



Aerial Amity Art Rulebook

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1. Registration

1.1. Deadlines and fees

Registration is now possible until all starting places are filled.

The binding registration is created by sending the registration form (link to Google Forms on aerial-amity-art.de), as well as our confirmation of the participant's place via e-mail by kontakt@aerial-amity-art.de.

Early bird discount: if you register by 31 July, the registration fee is 60 euros per participant.

Regular registration fees: after 31 July, the registration fee is 70 euros per participant (65 euros per person for partner studios).

For the Group category, the fee is generally 55 euros per participant.

Dance partners or human props are subject to registration. The fee is 30,- Euro.

Participants do not require an admission ticket on the day of their performance. A seat at the back of the hall is included.

The registration fee is due immediately upon receipt of the invoice.

Interested studio owners should send us an e-mail:

kontakt@aerial-amity-art.de

1.2. Prerequisites

You don't need to send an application or a video in advance to register. You just need to be of legal age and train in a professional studio.

1.3. Age and gender

Aerial-Amity-Art is a diversity event. Regardless of gender, religion or origin, all persons aged 18 and over, as well as kids and teens with the consent of their legal guardians, can register in the relevant categories.

In the Exotic category, no entry under the age of 18 is permitted.

The minimum age for participation in the Kids category is 6 years.

Registration and participation in the Kids and Teens categories must be made with the consent of a parent or legal guardian. An adult accompanying person (e.g. legal guardian, coach) is mandatory (a free ticket for an accompanying person is included).



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2. Resignation

Cancellation with refund of the registration fee is possible up to 14 days after registration.

3. Cancellation

If you are unexpectedly unable to participate in Aerial-Amity-Art, please let us know as soon as possible by e-mail to:

kontakt@aerial-amity-art.de.

As every registration involves administrative work, a refund of the registration fee is not possible in the event of a later cancellation.

This also applies to reasons for cancellation such as illness, injury, accident, pregnancy and other unforeseeable events.

4. Regulations

4.1. Music

- After the registration deadline, we will send you a link to the performance form for the technical equipment and the storage location for the music.
- Forms and music must be submitted online by 09 March at 23:59. Please pay attention to the deadlines!
- The music must be correctly named and in MP3 format:

Full_category_first_name_last_name

e.g.: Pole_Single_Advanced_Melanie_Maier

- The length of the music must not exceed or fall short of the performance duration (see section 6.6. Performance duration)
- Late / incorrect submission of music and forms will result in a point deduction of 5 points per week before the competition

4.2. Clothing

- 50% of the buttocks must be covered for participants over 18 years of age
- In the Kids and Teens category, the buttocks must be 100% covered.
- The genital area and the female breast must not be visible.
- Heels are only allowed in the Exotic category.



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4.3. Props & Dance Partner

- Dance partners (after registration) without pole / hoop contact are allowed.
- Props must be set up and dismantled without leaving any residue within five minutes. The stagehands will of course also be on hand to assist you.
- Unauthorised props are:
 - Animals, powder, liquids, flour, fire or fireworks, confetti, etc. that contaminate or damage the stage.
 - religious and political symbols and signs.
 - Weapons and simulated weapons

4.4. Further rules

- In general, the judges make sure that the figures are executed cleanly and the choreography is fluent.
- Points are also awarded for the outfit and the show.
- For safety reasons, no more than 3 people are allowed on one pole.
- All grip products for the body, hands and poles that have a liquid consistency or are water-soluble are permitted (prohibited are, for example, Itac, Monkey Hands Grip extra strong green or similar grip products that are difficult to remove).
- If the choreo is cancelled prematurely due to injury, e.g. a fall, a decision will be made bilaterally with the athletes and the jury about a possible restart.
- As this is a sporting event, it is of course appreciated if the participants wear a tracksuit to represent their polo studio.
- We ask for an appropriate show appearance. Inappropriate behaviour with overly revealing clothing and movements in the performance will result in points being deducted or immediate disqualification, depending on the severity.
- Disregarding the check-in times on the day of the performance without prior agreement will result in points being deducted. Failure to check in will result in disqualification.



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4.5. Disqualification

In the event of disqualification, there is no entitlement to a refund of the registration fee.

Lead to immediate disqualification:

- Alcoholised participants and/or drug use.
- Inappropriate, overly provocative behaviour, especially through costume and/or movements/actions in the choreography, obscenities.
- Nudity, falling out/slipping out of the genitals.
- Aggressive and provocative behaviour, glorification of violence, horror-like depiction.
- Cultural, political or religious statements.
- The carrying of weapons, apparent weapons or weapon-like objects.
- Attempted or actual assault on a person.
- Insults towards the jury and fellow contestants.
- Grossly unsportsmanlike behaviour.

5. Equipment

A changing room and a warm-up area (exclusively for participants) with a polestage are available.

Fall protection mats are available and can be used on request.

A stage rehearsal on the morning of the day of the performance is possible.

- Poles:
 - Diameter of the rods: 4.5 cm
 - Height of the poles: t.b.d. pole height between 3.50 m and a maximum of 4 m.
 - Left static and right spinning (from the spectators) for single and double performance
 - In the Groups category, you are free to decide whether the pole should be static or spinning.
- Hoops:
 - You can use your own hoops (taped)
 - If you would like to use hoops from us, please let us know the size you need.
 - 1 point suspension

6. Categories

The respective categories start from three registrations. If fewer registrations are received, we reserve the right to merge with other categories or cancel the event



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after consultation.

However, it is not possible for participants to change categories

6.6. Performance time

Category	Performance time
Pole Single Kids (6 - 12 years)	02:30 - 03:00 min
Pole Single Teens (13 - 17 years)	03:00 - 03:30 min
Pole Group (incl. Exotic)	04:00 - 04:30 min
Pole Single Amateur	03.00 - 03.30 min
Pole Single Advanced	03.30 - 04.00 min
Pole Single Elite	04.00 - 04.30 min
Pole Single Amateur 45+	03.00 - 03.30 min
Pole Single Advanced 45+	03.30 - 04.00 min
Pole Single Elite 45+	04.00 - 04.30 min
Pole Double Amateur	03.30 - 04.00 min
Pole Double Advanced	04.00 - 04.30 min
Pole Exotic Single Amateur	03.00 - 03.30 min
Pole Exotic Single Advanced	03.30 - 04.00 min
Pole Exotic Double	03.30 - 04.00 min
Aerial Single Kids (6 - 12 years)	02:30 - 03:00 min
Aerial Single Teens (13 - 17 years)	03:00 - 03:30 min
Aerial Hoop Single Amateur	03:00 - 03:30 min
Aerial Hoop Single Advanced	03.30 - 04.00 min
Aerial Hoop Single Elite	04.00 - 04.30 min
Aerial Hoop Double Amateur	03.30 - 04.00 min
Aerial Hoop Double Advanced	04.00 - 04.30 min
Open Aerial Show	02:30 - 04:30 min



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6.7. Category Description

Pole Group incl. Exotic Group: there is no limit to the level of difficulty and group size (min. 3 people).

At least 30% performance on the pole

Amateur is the category for participants at beginner/intermediate level.

- There is little or no stage experience (no artists or professional show dancers allowed).
- No activity as a pole dance trainer above beginner level.
- Participants: must not have been in the top 3 places more than twice in an amateur category of a pole dance / aerial hoop competition.

Advanced is the category for participants who train at an advanced level.

- There is already stage experience (no artists and professional show dancers allowed)
- A job as a pole dance trainer: in above beginner level is allowed.
- Participants: must not have been in the top 3 places more than twice in an advanced category of a pole dance / aerial hoop competition.

Elite is the category for pole/aerial professionals, top athletes and circus artists who want to present figures with the highest level of difficulty.

- Participants who have already competed in an elite category must compete again in this category.

Open Aerial Show is the category for participants of all levels who want to give the audience a great show with the aerial sport of their choice. The best show will be judged by our jury.

- When selecting the equipment, the participant can choose between Cube, Flying Pole, Silk, Trapeze, etc. If the desired equipment is not listed here, you are welcome to request it by e-mail.
- The show effect takes centre stage here.
- The choreography should be clean and fluid.
- The general regulations apply (see points 5&6).
- Please note: The height of the lower edge of the truss is approx. 4 metres. Approx. 25 cm must be deducted from the height for the loop, two carabiners and a swivel. The equipment can be attached to the attachment as required.



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6.8. Requirements and figure categorisation

Any questions about figures etc. must be submitted no later than 4 weeks before the competition!

6.8.1. Pole Single Kids & Teens

Pole Single Kids: there are no technical requirements. The performance should be age-appropriate.

Pole Single Teens: The performance on the static and spinning pole must be balanced

6.8.2. Pole Single Amateur & Pole Exotic Single Amateur

Pole Single Amateur:

- At least 70% performance on the bar.
- Climb up the pole at least twice to 80%.

Pole Exotic Single Amateur: at least 30% performance on the pole

Allowed (figure suggestions)	Not allowed
<ul style="list-style-type: none"> ✓ all beginner figures that are not upside down ✓ Inside- Outside hang and Leghang ✓ Shouldermount ✓ Superman variants ✓ Butterfly - Extended Butterfly ✓ Brass Monkey ✓ Aerial Invert ✓ Bow & Arrow ✓ Flatline Scorpio ✓ Stargazer ✓ Hip Hold Straddle ✓ Bridge ✓ Elbow Ayesha ✓ Russian Layback ✓ Only Twisted/True Grip at Handspring. ✓ Jade ✓ Allegra Passé ✓ Basic ball drop 	<ul style="list-style-type: none"> × Dragon Tail × Pegasus × Cocoon × Bird of Paradise × Capezio Split × Rainbow Marchenko × Iron X / Flag × Eagle / Upright × Spatchcock × Rinaldi / Russian/ Einstein Split × Human Flag × Drops from an invert × Cup Grip and Elbow Handspring × Deadlift × Aerial Shoulder mount × Handspring Deadlift × Phoenix × Fonji × Regrips with 1 contact point



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6.8.3. Pole Single Advanced & Pole Exotic Single Advanced

Pole Single Advanced:

- At least 70% performance on the bar.
- Figures without ground contact.

Pole Exotic Single Advanced:

- At least 40% performance on the bar
- No limit to the level of difficulty.

Allowed (figure suggestions)	Not allowed
<ul style="list-style-type: none"> ✓ All amateur figures are allowed ✓ Handspring variants ✓ Deadlift from the floor ✓ Cocoon ✓ Flips that have no contact with the floor or bar ✓ Shouldermount Regrips (2 contact points) ✓ Drops from the invert ✓ Pegasus 	<ul style="list-style-type: none"> × Aerial Deadlift × Dragontail Backbend × Bird of Paradise × Capezio Split × Rainbow Marchenko × Iron X / Flag × Eagle / Upright × Spatchcock × Rinaldi / Russian/ Einstein Split × Human Flag × Handspring Deadlift × Phoenix × Fonji × Regrips with 1 contact point

6.8.4. Pole Single Elite

- No limit to the level of difficulty.
- At least 70% performance on the bar.
- Climb up the pole at least twice to 80%.



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6.8.5. Pole double amateur

- At least 70% performance on the bar.
- At least 3 combined figures without ground contact.
- At least 4 double figures.
- Climb up the pole at least twice.

Allowed (figure suggestions)	Not allowed
<ul style="list-style-type: none"> ✓ Handstand / forearm stand / wheel variations ✓ Splits variants ✓ Fireman variants ✓ Basic invert (Crucifix variants) ✓ Pole Seats variants ✓ Elbow grip seat (Martini) ✓ Layback variants ✓ Butterfly/ Extended Butterfly ✓ Inside + Outside leg hang ✓ Superman (Inputs: Outside hang, hip hold pike, Angel, Flatline Scorpio, Straddle) ✓ Iguana, Bow and Arrow ✓ Cupid ✓ Ballerina ✓ Holds on the pole (Skater, Pole Hug, Hood Ornament, Stargazer) ✓ Spins on the static pole (one or two-handed) ✓ Back hook spin/ front hook spin ✓ Chair spin ✓ Cradle spin ✓ Simple drops (sitting) 	<ul style="list-style-type: none"> × Dragon Tail × Pegasus × Cocoon × Bird of Paradise × Capezio Split × Rainbow Marchenko × Iron X / Flag × Eagle / Upright × Spatchcock × Rinaldi / Russian/ Einstein Split × Human Flag × Drops from an invert × Cup Grip and Elbow Handspring × Deadlift × Aerial Shoulder mount × Handspring Deadlift × Phoenix × Fonji × Regrips with 1 contact point



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6.8.6. Pole Double Advanced

- At least 70% performance on the bar
- At least 4 combined figures without ground contact.
- At least 4 double figures.
- Climb up the pole at least 2 times (80% height).

Allowed (figure suggestions)

- ✓ Seated balance
- ✓ Standing balance
- ✓ Superman and knee hold position
- ✓ Lay back position
- ✓ Shouldermount position
- ✓ Handstand balance
- ✓ Knee hold support
- ✓ Hanging balance
- ✓ Outside knee hang support
- ✓ Only hands holding
- ✓ Remy Hang
- ✓ Split slope

6.8.7. Aerial Single Kids & Teens

Pole Single Kids and Pole Single Teens: there are no technical requirements. The performance should be age-appropriate.



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6.8.2. Aerial Hoop Amateur

- At least 70% performance on the hoop

Allowed (figure suggestions)	Not allowed
<ul style="list-style-type: none"> ✓ Low bar invert (does not apply to doubles) 	<ul style="list-style-type: none"> × Jump Out's × Drops × Regrips × Single Point Leghangs × High Bar Inverts × Reverse Meathook × Oversplits stretched × Needle stretched

6.8.3. Aerial Hoop Advanced

- At least 70% performance on the hoop

Allowed (figure suggestions)	Not allowed
<ul style="list-style-type: none"> ✓ <i>High Bar Inverts</i> ✓ <i>Single Point Leghangs</i> ✓ <i>Drops</i> ✓ <i>Jump Outs</i> 	<ul style="list-style-type: none"> × Regrips × Oversplits stretched × Needle stretched × Lion Role × Elbow Role × Reverse Meathook

6.8.4. Aerial Hoop Single Elite

- No limit to the level of difficulty.
- At least 70% performance on the hoop

<p>Allowed (figure suggestions)</p> <ul style="list-style-type: none"> ✓ <i>Teardrop</i> ✓ <i>Regrips</i> ✓ <i>Reverse Meathook</i> ✓ Oversplits stretched ✓ Needle stretched ✓ Lion Role ✓ Elbow Role



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6.8.5. Aerial Hoop Double Amateur & Advanced

Aerial Hoop Double Amateur:

- At least 70% performance on the hoop,
- At least 3 combined figures without ground contact.
- At least 3 double figures
- High bar inverts are permitted

Aerial Hoop Double Advanced:

- At least 70% performance on the hoop
- At least 4 combined figures without ground contact.
- At least 4 double figures.