

# ONLINE AERIAL ACROBATICS COMPETITION FOR EVERYONE.

## ART

[www.v-kruhu.cz](http://www.v-kruhu.cz)



[misa@v-kruhu.cz](mailto:misa@v-kruhu.cz)

Competition organizer: Michala Heligarová, IČ: 17510112, Malá 546,  
46312, Liberec (hereinafter referred to as the "organizer")

# COMPETITION RULES AND REGULATIONS

## DEADLINES

Competitor registration: January 1 – May 15, 2026

Submission of video links: May 10 – May 20, 2026

Announcement of winners and results: from May 25, 2026

Prize dispatch to winners: from May 25, 2026

## Entry Fees and Discounts

Entry fees by category:

- Adults: 650 CZK / 30 EUR
- Children: 550 CZK / 25 EUR
- Duos: 850 CZK / 38 EUR

Group Discount for Teams Registered by a Coach or Studio: If a coach or studio registers a team, the following discounts apply:

3 or more participants: 10% discount

5 or more participants: 15% discount

8 or more participants: 20% discount

10 or more participants: 25% discount

15 or more participants: 30% discount

20 or more participants: 35% discount

To qualify, all registrations must be submitted by the coach, who will receive a group invoice.

Payment Details: Entry fees must be paid within 7 days of registration to the following bank account: Account Number: 236759195 / 0300 Please include your full name and category in the payment reference.

For international payments:

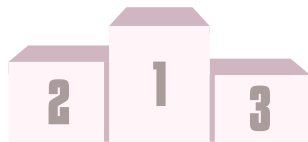
IBAN: CZ51 0300 0000 0002 3675 9195

BIC (SWIFT): CEKOCZPP

**You can also pay via PayPal: [paypal.me/acrovision](https://paypal.me/acrovision)**

## AWARDS

In each category, 1st place receives a medal, diploma, and valuable prizes 2nd and 3rd place receive a diploma only Special awards will be given for the highest overall score across all categories



### CATEGORY AERIAL HOOP

In this category, you can use a single-point or double-point hoop. The hoop can be taped or untaped. You can also choose the height and diameter of the hoop that suits you best. If your hoop is modified in any way other than standard, such as with a hand loop, you must register in the Aerial Art category.

### CATEGORY AERIAL HAMMOCK

Choose an aerial hammock with single or double-point attachment. For non-standard modifications, register in Aerial Art.

### CATEGORY AERIAL SILKS

Select aerial silks according to your preferred material and size. For special modifications, register in the Aerial Art category.

### SPECIAL CATEGORY AERIAL ART

In this category, you can use any other apparatus for aerial acrobatics. This can include, for example, aerial trapeze, mini aerial hoop, aerial loops, aerial moon, aerial rope, aerial cube, cloud swing, aerial chains, flying pole, aerial straps, aerial net, aerial chair, aerial ladder, or aerial chandelier.



## **SUBCATEGORIES AMATEUR AND PROFESSIONAL**

The amateur subcategory is for those who practice the discipline as a hobby. These individuals do not have any paid performances, are not instructors, and have not been training for more than 5 years. If you have placed first, second, or third in any competition in the given discipline, you also fall into the professional subcategory. However, there is an exception: if you placed in a competition with fewer than 6 participants, you do not have to move to the professional subcategory.

You do not have to be in the same subcategory for different disciplines. You can register in different subcategories according to your abilities.

If you are unsure which subcategory you belong to, you can consult with the competition organizer. The organizer reserves the right to decide on your subcategory and move you to the professional subcategory if deemed appropriate.

### **Competition categories**

- BABY (ages 3–6)
- KIDS (ages 7–11)
- TEENS (ages 12–16)
- ADULTS (ages 17–35)
- MASTERS (ages 35+)
- DUO KIDS (ages 3–11)
- DUO TEENS (ages 12–16)
- DUO (ages 17+)
- MEN (ages 15+)

(Choose the Aerial Hoop DUO category based on the age of the older participant.)

Competitors can register for multiple categories. If there are fewer than 3 competitors in a category, it may be merged with another category.

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## COSTUME

The costume must not reveal intimate parts of the body. The costume may include props related to your choreography or theme. Any hairstyles and loose hair are allowed.

## VIDEO

To participate in the competition, you must create a video of your performance and send it to the organizer.

Follow these steps:

Record your performance using a camera or mobile phone. Ensure good image and sound quality.

The video must be filmed horizontally.

The video length must be between 2 and 4 minutes.

Upload the video to YouTube, Vimeo, or an online storage platform (e.g. Uschovna, Google Drive, Dropbox) where it is accessible via a direct link without a password. Make sure the video remains available for at least one month after the competition ends.

Name your video using the following format: Acrovision – First name and Last name or Stage name – Category Example: Acrovision – Jana Nováková – Aerial Hoop Amateur 18+

Send the video link to the organizer at [misa@v-kruhu.cz](mailto:misa@v-kruhu.cz) Use the subject line: Acrovision – First name and Last name or Stage name

Please follow these rules when creating your video:

The video must be recorded specifically for this competition. If you submit footage from another event or performance, 5 points will be deducted.

Your entire body and apparatus (e.g. hoop, trapeze, silk) must be clearly visible at all times.

The video must not be edited, except for trimming the beginning and end. Otherwise, 5 points will be deducted.

Music may be added to the video.

Plagiarism of choreography, video content, or music is strictly prohibited.

## **TO PARTICIPATE IN THE COMPETITION, YOU MUST FOLLOW THESE RULES**

- Complete the registration form with accurate information
- Pay the entry fee
- Respect the competition rules
- Submit the video link
- Behave respectfully and sportingly toward other participants, the organizer, and the judges
- Meet all deadlines
- Be in good health and capable of competing
- Do not violate copyright laws

If you break the rules, you may be disqualified or receive a score reduction of up to 10 points.

## **RIGHTS AND RESPONSIBILITIES**

If you wish to protect your privacy or your child's privacy, you may choose a stage name to be used instead of your real name. By registering for the Acrovision competition, you give the organizer permission to use your video for promotional purposes and to publish and share your information (name or stage name, Instagram). The organizer is not responsible for any injuries or damages that may occur during the competition. The organizer reserves the right to modify the competition rules. Participants may withdraw from the competition at any time, but the entry fee is non-refundable. By registering, each participant confirms that they have read and agree to the rules. If a large number of participants register, registration may be closed early.

# EVALUATION

Each of the following criteria is evaluated on a scale from 0 to 5 points:



**Technical Execution** Cleanliness and precision of each element, correct body alignment, lines, pointed toes, and manipulation of the apparatus.



**Technical Difficulty** Assesses the complexity of the elements and transitions used, as well as their execution.



**Strength** Evaluated based on the ability to hold static positions without shaking and to perform demanding tricks. Strength elements may include hangs performed with both hands or one hand, as well as tricks like the “crocodile” and various plank positions.



**Dynamics** Assesses the ability to perform movements with high intensity and speed, such as jumps, dismounts, flips, spins, drops, or swings.



**Balance** Evaluates the ability to maintain equilibrium and stability on the hoop or other apparatus without falling or losing control. Difficulty is influenced by the number of contact points, duration of the position, and body angle.



**Leg Flexibility** Assesses splits and straddles. Key aspects include range of motion, leg tension, pointed toes, and aesthetic quality of execution.



**Back Flexibility** Backbends—depth, aesthetics, and active control.

**Element Balance** The routine should include all types of elements in a balanced proportion, without overloading any single category.



**Floorwork** Should be meaningfully integrated and comprise no more than 15% of the video. It may appear at the beginning, end, or be interwoven with hoop work. Ideally, it combines dance and acrobatics.



**Flow and Transitions** Evaluates how choreography elements are connected without unnecessary pauses, with smooth transitions, logical progression, and rhythmic continuity.



**Beginning and Ending of the Routine** Assesses whether the choreography starts and ends thoughtfully, with thematic clarity and aesthetic refinement. The introduction should draw the viewer into the performance; the conclusion should naturally complete the overall impression. The routine may begin and end on the floor, on the apparatus, or with a combination of both. Continuity and meaningful integration with the whole are essential.



**Creativity** Assesses originality of choreography, inventive transitions, and spatial use.



**Theme and Storytelling** Evaluates whether the performer clearly expresses the chosen theme and tells a coherent story. Key aspects include logical progression, emotional depth, and the ability to maintain the audience's attention from start to finish.



**Expression and Presentation** Facial expressions, gestures, eye contact, and body language. The goal is to convey emotions, character, or mood in a way that feels authentic and vivid.



**Visual Style and Props** Assesses the aesthetic aspects of the performance: costume, makeup, props, and their harmony with the theme, music, and overall atmosphere.



**Music** Evaluates the synchronization of movement with rhythm, dynamics, and mood of the music, including responsiveness to tempo changes and accents.



### **Deductions**

Incomplete lines, bent limbs, unpointed toes: -0.2 to -0.3 points

Wiping hands, adjusting costume, speaking or singing: -0.3 to -0.5 points

Fall, slip, loss of balance, unfinished element: -0.3 to -1 point

Rule violations (e.g., time limit exceeded, inappropriate content, video format issues, unsportsmanlike conduct): -0.5 to -10 points



Dear acrobats, don't hesitate to participate in our online aerial acrobatics competition. Show us your amazing skills and receive feedback from a professional jury. We look forward to your applications. We wish you lots of luck and fun!



**P.S.: IF YOU HAVE ANY QUESTIONS ABOUT THIS COMPETITION, DON'T HESITATE TO CONTACT US. 😊**