

1 Category



METHODOLOGICAL MANUAL

STAGING AN COMPULSORY COMPETITION
PROGRAM

The Manual are developed:

the "International Federation Aerial sport" Methodological Committee



Approved by the IFAS Executive Committee in may 2020

1. APPLICATION FOR PARTICIPATION

1.1. Each Tournament Participant must pre-register in the prescribed form:

Name and Surname (as in passport)	
Year of birth	
Country and City	
Name and Surname Representative (for categories under 18 years)	
The Name of Your school	
Sports experience of the Participant in other sports	
Participant's phone number	+
Representative phone number	+

Selection a sports equipment	
Pole Sport	
Air HOOP	
Air Silks	

Selection of qualifications	
1 st International sports Title	
2 nd International sports Title	
3 rd International sports Title	

Age category of Participant	
Solo. 7 – 9 years	
Solo. 10 – 12 years	
Solo. 13 – 14 years	
Solo. 15 – 17 years	
Solo. 18 – 29 years	
Solo. 30 – 34 years	
Solo. 35 – 39 years	
Solo. 40+ years	

Subgroup of a Participant	
Subgroup «A»	
Subgroup «B»	
Subgroup «C»	
Subgroup «D»*	

*- The subgroup "D" has condition for participation:

A) «D» - debutants, first speakers in this sport.

I, (Name and Surname) _____, confirm that I have carefully read the Regulations and Rules "Competition name", as well as the rights and obligations of participants and organizers. I agree with that.

Signature _____

I am warned that if I adjust this completed application, namely (change of discipline, age, category or subgroup), I will have to pay the entry fee again

Signature _____

I confirm that I (my Participant) do not have medical prohibitions to physical education and sports

Signature _____

2. TERMS AND CONCEPTS

To build a competitive program and its evaluation, the following terms and concepts are used:

- 2.1. **Support** – the position of the body at which the main load falls on the support points;
- 2.2. **Human flag** – the position of the body in which the athlete is held on the equipment by capturing or touching with one (or several) support point;
- 2.3. **Hang** – the position of the body in which the athlete is held on the equipment by clamping with any part of the body or grasp;
- 2.4. **Grasp** – a way of athlete's holding on the equipment;
- 2.5. **Tuck position** – the position on the equipment, in which the body is crouched in the belt, the knees are put together;
- 2.6. **Split** – body position in which the legs are extremely extended in opposite directions;
- 2.7. **Half split** – the position of the body in which the legs are extremely extended in opposite directions, one leg is bent;
- 2.8. **Approach** – the transition of the athlete from a preparatory position on the floor to an exercise on the equipment;
- 2.9. **Dismount** – the transition of an athlete from an exercise on the equipment to a preparatory position on the floor;
- 2.10. **Lift** – movement of the athlete on the equipment from a lower point to a higher one;
- 2.11. **Descent** – movement of the athlete on the equipment from a higher point to a lower one;
- 2.12. **Pole Sport (1st category)** – approved, consistent aerial-power exercises on the equipment in the form of a long round tube fixed vertically from at least one end with a rigid or suspended hitch. During the performance at the Tournament, the participant shall use two equipments - static and dynamic.
- 2.13. **Aerial Silks (1st category)** – aerial-strengths exercises on suspended long pieces of cloth made of medium stretch fabric material.
- 2.14. **Aerial Hoop (1st category)** – aerial-strengths exercises on a metal apparatus of regular round shape with one attaching point, with a tape fabric coating.
- 2.15. **Stand** – static vertical position, in which the position of the body is upside down with support on the shoulder blades, head, forearms, hands, arm.
- 2.16. **Balance** – maintaining the balance of the body during exercises, fixation of which is relative to one central point or between two distant points.
- 2.17. **Holding exercise** – performing a fixed position for 2 seconds on a sports equipment.
- 2.18. **Posture** – tense, smooth body, ready to perform physical exercises.
- 2.19. **Losing control over the movements** - involuntary movements of arms, legs, body. As well as other non-logical actions (for example, the Athlete forgot the program or the subsequent element of his program) during the performance of the competitive program.
- 2.20. **Performance repeat** - re-entry of an athlete to the stage in the same category and with the same competitive program, if the first entry was terminated prematurely.
- 2.21. **Fall** – uncontrolled dismount/separation from the equipment, followed by landing on the floor.
- 2.22. **Sliding** – uncontrolled dismount from the equipment followed by fixing on the equipment.

3. STRUCTURE OF THE PARTICIPANT'S PERFORMANCE

3.1. The participant performs the compulsory program, which consists of fixing all the required elements in the exact sequence of their order and the most pure transitions between these elements. The structure of transition between the required elements can be of any kind, but without using intermediate fixed positions.

4. DURATION OF COMPULSORY PROGRAMS

4.1. The duration of the compulsory program is 3:30 minutes. And it is the same for all age categories and their types.

5. GENERAL REQUIREMENTS FOR A COMPULSORY PROGRAM

5.1. The preparatory position is fixed for 3-5 seconds, after which the countdown timer starts. The preparatory position and end position are elements and shall be held. If the Tournament uses a sound signal, the compulsory program starts with a sound signal, the athlete's movement ends with the final sound signal or earlier. The end position shall be fixed.

5.2. During the performance, only the Participant and his/her Representative may be on the stage, if the participant is a juvenile.

5.3. In case of a problem situation during the performance of the program, the Participant shall designate it with his arms crossed over his head. In case of using another gesture, an athlete is cautioned. If the Participant did not give any signal, it is considered that he left the stage without a good reason.

5.4. During the performance of the compulsory program in the discipline "APA Pole", the Participant shall use a static and dynamic equipment.

5.5. Throughout the program, from its preparatory to its end position, the Participant shall be on the stage. It is forbidden to leave its borders.

5.6. If the Participant has not completed the program, points are awarded in accordance with the completed part of the program.

5.7. Throughout the program, the Participant shall fulfill all the elements of the compulsory program in the order in which they are set in the instructional table. An exception is voluntary elements within transitions, which the Participant uses without fixing in the process of transition to a compulsory element of the program.

5.8. The duration of the performance of the compulsory program shall correspond to the duration of the approved time limit for the "compulsory programs" of the competition.

5.9. Before beginning the performance of the compulsory program, Participants are prohibited from bows to the public. They are carried out at the end with the purpose of gratitude for judging and applause (compulsory). In case of violation of this paragraph, an athlete is cautioned.

5.10. All elements and transitions in the compulsory programs are performed without background music.

6. TECHNICAL REQUIREMENTS FOR ELEMENTS OF COMPULSORY PROGRAMS

6.1. Elements of the compulsory program are performed in a clearly established sequence, in accordance with the chosen discipline.

6.2. Omitted elements or elements made in violation of the sequence, are not taken into consideration.

6.3. When performing falling-off or flip, the Participant shall demonstrate the fixation of the preparatory position and the end position in this exercise.

6.4. Each required element shall be held in accordance with the chosen discipline:

6.4.1. "APA Hoop" Discipline - 4 seconds;

6.4.2. "APA Silks" Discipline - 4 seconds;

6.4.3. "APA Cube" Discipline - 4 seconds;

6.4.4. "APA Pole Sport" Discipline - 2 seconds;

6.5. Elements of the compulsory program that are not indicated in the table of elements by sequence numbers and are not evaluated are only recommended for the construction of the program and are not compulsory.

7. TECHNICAL REQUIREMENTS FOR TRANSITIONS IN COMPULSORY PROGRAMS

7.1. The main requirement for transitions is the most pure and error-free performing. Performing a dismount to the floor (APA Pole Sport / APA Hoop / APA Cube), or a climb or sub-climb (APA silks) - the Participant lowers his mark for transition to a minimum. By adding spectacular or strengths elements, climbs, dismounts, approaches, the Participant raises his mark for transition to the maximum.

7.2. Transitions between the required elements are evaluated on a scale from one to four, where 1 point is the minimum, and 4 points is the maximum. In the transition between the required elements, any elements of different complexity can be added without fixing and holding as a liaison movement.

8. CASES IN WHICH ELEMENTS AND TRANSITIONS ARE NOT EVALUATED

8.1. The element is not performed in general or is omitted. In this case, the transition from the previous element into the omitted element is also not taken into consideration.






















8.2. Not sufficient holding of the element, less than the specified values of paragraph 6.4.

8.3. The approach to the required element is indicated, but the element itself is not performed.




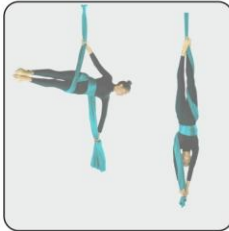






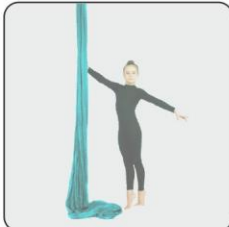
8.4. Repeat of the same transition (including dismount and/or approach to the equipment).

9. RULES FOR CALCULATION OF POINTS in the discipline "Aerial Silks" 1st category

9.1. Table of elements in the compulsory programs of the **1st category** by sport "Aerial Sport" in the discipline "Aerial Silks".



















1.1 	0,2		1.2 x4 	0,5 1,0 2,0		1.3 	0,5 1,5 2,5		1.4 	0,2 0,5 1,0	
1.5 	1,0 2,0 3,0		1.6 	0,5 1,5 2,5		1.7 x3 	1,0 2,0 3,0		1.8 	0,0	
1.9 	1,0 2,0 3,0		1.10 	0,5 1,0 2,0		1.11 	0,2	END			

9.2. The transition assessment in the compulsory programs of the **1st category** by sport “Aerial Sport” in the discipline “Aerial Silks”.



















	2.1 Transition 1 climb - 1,0 2 climb - 2,0 3 climb - 3,0 4 climb - 4,0 →		2.2 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 →		2.3 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 →		2.4 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 →
	2.5 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 →		2.6 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 →		2.7 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 →		2.8 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 →
	2.9 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 →		2.10 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 →		END		

10. RULES FOR CALCULATION OF POINTS in the discipline "Aerial Hoop" 1st category

10.1. Table of elements in the compulsory programs of the **1st category** by sport "Aerial Sport" in the discipline "Aerial Hoop".

1.1  0,2 →	1.2  0,5 1,5 2,5 →	1.3  0,2 0,5 1,0 →	
1.4  1,5 2,0 2,5 →	1.5  1,0 1,5 2,5 →	1.6  0,2 →	1.7  1,0 1,5 2,5 →
1.8  1,0 1,5 2,5 →	1.9  1,0 2,0 3,0 →	1.10  1,0 2,0 3,0 →	1.11  1,0 2,0 3,0 →
1.12  1,0 2,0 3,0 →	1.13  1,0 1,5 2,5 →	1.14  1,0 1,5 2,5 →	1.15  0,5 1,0 1,5 →
1.16  1,0 1,5 2,5 →	1.17  1,0 1,5 2,0 →	1.18  0,2 END	

10.2. The transition assessment in the compulsory programs of the **1st category** by sport “Aerial Sport” in the discipline “Aerial Hoop”.










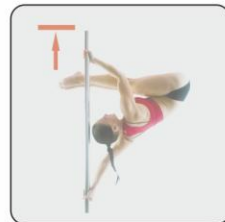



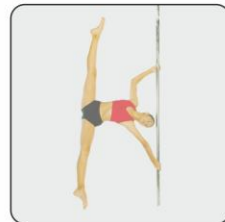
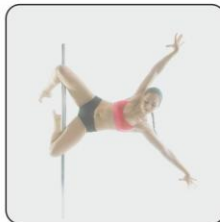

	<p>2.1 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		<p>2.2 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		<p>2.3 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		
	<p>2.4 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		<p>2.5 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		<p>2.6 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		<p>2.7 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>
	<p>2.8 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		<p>2.9 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		<p>2.10 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		<p>2.11 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>
	<p>2.12 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		<p>2.13 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		<p>2.14 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		<p>2.15 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>
	<p>2.16 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		<p>2.17 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>➔</p>		<p>END</p>		

11. RULES FOR CALCULATION OF POINTS in the discipline "PoleSport" 1st category

11.1. Table of elements in the compulsory programs of the **1st category** by sport "Aerial Sport" in the discipline "PoleSport".

1.1 Starting position 0,2 →	1.2 x2 0,5 1,5 3,0 →	1.3 0,5 2,0 3,5 →	1.4 0,5 0,7 1,0 →
1.5 0,5 0,7 1,0 →	1.6 0,5 2,0 4,0 →	1.7 0,5 1,5 3,0 →	1.8 0,5 1,0 2,0 →
1.9 0,5 1,0 2,0 →	1.10 0,5 1,5 3,0 ↓ D I N A M I C →	1.11 0,5 0,7 1,0 ↑ →	1.12 0,5 2,0 3,0 →
1.13 0,5 2,0 4,0 →	1.14 0,5 1,5 3,0 →	1.15 0,5 1,5 3,0 →	1.16 0,5 0,7 1,0 →
1.17 0,5 2,0 3,5 →	1.18 End position 0,2 →		

11.2. The transition assessment in the compulsory programs of the **1st category** by sport “Aerial Sport” in the discipline “PoleSport”.

<p>Starting position</p>	<p>2.1 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>	 <p>x2</p>	<p>2.2 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.3 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.4 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>
	<p>2.5 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.6 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.7 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.8 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>
	<p>2.9 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.10 Transition</p> <p>transition to a dynamic pole - 2,0</p>		<p>2.11 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.12 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>
	<p>2.13 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.14 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.15 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.16 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>
	<p>2.17 Transition</p> <p>full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>	<p>End position</p>					

12. RULES FOR CALCULATION OF PENALTY POINTS

№	NAME	POINT	
3.1.	Arms, knees, feet (extension, straight lines)	for every case	0,2
3.2.	Perspectives of the elements, views (with the exception of dynamic equipments)	for every case	2
3.3.	Fall from the equipment <u>10 points</u> – on the head, stomach, back; <u>5 points</u> – on the buttocks; <u>3 points</u> – on hands, knees; <u>1 point</u> – on the heels.	for every case	from 1 to 10
3.4.	Grip fixture and slide on the equipment	for every case	1
3.5.	Control of the movements (floor and equipment), Going beyond the Stage (Including excess height in children's categories - 3,2 m), as well as preparation of equipment before the performance - more than 60 seconds.	for every case	2
3.6.	Costume and accessories (that violate the tournament regulation)	3.6.1 for every case of violation of the rules (in accessories, makeup, finery, costume of belyer)	1
		3.6.2. for lack of backing of the sport outfit	2
		3.6.3. for visible underwear and private parts	4
		3.6.4. for the absence of underwear	5
3.7.	Continuation of the performance after the end of the transitional arrangements - 3:30 min	for each 10 sec.	2 (from 10 sec.)
3.8.	Wiping hands or other body parts on sport equipment	for every case	2
3.9.	Erotic movements or positions	for every case	3
3.10.	Singing, pronouncing of words or sounds (and communication with audience or judges during the performance, whether by the participant or his coach (representative))	for every case	2

3.11.	Visible repetition of identical elements, except ascents and entries into the elements	for every case	1
3.12.	Rotations (no rotation or not sufficient rotation on the dynamic pole or air equipments)	once	3 - 5
3.13	Change of suspension elements (including aerial silks and aerial hoop) to your own equipment	once	20

13. TERMS AND CONDITIONS OF ASSIGNMENT International Titles

13.1. The table of assignment of the International Titles:

Title / Discipline	Compulsory program	Arbitrary program
«Aerial Silks»		
1st International Sports Title	43,0 points	Not necessary
Highest International Sports Title "Candidate"	47,0 points	1st, 2nd or 3rd place (National Championship)
Highest International Sports Title "Master"	47,0 points	1st, 2nd or 3rd place (European Championship or Continental Championship)
International Sports Title «Master of Sports of the highest international category»	47,0 points	1st, 2nd or 3rd place (World Championship)
«Aerial Hoop»		
1st International Sports Title	88,4 points	Not necessary
Highest International Sports Title "Candidate"	94,4 points	1st, 2nd or 3rd place (National Championship)
Highest International Sports Title "Master"	94,4 points	1st, 2nd or 3rd place (European Championship or Continental Championship)
International Sports Title «Master of Sports of the highest international category»	94,4 points	1st, 2nd or 3rd place (World Championship)
«PoleSport»		
1st International Sports Title	69,5 points	Not necessary
Highest International Sports Title "Candidate"	78,0 points	1st, 2nd or 3rd place (National Championship)
Highest International Sports Title "Master"	78,0 points	1st, 2nd or 3rd place (European Championship or Continental Championship)
International Sports Title «Master of Sports of the highest international category»	78,0 points	1st, 2nd or 3rd place (World Championship)