

KGYM AERIAL ACROBATICS CUP – MAGIC IN THE AIR 2025

REGULATIONS

Vilnius, Lithuania · December 5–7, 2025

Venue: Arts Printing House (Menų spaustuvė), Šiltadaržio g. 6, Vilnius

1. COMPETITION ORGANIZATION

The competition **KGYM Aerial Acrobatics Cup – “Magic in the Air” 2025** is organized by **KGYM Sports and Wellness Center**.

The event brings together aerial athletes from Lithuania and abroad to compete in both **Artistic** and **Sport** divisions on aerial hoop, silks, and hammock apparatus.

- **Organizer:** KGYM Sports and Wellness Center
- **Chief Judge:** Ineta Jukonė — ✉ ineta.jukone@gmail.com
- **Judge and rules:** Augustė Išganaitytė - izganaityteauguste@gmail.com — ☎ +370 693 50460
- **Chief Secretary:** Mindaugas Valackonis — ✉ mindaugas.valackonis@gmail.com
- **Event Coordinator:** Aušrinė Tareilienė — ✉ a.tareilienne@gmail.com — ☎ +370 675 55110

The organizers ensure the best possible technical and organizational conditions for all performances.

All judges and staff are certified specialists in aerial acrobatics and related disciplines.

2. DATES & VENUE

The **KGYM Aerial Acrobatics Cup – “Magic in the Air” 2025** will take place on **December 5–7, 2025**, in **Vilnius, Lithuania**.

The competition will be hosted at the **Arts Printing House (Menų spaustuvė)**, located at **Šiltadaržio g. 6, Vilnius**.

Schedule Overview

December 5 (Friday)

- **09:00–09:50** – Credentials Check (Mandate Commission) for Lithuanian teams
- **09:00–09:30** – Coaches' Meeting
- **10:00** – Opening of the Competition / Start of Sport Division for Lithuanian participants

December 6–7 (Saturday–Sunday)

- Main competition days for **international participants** in both **Artistic and Sport divisions**
- Performances, judging, and awards will follow a **detailed timetable** announced after registration closes

Note: The final schedule may be adjusted depending on the number of participants, apparatus setup, and technical requirements.

3. COMPETITION PARTICIPANTS

The competition welcomes **athletes of all nationalities** to take part in both the **Artistic Division** and the **Sport Division**.

Participants may perform individually or as part of a duet (mixed pairs allowed).

Each athlete competes on one or more apparatus: **Aerial Hoop**, **Aerial Silks**, or **Aerial Hammock**.

The organizers reserve the right to move an athlete to a more suitable category or division if their performance level clearly exceeds the declared difficulty.

3A. ARTISTIC DIVISION

This division focuses on **artistic expression**, **choreography**, and **creativity**.

Routines combine technical aerial skills with storytelling, dance, and musical interpretation.

Age Groups:

- **Adults 18+** — must be at least 18 years old on the competition day.
- **Juniors 15+** — must be 15–17 years old on the competition day.

- **Pre-teens 11+** — must be 11–14 years old on the competition day.
- **Children 8+** — must be 8–10 years old on the competition day.
- **Duets:** mixed pairs (women, men, children).

Categories:

- **Beginners:** under 2 years of aerial training; no previous professional competition experience in any sport.
- **Intermediate:** at least 2 years of training experience.
- **Semi professional:** at least 3 years of training experience.
- **Professional:** at least 5 years of aerial training and previous competition results or podium placements.

If a category has many entries, it may be split into two subgroups — *advanced* and *basic* — based on skill level and video assessment (if required).

Choreography Requirement:

Every routine must include **15–40 seconds of floor choreography**, either performed continuously or split throughout the routine.

3B. SPORT DIVISION

The **Sport Division** of the KGYM Aerial Acrobatics Cup focuses on **technical accuracy**, **body control**, and **execution quality**, while still valuing artistry and presentation.

Each athlete performs **compulsory routines** composed of pre-determined elements on **aerial hoop, silks, or hammock**.

The list of required elements for each category is provided in the **Sport Appendices (Categories 0–IV)**.

Age Groups (Sport Division)

- **Adults 18+** — must be at least 18 years old on the day of the competition.
- **Juniors 15+** — must be at least 15 and not older than 17 on the day of the competition.
- **Pre-teens 10+** — must be at least 10 and not older than 14 on the day of the competition.
- **Children (8–9 years)** — must be at least 8 and not older than 9 on the day of the competition.
- **Kids (6–7 years)** — must be at least 6 and not older than 7 on the day of the competition.

Categories (Sport Division)

- **Category 0 (Kids, Children, Pre-teens)** – [Compulsory routines](#)
- **Category I (Children, Pre-teens, Juniors, Adults)** – [Compulsory routines](#)
- **Category II (Children, Pre-teens, Juniors, Adults)** – [Compulsory routines](#)
- **Category III (Pre-teens, Juniors, Adults)** – [Compulsory routines](#)
- **Category IV (Juniors, Adults)** – [Compulsory routines](#)

Each category includes a list of **mandatory elements** (Appendices B–F) and **optional technical bonuses** that can increase the total score when performed correctly.

Each Sport Division athlete must complete the official [SPORT FORM](#), which includes all compulsory elements and selected Technical Bonuses.

The form must be submitted in **Excel (.xlsx)** format together with the team’s registration documents.

Technical Bonuses

Additional points (*technical bonus values*) are awarded for correctly executed **acrobatic catches, rotations, dynamic transitions, or combinations**, as listed in the official **Technical Bonuses Appendix (Appendix G)**.

Only elements performed according to the official description and safety rules will receive additional credit.

4. SCORING

All routines in both **Artistic** and **Sport Divisions** are evaluated by a panel of certified judges according to **artistic, technical, and execution** criteria.

Each participant’s final score is the **sum of artistic and technical components**, minus any deductions.

The **maximum score** for each performance is **100 points**.

4A. Artistic Division

Artistic Component (50 points total):

- Theme originality and artistic expression – 10 points
- Stage presence and climax development – 10 points
- Musicality and emotional delivery – 10 points
- Floor choreography and creativity – 10 points
- Costume, hairstyle, and makeup – 10 points

Technical Component (50 points total):

- Clean execution and smooth transitions – 10 points
- Dynamic and strength-based tricks – 10 points
- Choreographic complexity and musical accuracy – 10 points
- Creative presentation and structure – 10 points
- Flexibility and body control – 10 points

Deductions (–5 points each):

- Falls or uncontrolled dismounts
- Slips or loss of balance
- Inappropriate or unsafe costume
- Wiping hands on costume or apparatus
- Inappropriate music (religious, political, or profane content)
- Sexualized movements or gestures

Note: Finishing the performance before the end of the music track is considered a mistake and results in a deduction.

4B. Sport Division

In the **Sport Division**, the scoring emphasizes **precision**, **strength**, **control**, and **adherence to compulsory elements**.

Structure of Evaluation:

- **Compulsory elements value** – each element has a fixed difficulty value (0.2–0.9 points) according to category.
- **Execution quality** – up to 10 points, based on correctness and stability of movement.
- **Artistic impression** – up to 10 points, for stage presentation, musical synchronization, and expression.
- **Technical Bonuses** – additional points awarded for approved acrobatic or dynamic combinations (see Appendix G).

General Deductions:

- Performing an element incorrectly or incompletely.
- Skipping a compulsory element.
- Using prohibited or unsafe tricks (see Appendix A).
- Apparatus contact errors (e.g., unintentional stepping off the hoop or silks).
- Exceeding or failing to meet the required routine duration.

The final score is calculated as:

Final Score = (Compulsory Elements + Execution + Artistry + Technical Bonuses) – Deductions

5. MUSIC

Music is an essential part of every performance, setting the rhythm, emotional tone, and artistic atmosphere.

All audio tracks must be carefully edited to match the routine's duration and theme.

Music must be submitted **in MP3 format** and clearly labeled with the **participant's full name, category, and discipline (apparatus)**.

5A. Artistic Division

- **Duration:** minimum **2:00 minutes**, maximum **3:30 minutes**

(Semi professional category: 3:00–4:30 minutes)

(Professional category: 3:00–5:00 minutes)

- Music may consist of one or several tracks mixed together.
 - Lyrics and vocals are **allowed**, provided they do not contain any religious, political, or profane content.
 - The soundtrack must end **exactly together** with the performance; finishing before the music ends will be considered a **mistake**.
 - A bow may be performed **after** the end of the music.
 - All music files of a team must be submitted **in a single email** to ensure organizational consistency.
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5B. Sport Division

- **Duration:** minimum **1:50 minutes**, maximum **3:00 minutes**, depending on category.
- Only **instrumental music** is allowed.
- Any kind of **lyrics or singing** in any language is **strictly prohibited**.
- Non-verbal vocal sounds (e.g., humming or vocal tones) are permitted only when used as an **instrumental background**.
- The music must match the tempo and structure of the compulsory routine and end **precisely** with the performance.
- A bow may be done after the music has finished.
- All team music must be sent **in a single email** by the coach or team leader.

Submission Requirements (both divisions)

- **Format:** MP3 only
- **File name example:** *Name_Surname_Category_Discipline.mp3*
- **Submission deadline:** **November 10, 2025**
- **Email:** ✉ magijaore@atrasksporta.lt

Music received after the deadline may result in penalties or disqualification from the artistic score evaluation.

6. STAGE & EQUIPMENT

The competition stage will be prepared according to international safety and technical standards for aerial acrobatics.

All equipment and rigging are inspected and approved by the event's technical team before each competition day.

Stage Layout

- The performance area must have **at least 3 meters of free space** in front, on both sides, and behind the athlete.
- The ceiling height in the venue allows safe rigging for **aerial hoop, silks, and hammock** disciplines.
- Each performance area will be equipped with a **safety mat** (minimum 2 × 2 meters, 20 cm thick).
- The height of the equipment is adjustable depending on the discipline and the athlete's age category.
- Lighting and sound are professionally managed to ensure consistent performance conditions.

Technical Specifications

Aerial Hoop

- **Surface:** taped with professional aerial tape
- **Diameters available:** 80 cm, 90 cm, 95 cm, 100 cm
- **Grip diameter:** 23–30 mm
- **Rigging:** single-point suspension with adjustable height

- **Material:** steel, certified for aerial performance

Aerial Silks

- **Height:** 6–8 meters
- **Width:** 150–160 cm
- **Material:** high-strength polyester
- **Safety:** silks are regularly checked and replaced if wear is detected

Aerial Hammock

- **Height:** adjustable between 3–6 meters
- **Material:** low-stretch polyester or nylon fabric suitable for aerial use
- **Rigging:** single-point swivel mount with carabiners

Personal Equipment

- Athletes may bring and use their **own equipment**, provided it passes the **official safety inspection** by the organizers before the competition.
- Personal rigging or equipment that fails to meet safety standards will not be allowed.
- Participants are not permitted to alter or interfere with the venue's rigging system.

Note: All equipment used in the competition must comply with international aerial safety standards. The organizer reserves the right to prohibit any setup that poses a safety risk.

7. COSTUMES

Costumes are an important part of the overall presentation and are evaluated as part of the artistic impression.

Athletes must ensure that their outfit is both **safe for aerial performance** and **appropriate for public presentation**.

The same costume requirements apply to all disciplines — **hoop, silks, and hammock**.

General Requirements

- Costumes must fit closely to the body to allow the judges to clearly see posture, lines, and movement control.
- Outfits may be **one-piece or two-piece**, but must remain secure during all movements.

- All **bikini areas** must be fully covered.
 - The **upper part** must completely cover the chest (front and sides).
 - The **lower part** must fully cover the buttocks.
 - **Underwear is mandatory** but must be discreet, well-fitted, and not visible.
 - Costumes must not include sharp, metallic, or potentially damaging decorations.
 - Any **loose accessories** (skirts, scarves, masks, etc.) must be securely attached and must not restrict movement or vision.
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Makeup and Hairstyle

- Hair must be neatly tied back; the preferred style is a **bun** or similar, ensuring the face and neck remain visible.
 - Makeup for youth categories should be natural and minimal, emphasizing facial expression rather than aesthetics.
 - Excessive glitter or heavy theatrical makeup is not recommended.
 - Jewelry is **not allowed**, except for small medical studs.
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Footwear

- Performances are generally done **barefoot**.
 - **Pointe shoes, dance shoes, or gymnastics footwear** may be used if suitable for aerial work.
 - High-heeled shoes are **strictly prohibited**.
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Prohibited Costume Elements

- Latex, metal, or glass accessories.
- Erotic, fetish-inspired, or otherwise inappropriate details.
- Designs that could damage the hoop, silks, or hammock fabric.

8. AWARDS

The **KGYM Aerial Acrobatics Cup – “Magic in the Air” 2025** will recognize outstanding performances in both the **Artistic** and **Sport** divisions.

Awards are presented immediately following each division's final results and scoring confirmation by the judging panel.

Award Structure

- **Winners of each category** (Artistic and Sport) will receive **trophies**.
 - **Top three places** in each group will receive **medals, diplomas, and gifts** from event sponsors.
 - **All participants** will receive a **certificate of participation** and an official **souvenir gift** as recognition of their effort and contribution to the competition.
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Special Awards

The judging panel and organizing committee may also present **special awards** for:

- Best Artistic Performance
- Best Technical Execution
- Best Youth Performance
- Team Spirit & Creativity
- Audience Choice Award

These special recognitions are honorary and reflect the values of **fair play, creativity, and sportsmanship** promoted by KGYM.

Award Ceremony Rules

- Athletes must wear their **competition costume or team uniform** during the award ceremony.
 - Teams must arrive **on time** for their scheduled ceremony.
 - Failure to appear on stage at the announced time may result in losing the right to collect the prize publicly.
 - In case of a tie, both competitors or teams will receive awards of the same rank, and the next place will be omitted.
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Note: The awards ceremony is part of the official competition program. Athletes are expected to maintain respectful behavior on stage and in the audience area during all ceremonies.

9. CREDENTIALS CHECK

The **Credentials Check (Mandate Commission)** is conducted to verify that all participants meet the competition's eligibility and safety requirements.

This process takes place **before the start of the competition** and must be completed by every team.

Date and Location

- **Date:** December 5, 2025
 - **Time:** 09:00–09:50
 - **Location:** Arts Printing House (Menų spaustuvė), Šiltadaržio g. 6, Vilnius, Lithuania
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Documents to be Presented

The **team leader or coach** must submit the following during the Credentials Check:

1. A **team summary form** listing all participants, their categories, and disciplines ([Appendix H](#)).
 2. A signed **Parental Media Consent Form** ([Appendix I](#)) confirming that all minors have parental permission to be filmed or photographed during the event.
 3. Proof of **registration and payment** for each participant (or team). By signing the team summary form, the coach confirms that all athletes are healthy, have checked their medical fitness, and participate at their own responsibility.
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Verification Process

- Each team will be assigned a specific time slot for verification to avoid delays.
 - The organizing committee reserves the right to request identity verification if necessary.
 - Teams that fail to complete the Credentials Check **will not be allowed to perform** until all documentation is provided and approved.
 - Any incorrect or missing information must be corrected immediately under the supervision of the Chief Secretary.
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Note: The team leader's signature on the registration form confirms full responsibility for the accuracy of all submitted data and for ensuring that all participants meet safety and eligibility requirements.

10. FEES & REGISTRATION

Participation in the **KGYM Aerial Acrobatics Cup – “Magic in the Air” 2025** is open to all qualified athletes who complete registration and payment by the announced deadlines. Registration is valid only after the full participation fee has been received and confirmed by the organizers.

Participation Fees

- **Individual performance:** €70 per athlete
- **Duets:** €50 per participant
- **Additional disciplines:** €50 per extra discipline (for athletes performing in more than one discipline)

All payments must be made by **bank transfer** no later than **November 10, 2025**.

Bank Details

- **Recipient:** VŠĮ Atrask sporta
- **IBAN:** LT907300010173620385
- **Bank:** Swedbank AB
- **Payment purpose:** *Magic in the Air – number of participants, team name*

After making the payment, teams must email the **payment confirmation** to:

✉ magijaore@atrasksporta.lt

Registration Procedure

1. Fill out the **Mandatory Registration Form** ([Appendix H](#)).
 2. Include full details for each participant — name, category, discipline, and country.
 3. Send the completed registration form **by email** to: **magijaore@atrasksporta.lt**
 4. All forms from the same team must be combined into **one file** and submitted by the team leader or coach.
 5. Upon receipt, the organizers will confirm registration via email.
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Deadlines

- **Registration deadline:** November 10, 2025
- **Payment deadline:** November 10, 2025

- **Music submission deadline:** November 10, 2025

Late registrations or payments may result in additional administrative fees or disqualification from the event.

Withdrawal and Substitution

- Withdrawals must be reported in writing **at least 7 days before** the competition.
 - Replacements within the same club are allowed until **December 1, 2025**, provided the substitute athlete meets all eligibility requirements.
 - Paid fees are **non-refundable**, except in cases of event cancellation by the organizer.
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Note: Registration implies acceptance of all competition regulations, including safety, scoring, and media consent rules.

11. GENERAL INFORMATION

The **KGym Aerial Acrobatics Cup – “Magic in the Air” 2025** is organized in compliance with international safety standards and aims to promote aerial acrobatics as both a sport and an art form.

The event encourages **fair play**, **inclusivity**, and **creative self-expression** among athletes of all ages and skill levels.

Safety and Responsibility

- Each athlete must participate with full awareness of the physical requirements and risks of aerial disciplines.
 - The organizer is **not responsible** for any injuries or damages that occur during the event or in connection with personal training or preparation.
 - All participants must have valid **health insurance** and a **medical certificate** confirming their fitness to perform aerial disciplines.
 - Safety inspections will be carried out by the technical team before each session.
 - Only equipment approved by the organizers may be used.
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Code of Conduct

- Athletes, coaches, and team representatives must demonstrate respectful behavior toward judges, organizers, and fellow competitors.
 - Unsportsmanlike conduct, inappropriate language, or disrespect toward the staff or judges may result in penalties or disqualification.
 - Filming, photography, and live streaming are permitted only in designated areas and must not disturb the competition.
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Media and Photography

- The organizer reserves the right to **record, photograph, and film** the competition.
 - The collected media may be used for **non-commercial promotional purposes**, including websites, social media, printed materials, and video productions.
 - Participants and their legal guardians acknowledge and agree to this by signing the **Parental Media Consent Form (Appendix I)**.
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Spectators and Tickets

- Spectator tickets will be available for purchase **on-site** during the competition days.
 - The audience is encouraged to remain quiet during performances and to applaud respectfully after each routine.
 - Flash photography and moving around the stage area during performances are prohibited.
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Travel and Accommodation

- All teams are responsible for their **own travel and accommodation arrangements**.
 - The organizer can assist international teams with recommendations for hotels and transportation options near the venue.
 - Official communication regarding accommodation and arrival logistics will be provided after registration closes.
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Note: By registering for the competition, participants automatically accept all terms and conditions outlined in these regulations.

Note on Technical Bonuses and Categories

All competition categories (0–IV) include a set of **Compulsory Elements** and may also include **Technical Bonuses** to increase the final score.

Each athlete or team may select any bonuses listed in **APPENDIX G – TECHNICAL BONUSES (KGYM System)**, provided that the elements are executed **safely, cleanly, and with full control**.

The total awarded value of Technical Bonuses depends on the **quality, control, and completion** of each movement, as well as the **maximum cumulative limits** defined in Appendix G.

Judges evaluate all bonuses strictly according to Appendix G, using the official KGYM system of codes and point values.

This unified approach ensures **clarity, fairness, and consistent evaluation** for all categories and apparatus (hoop, silks, and hammock).

All official competition documents and appendices (Forms A–I, including the SPORT FORM) are available at the following [LINK](#).

APPENDIX A – RESTRICTED ELEMENTS (BEGINNER CATEGORY)

This appendix defines the list of **prohibited and restricted elements** for the *Beginner Category* in the **Artistic Division**(hoop, silks, hammock).

The restrictions are intended to ensure the **safety of athletes** and to maintain **fair competition** within the appropriate technical level.

Any attempt to perform a restricted element in the Beginner Category will result in:

- The element being **disqualified** (not counted toward the final score), and
- A **deduction** from the total score.

If the judging panel determines that a performance includes multiple restricted elements or exceeds the expected difficulty for the Beginner Category, the participant may be **reassigned to a higher category**.

1. Balances Without Hand Support

Any balance performed with **straight legs** and **no hand contact** with the fabric or hoop is strictly prohibited.

Exception: allowed only if the fabric remains securely wrapped around the **knee**.

2. Neck, Shoulder, and Handstand Balances

The following elements are strictly forbidden for Beginners:

- All **neck balances** (especially on aerial hoop).
 - **Shoulder balances**.
 - **Front split balances on the hip**.
 - **One-arm handstands** or **handstands with both legs off the floor**, including variations such as *Check Mark Balance*, *Handstand in Spiral Wrap*, and *Elbow Stand*.
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3. Foot Hangs and Unsafe Backbends

- All types of **foot hangs** (any suspension supported only by the feet) are not allowed.
- Extreme **bridge positions** or **deep backbends** that may endanger the spine are prohibited.

4. Back Wraps and Reversed Flag Positions

Any **back hook**, **back wrap**, or similar position where the athlete's body weight is supported primarily on the **back areas** is forbidden.

5. Regrips, Rotations, and Aerial Flips

All types of **regrips** (releasing and re-catching fabric, hoop, or hammock), **dynamic spins**, **twisting rotations**, and **aerial flips or somersaults** are strictly prohibited.

6. Drops

Elements such as **Mill Drop**, **Handstand Drop**, or any **derivative drop movement** are not allowed in the Beginner Category.

7. General Rule

If an element or movement is not clearly defined in the official compulsory list but resembles a restricted element in form or execution, it will be treated as a **prohibited movement** and subject to deduction.

Note: The Chief Judge has full authority to interpret and apply these rules in all situations to ensure athlete safety and fairness.

APPENDIX B – COMPULSORY ELEMENTS: CATEGORY 0 (HOOP, SILKS, HAMMOCK)

General Information

This level is intended for **young athletes** (Kids, Children, Pre-teens).

The routine consists of **mandatory technical elements** and at least **two chosen Technical Bonuses**.

Each element has a fixed value between **0.2–0.4 points**, giving a total of **2.0 points** for all compulsory elements combined.

Athletes may create their own sequence order, but all listed elements must be performed.

A **floor choreography section** lasting **15–40 seconds** is mandatory in every routine.

A. AERIAL SILKS – COMPULSORY ELEMENTS

No.	Code	Element	Value
1	A1	Split in knots (min 160°)	0.2
2	A2	Upright backbend	0.2
3	A3	Turnover forward with straight arm	0.4
4	A4	Flamingo	0.2
5	A5	Pistol balance	0.2
6	A6	Split clock	0.2
7	A7	Shrimp	0.2
8	A8	Bat	0.2
9	A9	Peter Pan (supported variation)	0.2

Total Value: 2.0 points

B. AERIAL HOOP – COMPULSORY ELEMENTS

No.	Code	Element	Value
1	A1	Straddle	0.2

2	A2	Knee hang with support	0.2
3	A3	Moon	0.2
4	A4	Arrow hang	0.2
5	A5	Scarab	0.2
6	A6	Star	0.2
7	A7	Bird	0.2
8	A8	Hammock pose	0.2
9	A9	Forward roll	0.4

Total Value: 2.0 points

C. AERIAL HAMMOCK – COMPULSORY ELEMENTS

No.	Code	Element	Value
1	A1	Upside-down split	0.2
2	A2	Seated split	0.2
3	A3	Snake	0.2
4	A4	Angel	0.2
5	A5	Circus acrobat	0.2
6	A6	Little moon	0.2
7	A7	Triangle	0.2
8	A8	Scales	0.2
9	A9	Split wrap	0.4

Total Value: 2.0 points

Note:
The full routine must include **all listed compulsory elements** and **at least two chosen Technical Bonuses**.

Missing or incorrectly performed elements result in score deductions.

APPENDIX C – COMPULSORY ELEMENTS: CATEGORY 1 (HOOP & SILKS)

General Information

Category 1 is designed for **Children, Pre-teens, Juniors, and Adults** who already have basic control, flexibility, and strength.

The routine consists of **mandatory technical elements** and **optional Technical Bonuses**.

Each compulsory element has a fixed value between **0.2–0.5 points**, for a total of **3.0 points**.

Athletes may choose the sequence of elements freely.

A **floor choreography section** (15–40 seconds) is required.

A. AERIAL SILKS – COMPULSORY ELEMENTS

No.	Code	Element	Value
1	B1	Front split (min 160°)	0.3
2	B2	Cross wrap	0.2
3	B3	Flamingo	0.3
4	B4	Straddle balance	0.2
5	B5	Double foot lock	0.3
6	B6	Back balance	0.3
7	B7	Candlestick hold	0.4
8	B8	Roll forward with one wrap	0.5
9	B9	Angel	0.3
10	B10	Peter Pan (extended)	0.2

Total Value: 3.0 points

B. AERIAL HOOP – COMPULSORY ELEMENTS

No.	Code	Element	Value
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1	B1	Straddle balance	0.3
2	B2	Bird	0.2
3	B3	Gazelle	0.3
4	B4	Front split on hoop	0.4
5	B5	Side balance	0.3
6	B6	Star	0.2
7	B7	Amazon	0.3
8	B8	Forward roll	0.5
9	B9	Mermaid	0.3
10	B10	Back bend hold	0.2

Total Value: 3.0 points

Note:

The athlete must perform **all listed compulsory elements** and may add up to **three Technical Bonuses**.

Incorrect, incomplete, or unsafe execution results in point deductions.

Every movement must demonstrate control, strength, and balance consistent with the Category 1 level.

APPENDIX D – COMPULSORY ELEMENTS: CATEGORY 2 (HOOP & SILKS)

General Information

Category 2 is intended for **Children, Pre-teens, Juniors, and Adults** who have already mastered the basics and can perform **intermediate-level elements** with proper form and control.

Routines in this category consist of **mandatory technical elements** and **Technical Bonuses**. Each element has a difficulty value between **0.3–0.6 points**, with a total compulsory value of **3.5 points**.

Athletes are free to choose the sequence of elements.

A **floor choreography segment** lasting **15–40 seconds** is required.

A. AERIAL SILKS – COMPULSORY ELEMENTS

No.	Code	Element	Value
1	C1	Front split with straight leg wrap	0.3
2	C2	Cross-back straddle	0.3
3	C3	Butterfly	0.3
4	C4	Side split balance	0.4
5	C5	Sailor	0.3
6	C6	Crossed foot lock split	0.4
7	C7	Back balance	0.4
8	C8	Shoulder roll	0.5
9	C9	Angel (extended position)	0.3
10	C10	Double wrap roll down	0.6

Total Value: 3.5 points

B. AERIAL HOOP – COMPULSORY ELEMENTS

No.	Code	Element	Value
1	C1	Front split balance	0.3
2	C2	Amazon	0.3
3	C3	Side flag	0.3
4	C4	Back balance	0.4
5	C5	Spiral	0.4
6	C6	Candlestick	0.3
7	C7	Shoulder hang	0.4
8	C8	Snake	0.3
9	C9	Forward roll to straddle	0.4
10	C10	Drop from seated to hanging position	0.6

Total Value: 3.5 points

Note:

All compulsory elements must be performed as described.

Any skipped or incorrectly executed movement results in point deduction.

Technical Bonuses are optional but recommended for higher scores and show control, strength, and artistry.

APPENDIX E – COMPULSORY ELEMENTS: CATEGORY 3 (HOOP & SILKS)

General Information

Category 3 is designed for **Pre-teens, Juniors, and Adults** with advanced-intermediate aerial technique, strong body control, and clean transitions.

Routines consist of **mandatory technical elements** combined with up to **three Technical Bonuses**.

Each compulsory element has a value between **0.4–0.7 points**, giving a total base value of **4.0 points**.

Athletes may determine the sequence of movements, provided all listed elements appear in the routine.

A **floor choreography segment (15–40 seconds)** is mandatory.

A. AERIAL SILKS – COMPULSORY ELEMENTS

No.	Code	Element	Value
1	D1	Double foot lock split	0.4
2	D2	Cross-back straddle in air	0.4
3	D3	Sailor to back balance	0.5
4	D4	Butterfly (extended)	0.5
5	D5	Angel rotation	0.5
6	D6	Back balance in split	0.5
7	D7	Shoulder roll to upright	0.4
8	D8	Roll down with one leg wrap	0.6
9	D9	Dynamic transition to straddle	0.6
10	D10	Double wrap controlled descent	0.6

Total Value: 4.0 points

B. AERIAL HOOP – COMPULSORY ELEMENTS

No.	Code	Element	Value
1	D1	Front split balance	0.4
2	D2	Amazon rotation	0.4
3	D3	Back balance (extended)	0.5
4	D4	Side flag (hold 3 sec)	0.5
5	D5	Star to straddle	0.5
6	D6	Shoulder hang	0.4
7	D7	Snake roll	0.4
8	D8	Forward roll to back balance	0.6
9	D9	Dynamic transition to seated	0.6
10	D10	Controlled drop to hang	0.7

Total Value: 4.0 points

Note:

All elements must be executed with precision, clean lines, and control. Any element performed with unclear technique or loss of form may be deducted by 0.1–0.3 points.

Technical Bonuses should highlight strength and fluidity rather than risk.

APPENDIX F – COMPULSORY ELEMENTS: CATEGORY 4 (HOOP & SILKS)

General Information

Category 4 is the **advanced level** of the Sport Division, intended for **Juniors and Adults** with a high degree of strength, coordination, and technical precision.

Routines at this level combine **complex static positions, dynamic transitions, and rotations**, performed with maximum control and artistry.

Each compulsory element has a value between **0.5–0.8 points**, for a total of **4.5 points**.

Athletes must include all required elements, demonstrate fluid transitions, and maintain control throughout the routine.

A **floor choreography segment** (15–40 seconds) remains mandatory.

A. AERIAL SILKS – COMPULSORY ELEMENTS

No.	Code	Element	Value
1	E1	Cross-back straddle with rotation	0.5
2	E2	Front split from inverted position	0.5
3	E3	Double wrap descent with spin	0.6
4	E4	Sailor roll combination	0.6
5	E5	Extended angel transition	0.6
6	E6	Back balance to upright without support	0.6
7	E7	Dynamic climb and release to knot	0.7
8	E8	Controlled drop to catch	0.8
9	E9	Continuous rotation sequence (min. 3 turns)	0.6
10	E10	Shoulder roll to extended split	0.6

Total Value: 4.5 points

B. AERIAL HOOP – COMPULSORY ELEMENTS

No.	Code	Element	Value
1	E1	Side flag with leg switch	0.5

2	E2	Front split mount	0.5
3	E3	Back balance to snake	0.6
4	E4	Amazon with rotation	0.6
5	E5	Inverted roll combination	0.6
6	E6	Star to split balance	0.5
7	E7	Shoulder hang to upright	0.6
8	E8	Dynamic transition to front balance	0.7
9	E9	Controlled drop to hang	0.8
10	E10	Continuous rotation series	0.6

Total Value: 4.5 points

Note:

All movements in Category 4 must demonstrate **strength, elegance, and stability**. Elements performed with uncontrolled momentum or unsafe technique will result in deductions or disqualification.

Athletes are encouraged to highlight **technical mastery** rather than risk-taking.

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APPENDIX G – TECHNICAL BONUSES (KGYM SYSTEM)

General Information

Technical Bonuses (TB) provide additional points for advanced, dynamic, or acrobatic movements performed with full control, precision, and safety. Each bonus has a defined **code**, **maximum total value**, and **base point addition** (+ points). Only correctly executed, well-controlled, and safe movements receive credit.

ACB – Acrobatic Catch with Body Change

Max +2.0 points | +0.5 per execution

A complete release and re-catch of the hoop or silks with a visible body position change while airborne.

The athlete must fully let go of the apparatus and change body alignment before re-catching. No ground contact allowed.

AB – Acrobatic Catch with Partial Contact

Max +1.2 points | +0.3 per execution

A dynamic catch maintaining partial contact with the apparatus (e.g., one hand or leg).

The performer may move vertically or horizontally and change direction.

No floor contact is permitted.

AC – Acrobatic Catch with No Body Change

Max +1.2 points | +0.3 per execution

A full release and re-catch of the apparatus without a change of body position.

Vertical or directional movement is allowed.

No contact with the floor.

CWA – Aerial Cartwheel (Apparatus Only)

Max +1.0 point | +0.5 per execution

A 360° side cartwheel performed entirely on the hoop or silks.

The hips must pass directly above the head during rotation.
Twists (pirouettes) are prohibited.

CWF – *Cartwheel with Floor Contact*

Max +0.6 point | +0.2 per execution

A side cartwheel beginning or ending on the floor while partially connected to the apparatus.
The hips must travel directly above the head.
No twists allowed.

SP – *Combined Spins*

Max +3.0 points | +0.5 per combination

Two or more spins connected in a continuous sequence.
Each spin must complete at least **360° on silks** or **720° on hoop** before transitioning to the next fixed position with a visible body change.
Three connected spins (SP/SP) award +1.0 point in total.

DC – *Dynamic Combination*

Max +4.0 points | +0.5 per combination

A continuous sequence of two dynamic movements (e.g., catches, rolls, drops) performed without pause.
The athlete must show strong control of centrifugal force and fluid connection.
When two bonuses form a combination, mark as “(DC)” — e.g., *AC + AC (DC)* or *D + JO (DC)*.

FCF – *Floor Contact Flip*

Max +0.6 point | +0.3 per execution

A flip starting and/or ending on the floor, maintaining partial contact with the apparatus.
Hips must pass directly above the head (360° rotation).
Feet must begin and end simultaneously.
Twists are not permitted.

D – *Drop*

Max +0.8 point | +0.2 per execution

A fast, controlled descent from one point of the apparatus to another.

On silks, the drop distance must be at least 1.5 m.

Movement must remain fully controlled from start to finish.

JO – *Jump-Out / Jump-On*

Max +1.2 points | +0.2 per execution

A jump dismounting from or mounting onto the apparatus without intermediate contact.

The leap must be dynamic, clear, and stable upon landing or catch.

DR – *Double Rolls*

Max +0.8 point | +0.2 per execution

Two consecutive rolls (forward, backward, or sideways) performed quickly without pause.

Each roll must complete 360°.

Repetition of the same roll may be credited no more than twice per routine.

SR – *Single Roll*

Max +0.5 point | +0.1 per execution

A single roll (forward, backward, or sideways) with a full 360° rotation, showing clear control and body alignment.

Evaluation Rules

- Each Technical Bonus may be credited **only once**, unless otherwise specified.
- The same movement **cannot** be counted for multiple bonuses.
- The **total awarded Technical Bonus points** per routine **cannot exceed the maximum cumulative values listed above**.
- Uncontrolled, incomplete, or unsafe execution results in **no credit** and may cause deductions.
- All Technical Bonuses must demonstrate **clarity, control, and safety** at all times.