

INTERNATIONAL FEDERATION AERIAL SPORT

WAAPA
version



METHODOLOGICAL MANUAL

STAGING OF ARBITRARY COMPETITION
PROGRAMS



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:

First and last name of the Participant (as in passport)	
Year of birth	
Country and City	
Name and surname of the representative (for categories under 18 years)	
The Name of Your school	
Sports experience of the Participant in other sports	
Phone number of the participant	+
Phone number of the representative	+

Selection a sports equipment	
Pole Sport	
Air HOOP (category 1)	
Air HOOP (category 2)	
Air Silks (category 1)	
Air Silks (category 2)	
Air Cube	
Air Loop	

Subgroup of a Participant	
Subgroup «A»	
Subgroup «B»	
Subgroup «C» (PARA)	
Subgroup «D»*	

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

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

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

Age another category of Participant	
DUO. Children. 7 – 14 years	
DUO. Juniors. 15 – 17 years	
DUO. Adults W\W	
DUO. Adults M\W	
Groups. Children	
Groups. Adults	

I, (first and last name) _____ confirm that I have carefully read the rules and regulations "Name of the Championship", the rights and obligations of the participants and the organizer, they are clear to me and I agree with them.

Signature _____

In the event of my correcting this completed application, namely the amendment Disciplines, age, category or subgroup about which I have been informed the need to pay the full amount of the entry fee again

Signature _____

I confirm that I (my participant) have no medical prohibitions for exercise and sports

Signature _____

2. TERMS AND CONCEPTS

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

- 2.1. Static exercises** – exercises on the unit when the athlete's body is fixed in a certain position;
- 2.2. Dynamic exercises** – exercises on the unit, during which the athlete or the unit is in motion;
- 2.3. Variable exercises** – exercises using the unit, during which the athlete's body partially or completely changes its position by means of spring movements with push-off or rotation;
- 2.4. Support** – the position of the body at which the main load falls on the support points;
- 2.5. Flag** – the position of the body in which the athlete is held on the unit by capturing or touching with one (or several) support points;
- 2.6. Hang** – the position of the body in which the athlete is held on the unit by clamping with any part of the body or grasp;
- 2.7. Grasp** – a way of athlete's holding on the unit;
- 2.8. Tuck position** – the position on the unit, in which the body is crouched in the belt, the knees are put together;
- 2.9. Split** – body position in which the legs are extremely extended in opposite directions;
- 2.10. Half split** – the position of the body in which the legs are extremely extended in opposite directions, one leg is bent;
- 2.11. Entry** – the transition of the athlete from a preparatory position on the floor to an exercise on the unit;
- 2.12. Exit** – the transition of an athlete from an exercise on the unit to a preparatory position on the floor;
- 2.13. Fly-by** – movement of the athlete's body around the axis of the unit without touching the floor;
- 2.14. Lift** – movement of the athlete on the unit from a lower point to a higher one;
- 2.15. Descent** – movement of the athlete on the unit from a higher point to a lower one;
- 2.16. Pole Sport** – aerial-powers exercises on the unit 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 unit - static and dynamic.
- 2.17. Aerial Silks (1st configuration)** – aerial-powers exercises on suspended long pieces of cloth made of medium stretch fabric material.
- 2.18. Aerial Silks (2nd configuration)** – aerial-powers exercises on suspended long pieces of cloth made of non-stretching fabric material.
- 2.19. Aerial Hoop (1st configuration)** – aerial-powers exercises on a metal unit of regular round shape with one attaching point, with a tape fabric coating.
- 2.20. Aerial Hoop (2nd configuration)** – aerial-powers exercises on a metal unit without coating, processed by method of the mirror polishing, of regular round shape with two attaching points of suspension device.
- 2.21. Aerial Cube** – aerial-powers exercises on an unit made in the form of a regular polyhedron (Cube), the surface planes of which are round metal pipes.
- 2.22. Start and end of the performance** – time limited acrobatic and/or choreographic combination of elements that ends or starts on sports unit.
- 2.23. Approaches in the air** – performing elements through work with own weight at which the athlete moves up the unit through a demonstration of the elements of aerial-power athletics. Approaches can be performed by strength, swing, base climb and through the lower frontal hang on the hands.
- 2.24. Original transition** – (entries/exits) – entries/exits to the unit / floor, performed using strength or flexibility in a non-standard (non-base) way, as well as through acrobatic elements
- 2.25. Stand** – static vertical position, in which the position of the body is upside down with support on the shoulder blades, head, forearms, hands, arm.
- 2.26. Balance** – maintaining the balance of the body during exercises, fixation of which is relative to one central point or between two distant points
- 2.27. Spectacular tricks and dangerous elements** – combination of spectacular, skillful, risky elements.
- 2.28. Dynamics** – variety of movements and actions during the performance of elements.
- 2.29. Amplitude** – range of movements of different parts of the body in relation to each other or the whole body in relation to a sports unit.
- 2.30. Musicality of performance** – a way of performing elements or exercises on sports unit, which reflects the harmonious ratio of the athlete's movements with the selected music, the nature of the movements corresponds to the nature of the music, the rhythm is used.
- 2.31. Holding exercise** – performing a fixed position for 2 seconds on a sports unit.
- 2.32. Falling-off** – set of actions in which there is a sharp movement down the unit with subsequent fixation and taking of the final position on it.

2.33. Somersault - rotational movement with a phase of flight by 360° or more from a place through the head with the arrival to the feet on the floor or on the unit.

2.34. Flip— rotational movement along the vertical or horizontal axis without separation from the unit by 180° or 360° from a place through the head with the arrival to the feet on the floor or on the unit.

2.35. Posture – tense, smooth body, ready to perform physical exercises.

2.36. Flexibility and splits – presence of elements demonstrating the disclosure of longitudinal or transverse split by 180° or more, as well as elements with a high range of movements in the intervertebral joints.

2.37. Uniformity of movements in a duet – simultaneous and identical performance of elements by two participants.

2.38. 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.

2.39. 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.

2.40. Original combinations – liaison movement of three or more elements, each of which is held in a fixed position.

2.41. Liaison movement- set of continuously executed elements, in which the initial position of each subsequent element is the final position of the previous element.

2.42. Fall – uncontrolled dismount/separation from the unit, followed by landing on the floor.

2.43. Sliding –uncontrolled dismount from the unit followed by fixing on the unit.

2.44. Exercises in parterre – combinations of various elements, logically interconnected according to the laws of composition, performed in parterre without using the unit.

Exercises in parterre within the aerial-power athletics are acrobatic elements and combinations, jumps, balances, turns, swings with legs, choreographic movements, elementary movements with body parts and poses performed in parterre, as well as any other rhythmically performed combined elements.

This definition makes it possible to perform any elements and compositions (not necessarily gymnastic or acrobatic) while working in parterre and will be evaluated by the judges according to the criteria of coherence, rhythm and purity.

2.45. Transition - dismount from the element and approach to the next element, performed together. The transition between unit is used only in the “Pole Sport” category. The transition can include any exercises and combinations of various elements with which the athlete moves from one pole to another. Only 1 transition is allowed.

3. STRUCTURE OF THE PARTICIPANT’S PERFORMANCE

3.1. The participant performs a competitive program to a background music, which has sporty nature and meets the following requirements of the APA definitions:

3.1.1. Requirements for the competitive program:

Equipment	Start of performance	End of performance	Using dynamic equipment or rotation mode	Descent from the equipment (touching the floor)	Parterre	Transition between equipment on stage
PoleSport	In the parterre	In the parterre	Necessarily	Not limited	1 parterre max. 35 sec.	1 transition no more than 15 sec
Aerial Silks	In parterre and no more than 5 seconds	In parterre and no more than 5 seconds	Necessarily	Not limited	Only at the beginning and end of the performance	-
Aerial Hoop	In parterre and no more than 5 seconds	In parterre and no more than 5 seconds	Necessarily	Not limited	Only at the beginning and end of the performance	-
Aerial Cube	In parterre and no more than 5 seconds	In parterre and no more than 5 seconds	Necessarily	Not limited	Only at the beginning and end of the performance	-

Aerial Loop	In parterre and no more than 5 seconds	In the parterre and not more than 5 sec.	Necessarily	Not limited	Only at the beginning and end of the performance	-
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3.1.2. For all types of children’s programs in the “Pole Sport” category, there are prohibited various types of somersaults from the unit to the floor, with the hands detached from the equipment.

3.1.3. For all types of children's programs, both flips and swings are allowed only from the lower part of the aerial hoop to the floor, holding the ring with hands, and are prohibited from the upper part to the lower one. Performing swings from the floor to the lower part of the hoop is possible, but prohibited when making transitions from the hangs on the upper part of the hoop.

3.1.4. For all types of children's programs on the aerial hoop, fallings-off from the upper arc to the lower one with the simultaneous taking-off of both hands from the unit is prohibited.

3.1.5. For all types of children's programs and amateurs on the aerial silks, all elements of slides and fallings-off shall be performed only at a safe height for this. This height is the two sizes of the growth of the participant.

3.1.6. For all types of children's programs on the aerial silks, only simple exercises are required (paragraph 1.7 of the judge’s protocol regarding the “Spectacular Elements” technique is not evaluated).

4. SCORING RULES (Technique)

No.	Name	Max. number of points	Notes
1.	Technique		
1.1.	Proficiency level of working with equipment (the complexity of the selected elements and the ability to perform them) <u>up to 10 points</u> – level and complexity are above the required conditions; until 2023 - maximum point is 7 <u>5 points</u> – complex program performed; <u>4 points</u> – medium difficulty program performed perfectly; <u>3 points</u> – complex program that the athlete did not perform perfectly; <u>2 points</u> – simple program that the athlete did not perform perfectly.	10	
1.2.	Entry from the ground and ascent <u>up to 10 points</u> – the result is above the required conditions; Until 2023 - maximum score – 7; <u>5 points</u> – no less than two strength approaches on one equipment; <u>4 points</u> – two different approaches on one equipment; <u>3 points</u> – uniform approaches through hangs on hands; <u>2 points</u> – base climb only.	10	
1.3.	Movements in the air (using the pole, the tying) <u>up to 10 points</u> – the result is above the required conditions; Until 2023 - maximum score – 7; <u>5 points</u> – no less than two strength approaches on one equipment; <u>4 points</u> – two different approaches on one equipment; <u>3 points</u> – uniform approaches through hangs on hands; <u>2 points</u> – base climb only.	10	
1.4.	Holding the elements <u>5 points</u> – all elements of the programs were held for 2 accounts; <u>4 points</u> – more than half of the program elements were held; <u>3 points</u> – not significant amount of held elements; <u>2 points</u> – some elements were held or there was no holding.	5	
1.5.	Original transitions (including floor/equipment and equipment/floor) <u>up to 10 points</u> – the result is above the required conditions; Until 2023 - maximum score – 7; <u>5 points</u> – at least one floor- equipment transition, at least one equipment-floor transition, demonstrating strength, technique and flexibility; <u>4 points</u> – demonstration of technique and flexibility; <u>3 points</u> – demonstration of the technique of transition between elements;	10	
1.6.	Original combinations <u>up to 10 points</u> – the result is above the required conditions; Until 2023 - maximum score – 7; <u>5 points</u> – three combinations of three or more elements; <u>4 points</u> – two combinations of three elements; <u>3 points</u> – one combination; <u>2 points</u> – no combinations.	10	
1.7.	Spectacular elements (fallings-off, somersaults, flips) <u>up to 10 points</u> – the result is above the required conditions; Until 2023 - maximum score – 7; <u>5 points</u> – three or more spectacular elements in the combination; <u>4 points</u> – two spectacular elements; <u>3 points</u> – one spectacular element; <u>2 points</u> – no spectacular and dangerous elements.	10	

1.8.	Stand and balance - pole; Stand and hang – aerial equipments. <u>up to 10 points</u> – the result is above the required conditions; Until 2023 - maximum score – 7; <u>5 points</u> – two support positions, two balances on each equipment as a part of original combinations; <u>4 points</u> – one support position, one balance on each equipment as a part of original combinations; <u>3 points</u> – support position or balance on one equipment; <u>2 points</u> – no support positions and balances.	10	
1.9.	Rotations (on dynamic equipments and equipments with a rotary machine). Not rated in categories of “Aerial Silks” <u>5 points</u> – entire program is performed in rotation; <u>4 points</u> – rotation is maintained in most part of the program; <u>3 points</u> – rotation is maintained in less part of the program; <u>2 points</u> – no rotation.	5	

5. SCORING RULES (Execution)

No.	Name	Max. number of points	Notes
2.	Choreography		
2.1.	Beginning of the performance <u>5 points</u> – the program started after the beep signal; <u>4 points</u> – the program started before the beep signal; <u>3 points</u> – without a fixed position before the beep signal.	5	
2.2.	Dynamics and amplitude <u>5 points</u> – the dynamics in the program changed, the amplitude in the program remained; <u>4 points</u> – the same type of dynamics, the amplitude was not maintained throughout the program; <u>3 points</u> – the same type of dynamics, the amplitude is minimal or absent.	5	
2.3.	Grace and posture (the athlete has arms, shoulders and head correctly positioned) <u>5 points</u> – saved at the beginning, continuation and end of the program; <u>4 points</u> – are absent in one of the parts of the program; <u>3 points</u> – Absence of these criteria.	5	
2.4.	Work in parterre <u>5 points</u> – presence of more than 3 acrobatic-choreographic combinations at the beginning and end of the program, as well as during the transition to the second equipment; <u>4 points</u> – less than 3 acrobatic-choreographic combinations; <u>3 points</u> – less than two acrobatic-choreographic combinations in the program.	5	
2.5.	Flexibility and splits on the equipment <u>5 points</u> – at least 3 back bends, at least 3 splits; <u>4 points</u> – at least 2 back bends, at least 2 splits; <u>3 points</u> – one back bend, one split, or lack thereof.	5	
2.6.	End of the performance <u>5 points</u> – program ended in the final position simultaneously with the music; <u>4 points</u> – program ended in the final position that did not coincide with the end of the music; <u>3 points</u> – end of the program on the equipment.	5	
2.7.	Synchronization of work in a duos / groups <u>5 points</u> – the whole program is performed in a coordinated manner; <u>4 points</u> – there was uniformity of movements, but there were slight failures; <u>3 points</u> – uniformity of movements was minimal or absent.	5	
2.8.	Costume <u>5 points</u> – complex, well fitting costume; <u>4 points</u> – simple, well fitting costume; <u>3 points</u> – poorly fitting costume.	5	
2.9.	Musicality of the performance (conformity of the movements with the music) <u>5 points</u> – conformity of facial expressions and movements to music; <u>4 points</u> – conformity of movements to music, lack of facial expressions; <u>3 points</u> – movements do not correspond to music, missing facial expressions.	5	

6. SCORING RULES (Penalty points)

№	Name	Maximum score	
3.1.	Arms, knees, feet (extension, straight lines)	for every case	0,5
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.	Sliding on the equipment	for every case	1
3.5.	Control of the movements (on the floor, on the equipment, breach of the transition between the poles). Breaking the quantity limit for the transitions between the poles/equipment. Leaving the marked area : height marks on the poles, marked area at the floor / preparation of equipment before the performance - more than 60 seconds	for every case	2
3.6.	Costume and accessories (that violate the tournament regulation)	for every case of violation of the rules (in accessories, makeup, finery, costume of belayer)	1
		for lack of backing of the sport outfit	2
		for visible outline of private parts	3
		for visible underwear	4
		for the absence of underwear	5
3.7.	Continuation of the performance after the end of the musical accompaniment (including rotation when the performance ends and ending the performance before the end of the musical accompaniment)	for every second of discrepancy	0,5
3.8.	Wiping hands or other body parts on sport equipment	for every case	2
3.9.	Erotic elements or poses	for every case	3
3.10.	Singing, pronouncing words or sounds (and communication with audience or judges during the performance, whether by the participant or his coach (representative))	for every case	1
3.11.	Visible repetition of identical elements, except ascents and entries into the elements	for every case	1
3.12.	Change of suspension elements (including aerial silks and aerial hoop) to your own equipment	once	20