 1) Execution score 2) Synchronization score 3) Drops score 4) Strength score 5) Balance score 6) Flexibility score 7) Dancing score.

## 11. Judges

The competition will be judged by a) Execution Judges, in charge of determining the Execution score of each routine based on the Table of technical errors of execution and b) Difficulty Judges, in charge of determining the score of Difficulty in charge of the areas:

-Drops    -Power    -Balance    -Flexibility    -Dance  
and -Synchronisation in the Duo synchronized divisions.

## 12. Competition procedure

Athletes will compete in groups, according to their division. The order in which they will compete will be determined by drawing lots and will be announced along with the competition schedule.

During the competition, only the coach is allowed on the competition floor along with the athlete (for safety reasons).

No objects are allowed on the competition floor.

### 13. Entry application

Schools should enter each athlete by name, division and the discipline in which they will compete, using the special form that you will be sent by e-mail.

The entry form must be sent electronically to

[aerialchampionship@gmail.com](mailto:aerialchampionship@gmail.com)

The registration deadline is specified in the announcement of the competition.

The entry form submitted is final and no changes are allowed past the deadline.

The entry fee for each athlete is also calculated based on the entry form.

### 14. Costumes - Accessories

The costumes of the athletes must be descent.

- Girls – women must wear a full body leotard. Transparent parts are allowed only above the chest area, on the waist, the sleeves and from the thighs down. Full-body shorts are allowed only up to the thighs.
- Boys – Men are allowed to wear a jumpsuit or trousers or leggings or full-body shorts down to the knee.
- Metal objects, accessories and ornaments are not allowed.
- Earrings are not allowed.
- The school logo must be up to 6 cm in diameter.



## 15. Apparatus specifications

### - Aerial Silks

The rigging point is 8 meters from the ground.

The total length of the fabric is 18 meters.

The fabric rig will be of aluminium safety carabiner clip, strong aluminium alloy swivel and Figure 8 aluminium Descender.

#### Features:

Medium Stretch

WLL: 800 kg

100% polyester

Material width: 160-170 cm (+ -5 cm).

tested in accordance with the following standard:

PN-EN ISO 13934-1: 2013-07

Maximum quality and safety

### - Aerial Sling

Sling length is 4 meters (a total of 8 meters).

Its two ends will be tied on the same rigging point using aluminium carabiner safety clip and strong aluminium alloy swivels.

**Apparatus height:** The bottom of the Sling must be from the level of the athlete's sternum and up, depending on the athlete's wishes.

#### Features: Medium Stretch

WLL: 800 kg

100% polyester

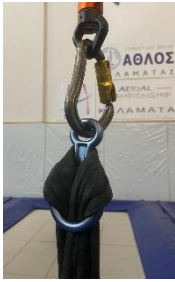
Material width: 160-170 cm (+ -5 cm).

tested in accordance with the following standard:

PN-EN ISO 13934-1: 2013-07

Maximum quality and safety

## - Aerial Hoop



The Hoops rigging will consist of an aluminum safety clip carabiner, a swivel made of a strong aluminum alloy, and a 3-meter strap with leather padding, tied to an aluminum Figure 8 Descender.

The diameter of the hoop will be:

85 cm for ages 8 to 11 years and

95 cm for ages 12 and over.

**Apparatus height:** The bottom of the Hoop must be from the level of the athlete's shoulders and above, depending on the wish of the athlete

**Features:** Certified by TUV NORD.

The only aerial hoop certified by an external organisation not just by the manufacturer

Tube diameter: 26.9 mm

Material: powder-coated, steel

BLL 20 kN – 2000 kg.

Made in Poland

Weight: 4-6 kg, depending on size

In line with IPSF specifications

The hoop will be covered with

Cotton tape.

## - Aerial Rope

The rope rigging point is 7 meters from the ground.

Rope rig will be of aluminium carabiner safety clip, strong aluminium alloy.

**Features:** Diameter: 31/32 mm

Case: semi smooth

Breaking Limit: 22 kN

## - Safety mattresses

Safety mattresses will be special AWA landing mattresses measuring 2.5 x 5 meters and 20 cm thick. For Aerial Silks, an additional mat with a thickness of 30 cm is also available.

All apparatuses and accessories to be used in the competition are certified.