

# ONLINE AERIAL ACROBATICS COMPETITION FOR EVERYONE.

## ART



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 by Category

Adults: 650 CZK / 35 EUR

Children: 550 CZK / 30 EUR

Duos: 850 CZK / 40 EUR

### Group Discount for Teams Registered by a Coach or Studio

If a coach or studio submits the registrations, the following discounts apply:

3+ participants: 5% discount

5+ participants: 10% discount

10+ participants: 15% discount

15+ participants: 20% discount

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

### Payment Details

Entry fees must be paid within 5 days of registration to the following bank account:

Account Number: 236759195 / 0300

Payment Reference: Full name + category

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 intended for competitors who practice the discipline recreationally. This includes individuals who do not perform paid shows, do not work as instructors, and have been training for less than 5 years.

If you have placed 1st, 2nd, or 3rd in any competition in the given discipline, you fall into the professional subcategory. Exception: This rule does not apply to online competitions – placements in online competitions do not automatically move you to the professional subcategory.

Subcategories are evaluated separately for each discipline, so you may be an amateur in one discipline and a professional in another, depending on your experience.

If you are unsure which subcategory you belong to, you may consult the competition organizer. The organizer reserves the right to assign or move a competitor to the professional subcategory if considered 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.

### Music length by categories

- BABY 2:00 – 3:00 min
  - KIDS 2:30 – 3:30 min
  - TEENS, ADULTS, MASTERS, MEN, DUO 3:00 – 4:00 min
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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 record 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. Film horizontally.
- Upload the video to YouTube, Vimeo, or Google Drive, where it must be 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 this format: Acrovision – First name Last name or Stage name – Category. Example: Acrovision – Jana Nováková – Aerial Hoop Amateur 18+.
- Send the video link to the organizer at [misa@studiovkruhu.cz](mailto:misa@studiovkruhu.cz). In the email subject line, write: Acrovision – First name Last name or Stage name.

### **Additional video rules**

- The video must be recorded specifically for this competition. If you use footage from another competition or performance, 5 points will be deducted.
- Your entire body must be clearly visible at all times.
- The video must not be edited, except for trimming the beginning and end. Any other editing will result in a 5-point deduction.
- Music may be added to the video.
- Download the required intro from the competition website and place it at the beginning of your competition video.
- Plagiarism of choreography, video, 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 criterion is scored from 0 to 5 points, except for technical execution and theme/story, which are scored on a 0–10 scale.



**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: -0.1 to -0.2 points

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

Fall, slip, loss of balance, unfinished element: -0.3 to -2 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. 😊**