

INTERNATIONAL FEDERATION AERIAL SPORT

IFAS
version

RULES

COMPULSORY PROGRAM OF PERFORMANCES



The Rules are developed:

the "International Federation Aerial sport" Methodological Committee

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1. ABBREVIATIONS

IFAS – International Federation Aerial sport
 APA – Aerial-Power Athletics
 CP – Compulsory program
 IT/APA – International Title in Aerial-Power Athletics.

2. TYPES AND NATURE OF TOURNAMENTS

2.1. Aerial sport tournaments among adult age categories are held in the following categories:

Type	Category	Designation					
		PoleSport (2 category)	Aerial Silks (2 category)	Aerial Hoop (2 category)	PoleSport (1 category)	Aerial Silks (1 category)	Aerial Hoop (1 category)
Compulsory program		IPSA2	IASA2	IAHA2	IPSA1	IASA1	IAHA1
Adults 18 – 29 years							
A	Women	IPSA2W/1-A	IASA2W/1-A	IAHA2W/1-A	IPSA1W/1-A	IASA1W/1-A	IAHA1W/1-A
	Men	IPSA2M/1-A	IASA2M/1-A	IAHA2M/1-A	IPSA1M/1-A	IASA1M/1-A	IAHA1M/1-A
B	Women	IPSA2W/1-B	IASA2W/1-B	IAHA2W/1-B	IPSA1W/1-B	IASA1W/1-B	IAHA1W/1-B
	Men	IPSA2M/1-B	IASA2M/1-B	IAHA2M/1-B	IPSA1M/1-B	IASA1M/1-B	IAHA1M/1-B
C	Women	IPSA2W/1-C	IASA2W/1-C	IAHA2W/1-C	IPSA1W/1-C	IASA1W/1-C	IAHA1W/1-C
	Men	IPSA2M/1-C	IASA2M/1-C	IAHA2M/1-C	IPSA1M/1-C	IASA1M/1-C	IAHA1M/1-C
D	Women	IPSA2W/1-D	IASA2W/1-D	IAHA2W/1-D	IPSA1W/1-D	IASA1W/1-D	IAHA1W/1-D
	Men	IPSA2M/1-D	IASA2M/1-D	IAHA2M/1-D	IPSA1M/1-D	IASA1M/1-D	IAHA1M/1-D
Adults 30 – 34 years							
A	Women	IPSA2W/2-A	IASA2W/2-A	IAHA2W/2-A	IPSA1W/2-A	IASA1W/2-A	IAHA1W/2-A
	Men	IPSA2M/2-A	IASA2M/2-A	IAHA2M/2-A	IPSA1M/2-A	IASA1M/2-A	IAHA1M/2-A
B	Women	IPSA2W/2-B	IASA2W/2-B	IAHA2W/2-B	IPSA1W/2-B	IASA1W/2-B	IAHA1W/2-B
	Men	IPSA2M/2-B	IASA2M/2-B	IAHA2M/2-B	IPSA1M/2-B	IASA1M/2-B	IAHA1M/2-B
C	Women	IPSA2W/2-C	IASA2W/2-C	IAHA2W/2-C	IPSA1W/2-C	IASA1W/2-C	IAHA1W/2-C
	Men	IPSA2M/2-C	IASA2M/2-C	IAHA2M/2-C	IPSA1M/2-C	IASA1M/2-C	IAHA1M/2-C
D	Women	IPSA2W/2-D	IASA2W/2-D	IAHA2W/2-D	IPSA1W/2-D	IASA1W/2-D	IAHA1W/2-D
	Men	IPSA2M/2-D	IASA2M/2-D	IAHA2M/2-D	IPSA1M/2-D	IASA1M/2-D	IAHA1M/2-D
Adults 35 – 39 years							
A	Women	IPSA2W/3-A	IASA2W/3-A	IAHA2W/3-A	IPSA1W/3-A	IASA1W/3-A	IAHA1W/3-A
	Men	IPSA2M/3-A	IASA2M/3-A	IAHA2M/3-A	IPSA1M/3-A	IASA1M/3-A	IAHA1M/3-A
B	Women	IPSA2W/3-B	IASA2W/3-B	IAHA2W/3-B	IPSA1W/3-B	IASA1W/3-B	IAHA1W/3-B
	Men	IPSA2M/3-B	IASA2M/3-B	IAHA2M/3-B	IPSA1M/3-B	IASA1M/3-B	IAHA1M/3-B
C	Women	IPSA2W/3-C	IASA2W/3-C	IAHA2W/3-C	IPSA1W/3-C	IASA1W/3-C	IAHA1W/3-C
	Men	IPSA2M/3-C	IASA2M/3-C	IAHA2M/3-C	IPSA1M/3-C	IASA1M/3-C	IAHA1M/3-C
D	Women	IPSA2W/3-D	IASA2W/3-D	IAHA2W/3-D	IPSA1W/3-D	IASA1W/3-D	IAHA1W/3-D
	Men	IPSA2M/3-D	IASA2M/3-D	IAHA2M/3-D	IPSA1M/3-D	IASA1M/3-D	IAHA1M/3-D
Adults 40+ years							
A	Women	IPSA2W/4-A	IASA2W/4-A	IAHA2W/4-A	IPSA1W/4-A	IASA1W/4-A	IAHA1W/4-A
	Men	IPSA2M/4-A	IASA2M/4-A	IAHA2M/4-A	IPSA1M/4-A	IASA1M/4-A	IAHA1M/4-A
B	Women	IPSA2W/4-B	IASA2W/4-B	IAHA2W/4-B	IPSA1W/4-B	IASA1W/4-B	IAHA1W/4-B
	Men	IPSA2M/4-B	IASA2M/4-B	IAHA2M/4-B	IPSA1M/4-B	IASA1M/4-B	IAHA1M/4-B
C	Women	IPSA2W/4-C	IASA2W/4-C	IAHA2W/4-C	IPSA1W/4-C	IASA1W/4-C	IAHA1W/4-C
	Men	IPSA2M/4-C	IASA2M/4-C	IAHA2M/4-C	IPSA1M/4-C	IASA1M/4-C	IAHA1M/4-C
D	Women	IPSA2W/4-D	IASA2W/4-D	IAHA2W/4-D	IPSA1W/4-D	IASA1W/4-D	IAHA1W/4-D
	Men	IPSA2M/4-D	IASA2M/4-D	IAHA2M/4-D	IPSA1M/4-D	IASA1M/4-D	IAHA1M/4-D

2.2. Aerial sport tournaments among children's age categories are held in the following categories:

Type	Category	Designation					
		PoleSport (2 category)	Aerial Silks (2 category)	Aerial Hoop (2 category)	PoleSport (1 category)	Aerial Silks (1 category)	Aerial Hoop (1 category)
Compulsory program		IPSA2	IASA2	IAHA2	IPSA1	IASA1	IAHA1
Children 5 – 6 years							
A	Girls	IPSC2W/1-A	IASC2W/1-A	IAHC2W/1-A	IPSC1W/1-A	IASC1W/1-A	IAHC1W/1-A
	Boys	IPSC2B/1-A	IASC2B/1-A	IAHC2B/1-A	IPSC1B/1-A	IASC1B/1-A	IAHC1B/1-A
B	Girls	IPSC2G/1-B	IASC2G/1-B	IAHC2G/1-B	IPSC1G/1-B	IASC1G/1-B	IAHC1G/1-B
	Boys	IPSC2B/1-B	IASC2B/1-B	IAHC2B/1-B	IPSC1B/1-B	IASC1B/1-B	IAHC1B/1-B
C	Girls	IPSC2G/1-C	IASC2G/1-C	IAHC2G/1-C	IPSC1G/1-C	IASC1G/1-C	IAHC1G/1-C
	Boys	IPSC2B/1-C	IASC2B/1-C	IAHC2B/1-C	IPSC1B/1-C	IASC1B/1-C	IAHC1B/1-C
D	Girls	IPSC2G/1-D	IASC2G/1-D	IAHC2G/1-D	IPSC1G/1-D	IASC1G/1-D	IAHC1G/1-D
	Boys	IPSC2B/1-D	IASC2B/1-D	IAHC2B/1-D	IPSC1B/1-D	IASC1B/1-D	IAHC1B/1-D
Children 7 – 9 years							
A	Girls	IPSC2G/2-A	IASC2G/2-A	IAHC2G/2-A	IPSC1G/2-A	IASC1G/2-A	IAHC1G/2-A
	Boys	IPSC2B/2-A	IASC2B/2-A	IAHC2B/2-A	IPSC1B/2-A	IASC1B/2-A	IAHC1B/2-A
B	Girls	IPSC2G/2-B	IASC2G/2-B	IAHC2G/2-B	IPSC1G/2-B	IASC1G/2-B	IAHC1G/2-B
	Boys	IPSC2B/2-B	IASC2B/2-B	IAHC2B/2-B	IPSC1B/2-B	IASC1B/2-B	IAHC1B/2-B
C	Girls	IPSC2G/2-C	IASC2G/2-C	IAHC2G/2-C	IPSC1G/2-C	IASC1G/2-C	IAHC1G/2-C
	Boys	IPSC2B/2-C	IASC2B/2-C	IAHC2B/2-C	IPSC1B/2-C	IASC1B/2-C	IAHC1B/2-C
D	Girls	IPSC2G/2-D	IASC2G/2-D	IAHC2G/2-D	IPSC1G/2-D	IASC1G/2-D	IAHC1G/2-D
	Boys	IPSC2B/2-D	IASC2B/2-D	IAHC2B/2-D	IPSC1B/2-D	IASC1B/2-D	IAHC1B/2-D
Children 10 – 12 years							
A	Girls	IPSC2W/3-A	IASC2W/3-A	IAHC2W/3-A	IPSC1W/3-A	IASC1W/3-A	IAHC1W/3-A
	Boys	IPSC2B/3-A	IASC2B/3-A	IAHC2B/3-A	IPSC1B/3-A	IASC1B/3-A	IAHC1B/3-A
B	Girls	IPSC2G/3-B	IASC2G/3-B	IAHC2G/3-B	IPSC1G/3-B	IASC1G/3-B	IAHC1G/3-B
	Boys	IPSC2B/3-B	IASC2B/3-B	IAHC2B/3-B	IPSC1B/3-B	IASC1B/3-B	IAHC1B/3-B
C	Girls	IPSC2G/3-C	IASC2G/3-C	IAHC2G/3-C	IPSC1G/3-C	IASC1G/3-C	IAHC1G/3-C
	Boys	IPSC2B/3-C	IASC2B/3-C	IAHC2B/3-C	IPSC1B/3-C	IASC1B/3-C	IAHC1B/3-C
D	Girls	IPSC2G/3-D	IASC2G/3-D	IAHC2G/3-D	IPSC1G/3-D	IASC1G/3-D	IAHC1G/3-D
	Boys	IPSC2B/3-D	IASC2B/3-D	IAHC2B/3-D	IPSC1B/3-D	IASC1B/3-D	IAHC1B/3-D
Children 13 – 14 years							
A	Girls	IPSC2G/4-A	IASC2G/4-A	IAHC2G/4-A	IPSC1G/4-A	IASC1G/4-A	IAHC1G/4-A
	Boys	IPSC2B/4-A	IASC2B/4-A	IAHC2B/4-A	IPSC1B/4-A	IASC1B/4-A	IAHC1B/4-A
B	Girls	IPSC2G/4-B	IASC2G/4-B	IAHC2G/4-B	IPSC1G/4-B	IASC1G/4-B	IAHC1G/4-B
	Boys	IPSC2B/4-B	IASC2B/4-B	IAHC2B/4-B	IPSC1B/4-B	IASC1B/4-B	IAHC1B/4-B
C	Girls	IPSC2G/4-C	IASC2G/4-C	IAHC2G/4-C	IPSC1G/4-C	IASC1G/4-C	IAHC1G/4-C
	Boys	IPSC2B/4-C	IASC2B/4-C	IAHC2B/4-C	IPSC1B/4-C	IASC1B/4-C	IAHC1B/4-C
D	Girls	IPSC2G/4-D	IASC2G/4-D	IAHC2G/4-D	IPSC1G/4-D	IASC1G/4-D	IAHC1G/4-D
	Boys	IPSC2B/4-D	IASC2B/4-D	IAHC2B/4-D	IPSC1B/4-D	IASC1B/4-D	IAHC1B/4-D
Juniors 15 – 17 years							
A	Girls	IPSJ2G-A	IASJ2G-A	IAHJ2G-A	IPSJ1G-A	IASJ1G-A	IAHJ1G-A
	Boys	IPSJ2B-A	IASJ2B-A	IAHJ2B-A	IPSJ1B-A	IASJ1B-A	IAHJ1B-A
B	Girls	IPSJ2G-B	IASJ2G-B	IAHJ2G-B	IPSJ1G-B	IASJ1G-B	IAHJ1G-B
	Boys	IPSJ2B-B	IASJ2B-B	IAHJ2B-B	IPSJ1B-B	IASJ1B-B	IAHJ1B-B
C	Girls	IPSJ2G-C	IASJ2G-C	IAHJ2G-C	IPSJ1G-C	IASJ1G-C	IAHJ1G-C
	Boys	IPSJ2B-C	IASJ2B-C	IAHJ2B-C	IPSJ1B-C	IASJ1B-C	IAHJ1B-C
D	Girls	IPSJ2G-D	IASJ2G-D	IAHJ2G-D	IPSJ1G-D	IASJ1G-D	IAHJ1G-D
	Boys	IPSJ2B-D	IASJ2B-D	IAHJ2B-D	IPSJ1B-D	IASJ1B-D	IAHJ1B-D

2.3. Competitions in compulsory programs are of the “Individual Tournament” type, in which the award-winning places are determined for individual Participants, and not teams.

3. TOURNAMENT REGULATIONS

3.1. Tournament Regulations determine its nature.

3.1.1. Regulations shall indicate Tournament dates, place and program, the Organizer, as well as financial and prize conditions.

4. PARTICIPANTS OF THE TOURNAMENT

- 4.1.** Tournaments can be held when registering 10 individual participants, two duos, or two groups.
- 4.1.1.** Both women and men can be Tournament participants. For Participants of National Tournaments, a person shall be a citizen of the country of participation or to confirm his/her permanent stay in its territory.
- 4.1.2.** Participants of the Tournaments may be athletes who are members of IFAS or who belong to an IFAS member organization as well as individual participants. Participants belonging to an IFAS member organization shall be registered by the organization the members of which they are.
- 4.2.** The organizer of the Tournament, including the organizing committee, is prohibited from participating in the Tournament as a participant on the day when this participant has any direct relation to the organization of the Tournament.
- 4.3.** Participants shall send an application for participation to the Organizer within the time limit indicated in the Tournament Regulations (see IFAS Manual).
- 4.4.** The application shall be filled out completely and truthfully. The Organizer has the right to suspend the participant who has obviously submitted false information about himself/herself from participating in tournaments, and in case of repeated violation, to disqualify the participant from the participation for a period of up to 3 years. The need to correct the submitted "Participant's Application" (discipline, category of performance, age group, subgroup) through the fault of the applicant after the 1st publication of the Timing is considered as a separate additionally submitted "Participant's Application" with the full payment of the new entry fee without discount. The previously paid fee is not refundable. Applications for children's categories shall be sent by the responsible person (parents, trainer).
- 4.5.** For participation in several categories, the applicant shall fill out a separate application form for each category and send all applications and their annexes through one e-mail message.
- 4.6.** The participant determines the category in accordance with the Tournament Regulations on his/her own.
- 4.7.** The participant shall choose subgroup "B" for his/her performance, if he/she has an educational sports experience in track and field athletics, rhythmic-sportive and artistic gymnastics, sports acrobatics, swimming, figure skating, choreography, ballroom dancing and circus art for more than 1 year, or if the Participant took the 1st or 2nd award-winning place in the previous Tournament of the not lower than the national level;
- 4.8.** The Participant who took the 1st or 2nd place in Group "A" in previous national and international Tournaments organized by IFAS shall submit an application to Group "B". This condition is applicable to Tournaments (stages of Tournaments) if 4 Participants or more took part in the category.
- 4.9.** The participant (participant's representative) pays the entry fee to the banking details of the registering committee only after receiving a positive response.
- 4.9.1.** The entry fee shall be paid within the time limit approved in the "Participant's Application".
- 4.9.2.** The entry fee of the Participant is not refundable, regardless of the reasons for the Participant's refusal due to health reasons and other reasons.
- 4.10.** If the Participant is unable to take part in the Tournament, he/she shall send a request to the Organizer by e-mail to cancel his/her participation no later than 30 calendar days before the date of the Tournament.
- 4.10.1.** If the Participant has not sent a request to cancel participation within the time limit specified and has not appeared to participate in the Tournament, the Participant is not allowed to take part in the next stage of the Tournament of this competitive season or the next Tournament (if it is held 1-2 times a year).
- 4.10.2.** In case of cancellation of participation later than 30 days before because of medical contraindications or for any other good reason, the Participant sends medical reports or other supporting documents to the Organizer's e-mail.
- 4.11. Terms of Participation on the day of the Tournament:**
- 4.11.1.** To participate in the Tournament, each Participant shall be present in person and have an identity document with him/her (a birth certificate for children's categories);

- 4.11.2.** The participant is registering. During registration, the Participant is familiarized with regulatory documents and signs the Registration Report, the form of acknowledgement with the Tournament Regulations and with the Safety Rules;
- 4.11.3.** The participant presents a certificate of insurance for the period of time of participation in the Tournament. The Organizer provides the Participant with the opportunity to apply for a certificate of insurance during registration on the day of the Tournament at an insurance company offered by the Organizer;
- 4.11.4.** After registration, the Participant passes the check:
- of the costume for performance in accordance with these Rules;
 - of his/her body condition for compliance with the criteria established by the Organizer, namely: the absence of drug and/or alcoholic intoxication, visible manifestations of diseases of the musculoskeletal system, cardiovascular system, ear, nose and throat diseases. If doctor detects violations according to the qualification criteria, the Participant shall draw up and sign a document that releases the Organizer of liability for infliction of harm to health of any degree to the Participant during the period of participation in the Tournament and coordinate it with the doctor;
 - of his/her emotional state at the psychologist regarding the lack of external manifestations of mental or psychological disorders. In case of violations, the Participant may be admitted only with the permission of the psychologist.
- 4.11.5.** Only athletes authorized by a costume judge, doctor and psychologist (if any) are allowed to enter the stage.

5. OBLIGATIONS AND RIGHTS OF PARTICIPANTS

5.1. The participant shall:

- 5.1.1.** know the rules and comply with them strictly;
- 5.1.2.** fill out the application correctly (see Instructional reference book).
- 5.1.3.** send background music on time and pay the entry fee;
- 5.1.4.** be ready to pay for his/her travel expenses, including travel and accommodation, and shall appear for participation in the Tournament on time;
- 5.1.5.** be disciplined;
- 5.1.6.** show respect to other participants, their representatives and guests, the Organizer and his team, sponsors and their products, gifts, judges and the results of the Tournament, IFAS, its members and leaders before and after the Tournament, as well as inform his/her representatives about this norm of these Rules.

5.2. During the Tournament, the Participant shall:

- 5.2.1.** participate in the registration on his/her own or send his/her representative, but only upon agreement with the Organizer;
- 5.2.2.** resolve all issues only with the help of his/her representative or trainer;
- 5.2.3.** be ready for his/her performance no later than 10 minutes before it and be in the zone for participants to enter the stage;
- 5.2.4.** be in the waiting area after the performance before the announcement of marks;
- 5.2.5.** The participant warns the chief judge with the help of a representative or trainer if he/she cannot continue to participate in the Tournament no later than 15 minutes before his/her performance;
- 5.2.6.** be available for photo sessions and promotions during the Tournament, give permission to use all materials at the discretion of the organizers on television, in print and online publications related to sports and aerial power athletics;
- 5.2.7.** be in the rewarding zone no later than 5 minutes before the medal ceremony;
- 5.2.8.** participate in the ceremony of the Tournament opening in a trackcostume and athletic shoes;
- 5.2.9.** participate in the ceremony of the Tournament closing in a competitive costume.

5.3. The participant has the right:

- 5.3.1.** to compete in several categories of the Tournament that meet the requirements of the participant category in accordance with paras 2.1-2.3 of these Rules;
- 5.3.2.** to check the stage before his/her performance;
- 5.3.3.** to contact the "Secretary of the Panel of Judges" on issues of his/her interest through a representative or a trainer. Contact and communication with the judges of the Tournament is prohibited and guarantees disqualification for different periods of time;
- 5.3.4.** to repeat the performance if technical problems occurred due to the fault of the Organizer – problems with sports unit, musical unit, etc. Repeated performances for other reasons are not allowed.

6. PARTICIPANT'S COSTUME

A sport costume means specially cut clothing, taking into account the fact that it is used at a public sports event and therefore shall comply with public moral and aesthetic standards, ensure freedom of movement, correspond to the style and nature of the program being performed.

Costume decoration is fixing on the fabric of the costume, shoes and in the hairstyle of any items, including applique patterns made of fabric of a different texture and other materials; embroidering, fancy rollers, thrum ends, rhinestones.

6.1. Before the start of the competition, the participant in the costume shall receive admission to the start of the registration commission. In case of violation, the participant will be asked to eliminate defects; if it's impossible to do so, the participant will not be allowed to compete.

6.2. The upper part of the costume in public areas can be made of nude-colored material, but in this case it should be completely covered with rhinestones or stones. The chest neckline (decollete) should be no longer than the middle of the sternum. The upper part of the female costume should securely fix and completely cover the chest, nipples should not be visible.

6.3. The costume should completely cover the underwear, it should not be visible. The underwear contours should also not show up. The crotch should be at least 7 cm wide. There should not be any sewn or stuck elements on the crotch. It is forbidden to wear costumes with a closing on the crotch.

6.4. The lower part of the costume, made of nude-colored fabric is not allowed. The cut of the lower part of the costume should ensure that the vertical foss below the lower back, dividing the gluteal muscles (the intergluteal line), as well as the lower public area is not visible. It should ensure the closeness of the lower public area and buttocks throughout the program. The longitudinal seam in the lower part of the costume should not be strongly pronounced and point up the lower public area.

6.5. The costume should not be associated with a bikini and/or underwear. It is forbidden to use costumes depicting a naked body.

6.6. In places of contact with units, clothing should not be made of latex, leather and other materials that improve grip.

6.7. It is forbidden to wear overalls and rompers made of net. It is forbidden to use stockings. Overalls with fully "covered" feet are allowed.

6.8. The use of sharp decoration parts such as spikes, glass, pins, needles, etc. is prohibited. It is forbidden to use bedazzlers, beads, bugles and feathers in the decoration of costumes (with the exception of ethnic style costumes).

6.9. Men shall wear non-see-through trousers, tights or breeches, depending on discipline and category. The torso shall remain covered throughout the entire program (one can use athletic shirts and overalls, etc.).

6.10. It is forbidden to use religious symbols as a costume decoration.

7. HAIRSTYLE, MAKEUP, JEWELRY

7.1. The Participant's hairstyle should be shaped so that the neck area is completely open. Wigs and chignons are allowed. Hats of any shape and size are prohibited.

7.2. Decorative cosmetics should be present; makeup should be neat and match the style of the program. It is forbidden to use masks, the face should be open.

Minimum makeup is allowed for children under 18 years old. Makeup should not clearly express parts of the face, but only emphasize these parts.

7.3. Loose hair is forbidden. Ponytail, loose braids and mohawks are forbidden.

7.4. The makeup and hairstyle of the participant should remain unchanged throughout the performance (it is forbidden to smear makeup, apply it during the performance, let hair down or gather it during the performance, etc.).

7.5. There are allowed hair accessories that have a minimum size (for example, earrings with a size of up to 1 centimeter, small hairpins, elastic bands, etc.), all decorations on the head should be well-fixed.

7.6. It is allowed to wear bio-tattooing and mehendi drawings if the costume, venue and apparatus are not contaminated.

7.7. Tattooed and decorated body parts that are not covered by a costume for performance should not contain coarse language, obscene expressions, racial or sexual abuse, calls for inciting race or national hatred, mention of terrorist acts, propaganda of drugs and unhealthy lifestyles, signs of the sexual nature of actions. In case of violations, the Participant shall apply an external coating (patch) to cover the tattoo or decoration.

8. ACCESSORIES

8.1. It is only allowed to perform without footwear. It is forbidden to use boots, knee high boots and other accessories for arms and legs.

- 8.2.** The use of wristbands on arms and legs is allowed if they are part of the costume.
- 8.3.** It is forbidden to use additional accessories (fans, ribbons, chains, balloons, plush toys, etc.). Any stage decor is prohibited.
- 8.4.** It is forbidden to use earrings with a size larger than 1 cm, rings, bracelets, watches, necklaces, piercings, brooches, etc. In cases where it is problematic to remove the piercing, it is allowed to perform with it after agreement with the duty doctor.
- 8.5.** The use of open flames and any pyrotechnic articles is prohibited.
- 8.6.** It is forbidden to use liquids, free-flowing substances (water, colored liquids, liquid paints, confetti, free-flowing sparkles, etc.) during the performance.
- 8.7.** It is forbidden to use moisturizers, lotions, bronzers, creams, etc one day before the competition and during the competition.
- 8.8.** It is allowed to use means to increase grip with the pole – liquid magnesia, but only on parts of the body. The application of any means to the unit is strictly prohibited, except for the categories of “pole with magnesia coating”. It is strictly prohibited to use products that include wax. If the relevant signs are identified (after the participant’s performance, the apparatus polishing characteristics have changed), the results of the performance will be canceled and the participant will be disqualified.
- 8.9.** If some inscriptions are used in clothing, they shall not contain: obscene statements, expressions of obscene, offensive or libelous content against third parties; they shall not also contain calls for violent changes in the constitutional system; calls for inciting racial, national and religious hatred; they shall not contain mentions of terrorist acts; propaganda of drugs and unhealthy lifestyles, signs of the sexual nature of actions. All other types of inscriptions are allowed only by prior agreement with the organizers.
- 8.10.** It is forbidden to use animals, birds, reptiles, insects, live and dried plants, including flowers, open flames and any pyrotechnic articles.
- 8.11.** It is forbidden to use breakable (including glasses with glass lenses) and bladed objects, liquids, free-flowing substances (water, colored liquids, liquid paints, confetti, free-flowing sparkles, etc.) during the performance.
- 8.12.** It is strictly forbidden to apply grip means to sports equipments. Applying grip means to the equipments is allowed only for the appropriate categories if they are open for participation, for example, the nomination “pole with magnesia coating”.

9. BACKGROUND MUSIC

9.1. Performing compulsory programs of aerial sport does not allow the use of musical composition. Compulsory programs don’t contain any choreographic or dance loads in their structure and are a classification and normative characteristic of the Athlete’s physical and technical skills.

10. REPRESENTATIVES AND COACHES

- 10.1.** The organization that submits the Application for participation in the Tournament shall have its representative and register it simultaneously with the roster of the participants.
- 10.1.1.** The representative is an official. He shall know the Tournament Rules and Regulations and comply with them strictly, obey the requirements of the Chief Judge and the panel of judges.
- 10.1.2.** The representative is responsible for the behavior of the participants in his organization and all persons who serve the Participant;
- 10.1.3.** The representative solves the questions of the participants in respect of organizing and judging the Tournament;
- 10.1.4.** Upon the call of the Chief Judge, the representative participates in the meetings of the panel of judges;
- 10.1.5.** The representative may receive certificates of the results of the Tournament;
- 10.1.6.** The representative informs the participants and members of his organization about all decisions of the panel of judges;
- 10.1.7.** During the Tournament, the representative shall be at the stage;
- 10.1.8.** The representative is responsible for the readiness of participants to enter the stage, the neatness and preparedness of their costumes;
- 10.1.9.** The representative ensures the presence of participants and teams at the ceremony of the Tournament opening and closing and the medal ceremony;
- 10.1.10.** The representatives and trainers are not allowed to be members of the judging panel in the category in which their participants perform;
- 10.1.11.** At the request of the organization, the duties of the representative may be performed by the participant's trainer or his legal representative;

10.1.12. The representative and the trainer are not allowed to prompt or give signals to the Participant during his performance.

11. PANEL OF JUDGES

11.1. The panel of judges of the Tournament is completed by the Organizer of the Tournament.

The panel of judges is composed of:

- chief judge;
- chief secretary;
- assistant judges – senior judge of the judging panel;
- judges of the judging panel;
- informing Judge;
- music judge;

11.2. Replacement of a judge may occur in case of his illness or other circumstance that does not allow the judge to continue to perform his duties.

12. CHIEF PANEL OF JUDGES

There are certified judging panels in the possession of the chief panel of judges.

12.1. The minimum number of judges in a panel is 3 (three). The maximum is 12 (twelve) people.

12.2. The chief panel of judges composes judging panels, appoints senior and reserve judges.

12.3. The Organizer of the Tournament is prohibited from being a member of the panel of judges.

13. CHIEF JUDGE

13.1. The chief judge shall:

- 13.1.1.** comply with the IFAS Judge Code strictly;
- 13.1.2.** know and comply with the Tournament Rules and Regulations;
- 13.1.3.** check the condition of the Tournament stage in advance;
- 13.1.4.** know the timing of the Tournament and the “Tournament Regulations”.
- 13.1.5.** hold a meeting of judges before the start of the Tournament;
- 13.1.6.** hold a meeting with representatives of the Participants;
- 13.1.7.** check the availability of a medical first aid team;
- 13.1.8.** provide briefing for the informing Judge and the music judge;
- 13.1.9.** submit a “Report on the Tournament” within 10 (ten) days after its end to the IFAS Presidium.

13.2. The chief judge has the right:

- 13.2.1.** to make changes in the timing of the Tournament, if they aren’t contrary to the Tournament Rules and Regulations;
- 13.2.2.** to cancel or temporarily suspend the Tournament, to postpone its running because of poor condition of the stage, unit or for other reasons that interfere with the running of the Tournament;
- 13.2.3.** to demand an explanation from the Judges, if their actions or decisions are contrary to these Rules or the Judge Code;
- 13.2.4.** to allow the participant to re-perform if there were technical problems through the fault of the Organizer;
- 13.2.5.** to disqualify participants, representatives, coaches, judges who have committed unworthy acts or who have violated the Rules or ethical standards from participation in the Tournament.

14. ASSISTANT JUDGE – SENIOR JUDGE OF THE JUDGING PANEL

14.1. Assistant judge shall:

- 14.1.1.** fulfill the duties of the chief judge in his absence;
- 14.1.2.** fulfill the duties of the senior judge of the judging panel;
- 14.1.3.** strictly comply with the IFAS Judge Code;
- 14.1.4.** coordinate his actions with the Chief Judge;
- 14.1.5.** provide briefing to the judging panel before the Tournament and at the end of the Tournament;
- 14.1.6.** check the illumination intensity of the stage for performances;

- 14.1.7.** fill out the Tournament Protocol;
- 14.1.8.** check the accuracy of determining the places taken by the participants and give permission to announce the results;
- 14.1.9.** draw up and submit to the Chief Judge an analysis of the judging with an assessment of the work of each judge 3 days after the end of the Tournament.

15. JUDGES

- 15.1.** Judge's responsibilities:
 - 15.1.1.** The judge shall comply with the IFAS Judge Code;
 - 15.1.2.** The judge shall arrive at the venue of the Tournament in a timely manner;
 - 15.1.3.** The judge shall conscientiously fulfill his professional duties;
 - 15.1.4.** The judge shall fairly evaluate the performances of the participants in accordance with the Rules;
 - 15.1.5.** The judge shall not allow strangers to influence his work;
 - 15.1.6.** The judge shall not act ethically, sexually, religiously or nationally;
 - 15.1.7.** The judge shall not allow public opinion and criticism to influence the results of his work;
 - 15.1.8.** The judge shall be tolerant, polite, considerate and respectful towards the participants.
 - 15.1.9.** The judge shall demand similar behavior from all Participants and Representatives;
 - 15.1.10.** The judge shall not disclose information obtained while performing his duties;
 - 15.1.11.** The judge shall check the set of his judge's folder;
 - 15.1.12.** The judge shall know all additional documents to the Rules and all instructional documents regarding judging;
 - 15.1.13.** The judge shall attend all judges' meetings of the Tournament;
 - 15.1.14.** At the request of the senior judge, the judge shall present an individual protocol for verification during the Tournament;
 - 15.1.15.** The judge shall, in writing or verbally, to explain to the senior judge the reasons for the mark, which is significantly different from the marks of other judges;
 - 15.1.16.** The judge shall strictly observe the established dress code – a white top (blouse with a collar, shirt) and a dark jacket, a dark bottom (dress trousers), a tie, and black dress shoes.
- 15.2.** Judges shall evaluate performances individually. Judges are not allowed to talk, gesture approval or censure both during and after the performance.
- 15.3.** Judges are not allowed to talk and be distracted during the judging, to talk with participants, representatives and coaches, during breaks or to be in premises reserved for participants.
- 15.4.** Judges are not allowed to record the marks of other judges of any category of participants.
- 15.5.** The judge has the right, as instructed by the chief judge, to perform the duties of the senior judge of the judging panel (temporarily or until the end of the tournament), if the latter cannot continue to perform his duties for a good reason.

16. INFORMING JUDGE

- 16.1.** Appointed by the Organizer and is subordinated to him.
- 16.2.** Manages the opening and closing of the Tournament, represents the judges of the Tournament, announces the order of the Tournament, calls the Participants to the stage for giving performance, announces the results of the Tournament, informs about the progress of the Tournament (breaks, replacing judges, changes in timing, etc.), conducts the medal ceremony.

17. CHIEF MANAGER

- 17.1.** The chief executive manager directs the work of the Tournament staff and performs work of the Tournament Organizer.
- 17.2.** The chief manager shall:
 - 17.2.1.** know the Rules and documents of the Tournament, the program and schedule of the Tournament;
 - 17.2.2.** organize the work of the staff;

- 17.2.3.** take part in the acceptance and approval of applications of Participants, verification of participants' documents;
- 17.2.4.** determine the place and timing of the participants' warm-up;
- 17.2.5.** prepare working documents for judges – judge's folders;
- 17.2.6.** present the results of performances to the chief judge and the informing Judge;
- 17.2.7.** provide individual results of the Participants' performance to their representatives;

18. SPORTS MANAGER

18.1. The chief manager appoints an executive manager for participants. He is an assistant to the chief manager and works under his leadership.

18.2. The sports manager shall:

- 18.2.1.** know the Rules, timing and documents of the Tournament;
- 18.2.2.** check the readiness of the participants for the performance; tell the participants the rules of preparing the stage for the performance;
- 18.2.3.** check areas for the preparation of participants and areas for the work of judges, plan warm-up time;
- 18.2.4.** participate in the organization of the official ceremony of the tournament opening, of the tournament closing and the medal ceremony.

19. TECHNICAL MANAGER

19.1. The chief manager appoints an executive manager for the participants. He is an assistant to the chief manager and works under his leadership.

19.2. The technical manager shall:

- 19.2.1.** know the Rules, timing and documents of the Tournament;
- 19.2.2.** check the technical documentation of the Tournament;
- 19.2.3.** ensure the correct operation of the technical equipment of the stages, shall help the Participants and Representatives of the Participants in using this equipment.

20. SECRETARIES OF THE CALCULATING COMMISSION

- 20.1.** The chief manager appoints the secretaries of the Calculating Commission of the Tournament.
- 20.2.** The secretaries of the calculating commission shall get through briefing before the start of the tournament.
- 20.3.** The secretaries of the calculating commission shall calculate the results of the performance using the working protocols of the judges.
- 20.4.** The secretaries of the calculating commission check the work of electronic-computer technologies and the correctness of calculations.
- 20.5.** The representative of the calculating commission collects the protocols of the judges and passes them to the secretaries, conducting the calculation of results. The secretaries record the results of each performance in the electronic system. The total score of each performance is recorded on a separate card and submitted to the informing judge.

21. APPEALS

21.1. Appeals may be submitted in writing to the chief judge of the Tournament only by the representative of the participant.

21.2. The procedure and time limits for submitting and considering an operational appeal:

- 21.2.1.** The Operational Appeal may be submitted during the performances of the category of the participant who submitted the appeal, but not later than 30 (thirty) minutes after the end of the performances of all participants in his/her category.
- 21.2.2.** The Operational Appeal is submitted on the IFAS letterhead paper provided by the secretary of the judging panel.
- 21.2.3.** The representative shall provide, together with the appeal, video material with the participant's performance being appealed on the portable multimedia player in good quality (otherwise the appeal will be rejected).

21.2.4. All operational appeals are considered by the chief judge at a specially allocated time on the day of the Tournament;

21.2.5. The chief judge shall consider all operational appeals prior to the medal ceremony;

21.3. The procedure and time limits for submitting and considering an appeal:

21.3.1. The appeal may be submitted on the IFAS letterhead paper within 3 (three) days after the end of the tournament and shall be considered within 30 (thirty) business days;

21.3.2. The representative shall provide, together with the appeal, video material with the participant's performance being appealed in good quality (otherwise the appeal will be rejected), as well as the final protocol of the performance.

21.4. The Decision on the Appeal is submitted to the participant's representative.

21.5. The appeal may be considered by the chief panel of judges or personally by the chief judge.

22. TOURNAMENT STAGE AND ITS EQUIPMENT

Tournament stage and its equipment:

22.1. The composition of the stage for all categories of "Pole Sport":

22.1.1. A 7x5 meter stage, covered with an elastic judo mat, should be equipped with two poles – static on the left and dynamic on the right. The height of each pole is 4.2 m; pole diameter is 42 mm.

22.1.2. Poles are installed at a distance of 3 m from each other. The pole material is polished stainless steel. Static pole is installed on the left, dynamic one – on the right.

22.1.3. For the performance of children's categories, the equipment is fitted out with a height limiter at the level of 3.2 meters from the floor.

22.2. The composition of the stage for all categories of "Aerial Silks":

22.2.1. A 4x4 meter stage made of soft judo or gym mats shall be equipped with a solid suspension with or without electrical traction.

22.2.2. The "Aerial Silks" equipment has a length of 8 meters and is fixed at a height of at least 6 meters using a rotary machine.

22.2.3. The material of the "Aerial Silks" equipment has an average degree of stretching.

22.2.4. The use of the participant's equipment is not allowed.

22.3. The composition of the stage for all categories of "Aerial Hoop":

22.3.1. A 4x4 meter stage made of soft judo or gym mats shall be equipped with a solid suspension with or without electrical traction.

22.3.2. The "Aerial Hoop" equipment has 1 attaching point and 3 sizes (80 cm, 90 cm and 100 cm). The diameter of the equipment pipe is 25 mm. The equipment has a fabric tape coating.

22.3.3. The equipment is fixed at the height of the Participant's outstretched arm, on a hard belt using a rotary machine.

22.3.4. The equipment has a round shape without bars, loops and other accessories.

22.3.5. The use of the participant's equipment is not allowed.

22.4. The composition of the stage for all categories of "Aerial Cube":

22.4.1. A 4x4 meter stage made of soft judo or gym mats shall be equipped with a solid suspension with or without electrical traction.

22.4.2. The "Aerial Cube" equipment consists of 12 metal pipes 84 cm long on the outside with a pipe diameter of 38 mm, has 1 attaching point. The equipment has a fabric tape coating.

22.4.3. The equipment is fixed at the height of the Participant's outstretched arm, on a hard belt using a rotary machine.

22.4.4. The use of the participant's equipment is not allowed.

22.5. The Senior Judge sets the illumination intensity of the stage. Changing the illumination intensity during the performances of one category is prohibited.

22.6. The Tournament stage shall be equipped with the equipment for raising and lowering the flag, a mobile podium for rewarding the winners.

23. TOURNAMENT REGULATIONS

23.1. The order of performance of participants is determined by the Organizer using an electronic system of random numbers;

23.2. The tournament should be held no longer than three days. Each day of the Tournament begins no earlier than 8 (eight) hours in the morning and should be ended no later than 22 (twenty two) hours.

23.3. Before the start of the Tournament, warm-up time is provided for each category of participants.

23.4. The public-address announcer calls the participants for giving performance in their category, in the order of the numbers received. If a participant, duet or group does not enter the venue within 40 seconds (forty) after the call, he/she receives a default.

23.5. In case of a break due to unforeseen circumstances for more than 30 (thirty) minutes, participants are given a new warm-up lasting 8 (eight) minutes.

24. TERMINATION OF THE COMPETITION PROGRAM

24.1. The participant shall stop his/her performance at the signal of the chief judge or senior judge.

24.2. The same applies to cases when a participant interrupts the performance on his own due to injury or unexpected damage to the costume without a signal from the senior judge of the judging panel. In this case, the participant leaves the stage without giving reasons for stopping the performance.

24.3. If the participant cannot finish the performance, then the performance is evaluated until the moment it stops.

25. EVALUATION OF PERFORMANCE

25.1. To evaluate the performance, the system of the cost of elements and transitions is used, taking into account penalty points.

25.2. After each performance in any category, each judge submits to the calculating commission the judge's protocols, which indicate the number of the participant, surname, name, duet or group, the serial number of the judge in the judging panel and his marks.

25.3. The Common Protocol with the marks for the performance is presented to the participant during the medal ceremony.

26. PARTICIPANT'S APPLICATION FORM AND SCORING RULES

26.1. The rules for the preparation of the competitive program and the rules for scoring are given in the Manual.

27. PROCEDURE FOR PARTICIPANT'S DISQUALIFICATION

27.1. The participant may be disqualified during the tournament only by decision of the chief judge.

27.2. The decision of disqualification is presented to the participant's representative.

27.2.1. Political and religious offence - **1 – 5 seasons.**

27.2.2. Accidental or intentional removal of costume parts - **1 – 5 seasons.**

27.2.3. Offending other participants, judges, organizers, members of the organizing committee, non-disciplined behavior of the participant, his/her representatives or guests during the tournament - **1 – 5 seasons.**

27.2.4. Use of prohibited grip means on the participant's body or unit - **current Tournament.**

27.2.5. Dissemination in society by the participant or his/her representatives, guests of the tournament or close friends and relatives of the participant (verbally or using Internet resources, social networks before, during or after the tournament) of the adverse information about other participants, their representatives and guests, the results of the tournament, judges, competitive process and unit, the Organizer and his team, sponsors and their products / gifts, IFAS and its members - **1 – 5 seasons, either forever.**

27.2.6. Positive results during medical tests and examinations before or after the Tournament – **forever.**

28. PROCEDURE FOR CALCULATION OF RESULTS

28.1. Points received by each participant are entered by the secretaries of the calculating commission or electronic-computer program into the Participant's General Protocol.

28.2. In the Tournament Protocol, all calculations are made and the final results for each participant are recorded.

28.3. After the performance of each participant is ended and points are counted by the secretaries of the calculating commission or the electronic-computer program, the marks of the judges are announced by the informing Judge.

29. DETERMINATION OF RESULTS AND AWARD-WINNING PLACES OF PARTICIPANTS

29.1. The participant with the greatest total points takes the first place, the participant with the following total points – the second place, etc.

29.2. If two or more participants have the same amount of points, then the Participants share the award-winning place.

29.3. If two participants share the first place in this way, then both of them take the first place, and the next participants are awarded with the 2nd, 3rd and the following places.

29.4. After the end of the Tournament, within 14 days, the "Committee on Sports Qualifications", by means of a commission, checks the results of performances of the Participants of compulsory programs and makes a decision on the awarding of athletic titles and qualifications. Athletes who are awarded an athletic title or qualification are awarded sports prizes at the medal ceremony at the next Tournament of not lower than the national level.

29.5. Provided that the Tournament lasts longer than one day and all the members of the commission of the "Committee on Sports Qualifications" are involved in the work of the Tournament, rewarding with sports prizes is carried out at the current Tournament.

30. DECLARATION OF THE RESULTS

30.1. Final results of the Tournament are announced immediately after the performance of all participants of all categories, after calculation of the results and determining the prizes.

30.2. The tournament report shall contain the following information:

- place, date and time;
- size and technical parameters of the stage and its equipments;
- condition of the stage and its equipments;
- weather conditions (for open stages);
- the number of participants in each type and each category of the competition;
- seating of judges, composition of the panel of judges, surnames of the chief manager, executive managers and secretaries of the calculating commission;
- results of each participant and the final results of the tournament;
- surnames of the participants who took three award-winning places.

30.3. The report on the Tournament shall be prepared by the Chief Judge within 10 (ten) calendar days after the last Tournament day and submitted to the organizer and to the IFAS presidium;

30.4. The report on the Tournament shall be available free.

31. AWARD CEREMONY FOR THE PARTICIPANTS, OPENING AND CLOSING OF THE TOURNAMENT

31.1. Winners are announced and awarded in accordance with the "Tournament Regulations" on the basis of the ranking of prize places of the participants.

- 31.2.** Rewarding of the winners and teams is held at the end of all categories of the tournament. The team prize is awarded to the team captain.
- 31.3.** The official ceremony of the tournament opening and the flag ceremony shall be held no later than the evening of the first tournament day.
- 31.4.** The official ceremony of the tournament closing and competitors' parade are held on the last tournament day.

32. PHOTO AND VIDEO RECORDING

- 32.1.** All photo and video materials belong to the organizer.
- 32.2.** The participant has no right to demand compensation, remuneration and other conditions for photos, negatives and videos taken before, during and after the tournament.
- 32.3.** The participant has the right to receive his photos for personal purposes, but has no right to use them for commercial purposes.
- 32.4.** The participant agrees that all negatives, photos and videos can be used by the organizer for advertising and commercial purposes.

2 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:

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	
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, (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. **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 unit 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. **Entry** – the transition of the athlete from a preparatory position on the floor to an exercise on the equipment;
- 2.9. **Exit** – 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 (2nd 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 (2nd category)** – aerial-strengths exercises on suspended long pieces of cloth made of medium stretch fabric material.
- 2.14. **Aerial Hoop (2nd 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 THE PARTICIPANT’S PERFORMANCE

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 minor.

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 unit.

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.** "Aerial Hoop" Discipline - 4 seconds;
 - 6.4.2.** "Aerial Silks" Discipline - 4 seconds;
 - 6.4.3.** "Aerial Cube" Discipline - 4 seconds;
 - 6.4.4.** "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







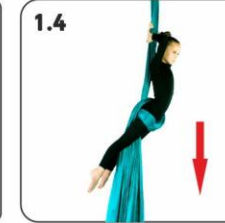






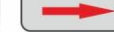

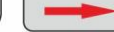













- 7.1.** The main requirement for transitions is the most pure and error-free performing. Performing a dismount to the floor (APA Pole Sport / APA Hoop / APA Cube), or a climb or sub-climb (APA silks) - the Participant lowers his mark for transition to a minimum. By adding spectacular or strengths elements, 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. SCORING RULES IN THE DISCIPLINE "Aerial Silks" OF THE 2nd CATEGORY

9.1. Table of elements in the compulsory programs of the **2nd category** by sport "Aerial Sport" in the discipline "Aerial Silks"

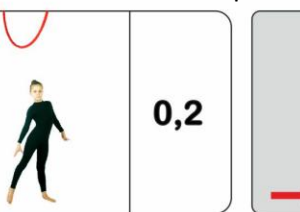

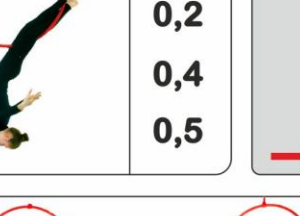

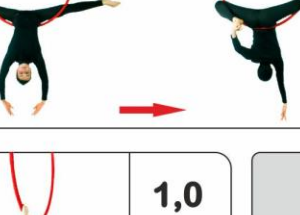

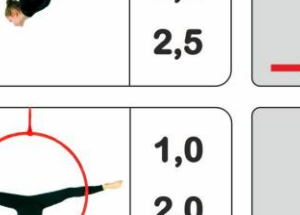





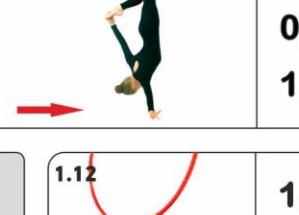

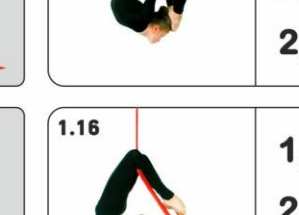

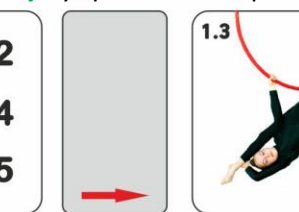

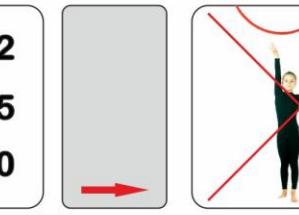

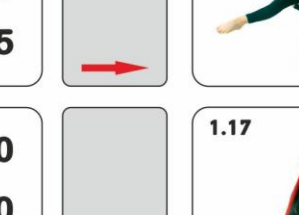



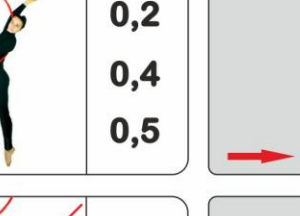

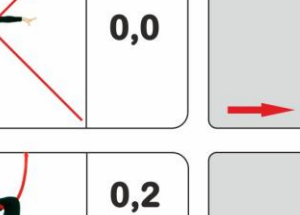

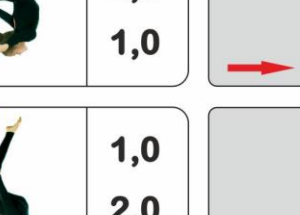

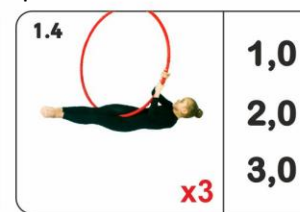







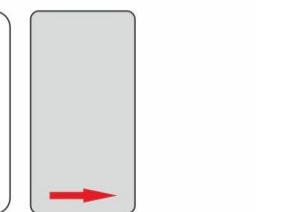


1.1 	0,2		1.2  x3	0,5 1,0 2,0		1.3 	0,2 0,5 1,0		1.4 	0,2 0,5 1,0	
1.5 	0,5 1,0 2,0			0,0		1.6 	1,0 2,0 2,5		1.7 	1,0 2,5 3,5	
	0,0		1.8 	0,2 0,4 0,5		1.9 	1,0 2,0 2,5		1.10 	1,0 2,0 2,5	
1.11 	1,0 2,0 2,5		1.12 				1.13 	0,2	END		

9.2. Table of transitions in the compulsory programs of the 2nd category by sport "Aerial Sport" in the discipline "Aerial Silks".









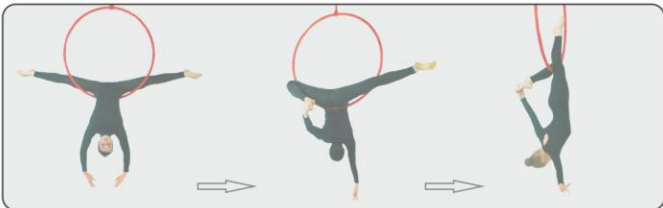





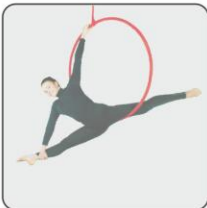

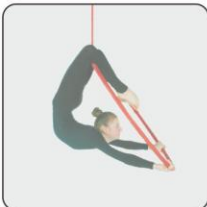



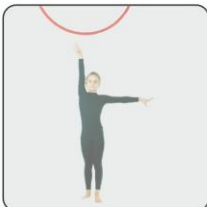
	2.1 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 		2.2 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 		2.3 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 		2.4 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0
	Transition mediocre - 0,0 good - 0,0 great - 0,0 spectacular - 0,0 		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 		Transition mediocre - 0,0 good - 0,0 great - 0,0 spectacular - 0,0
	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
	2.11 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 				2.12 Transition mediocre - 1,0 good - 2,0 great - 3,0 spectacular - 4,0 		END

10. SCORING RULES IN THE DISCIPLINE "Aerial Hoop" OF THE 2nd CATEGORY

10.1. Table of elements in the compulsory programs of the **2nd category** by sport "Aerial Sport" in the discipline "Aerial Hoop".




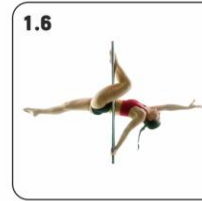




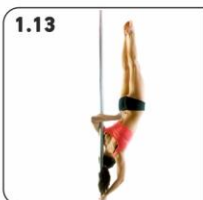
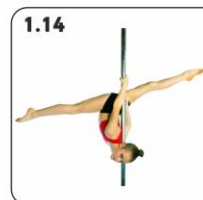

1.1 	0,2		1.2 	0,2 0,4 0,5		1.3 	1,0 2,0 2,5		1.4 	1,0 2,0 3,0 x3		
1.5 	0,2 0,4 0,5		1.6 	0,2 0,5 1,0		1.7 	0,2 0,4 0,5		1.8 	0,2 0,5 1,0		
1.9 			0,2 0,5 1,0					0,0		1.10 	0,2 0,5 1,0 x3	
1.11 	1,0 2,0 2,5		1.12 	1,0 2,0 2,5		1.13 	0,2 0,5 1,0		1.14 	0,2 0,5 1,0		
1.15 	1,0 2,0 2,5		1.16 	1,0 2,0 2,5		1.17 	1,0 2,0 2,5		1.18 	1,0 2,0 3,0 x3		
	0,0		1.19 	0,2	END							

10.2. Table of transitions in the compulsory programs of the 2nd category by sport "Aerial Sport" in the discipline "Aerial Hoop".





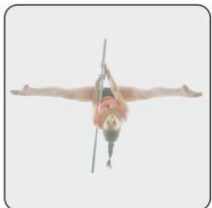
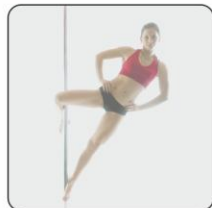
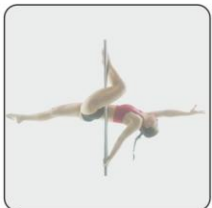

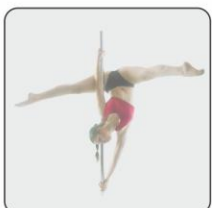
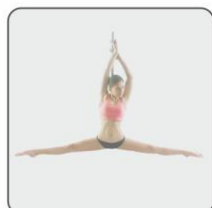
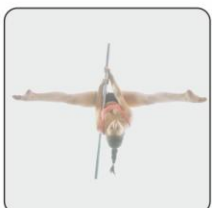

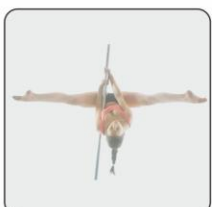
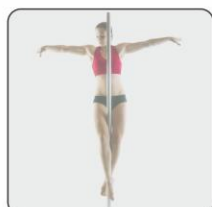
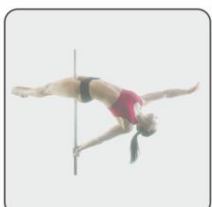

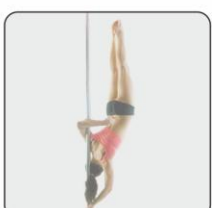
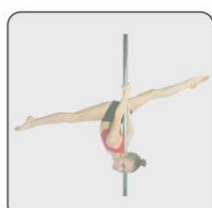


	<p>2.1 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>→</p>		<p>2.2 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>→</p>		<p>2.3 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 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>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>2.18 Transition</p> <p>1 rotation - 1,0</p> <p>2 rotations - 2,0</p> <p>3 rotations - 3,0</p> <p>3 rotations nonstop - 4,0</p> <p>→</p>
	<p>2.19 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>2.19 Transition</p> <p>mediocre - 1,0</p> <p>good - 2,0</p> <p>great - 3,0</p> <p>spectacular - 4,0</p> <p>→</p>	END			

11. SCORING RULES IN THE DISCIPLINE "Pole Sport" OF THE 2nd CATEGORY

11.1. Table of elements in the compulsory programs of the **2nd category** by sport "Aerial Sport" in the discipline "Pole Sport".

1.1	Starting position	0,2		1.2	0,5 0,7 1,0		1.3	0,5 0,7 1,0		1.4	0,5 0,7 1,0	
	0,0			0,0			0,5 1,0 1,5			0,5 0,7 1,0		
1.7	0,5 1,0 2,0		1.8	0,5 0,7 1,0		1.9	0,5 0,7 1,0	D I N A M I C		0,0		
	0,0			0,0		1.10	0,5 0,7 1,0		1.11	0,5 0,7 1,0		
1.12	0,5 0,7 1,0		1.13	0,5 1,5 3,0		1.14	0,5 1,5 3,0		1.15	0,5 1,0 2,0		
												
1.16	0,5 1,5 3,0		1.17	End position	0,2	END						

11.2. Table of transitions in the compulsory programs of the 2nd category by sport "Aerial Sport" in the discipline "Pole Sport".

<p>Starting position</p>	<p>2.1 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.2 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.3 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.4 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>
	<p>2.5 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.6 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.7 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.8 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>
	<p>2.9 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.10 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.11 Transition transition to the dynamics - 2,0</p>		<p>Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>
	<p>2.12 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.13 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.14 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.15 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>
	<p>2.16 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.17 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.18 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>		<p>2.19 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>
	<p>2.20 Transition full - 1,0 partial - 2,0 minimum - 3,0 spectacular - 4,0</p>	<p>End position</p>	<p>END</p>				

12. SCORING PENALTY RULES (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 10 – on the head, stomach, back; 5 – on the buttocks; 3 – on hands, knees; 1 – 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 belayer)	1
		3.6.2. lack of lining costume	2
		3.6.3. for lack of backing of the sport outfit +for visible outline of private parts	4
		3.6.4. for lack 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 aerial 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»		
3rd International Sports Title	37,3 points	Not necessary
2nd International Sports Title	51,8 points	Not necessary
«Aerial Hoop»		
3rd International Sports Title	60,6 points	Not necessary
2nd International Sports Title	84,8 points	Not necessary
«PoleSport»		
3rd International Sports Title	63,5 points	Not necessary
2nd International Sports Title	73,0 points	Not necessary

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

14. 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 _____

15. 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.

16. 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.

17. 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.

18. 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.

19. 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.

20. 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.

21. 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.




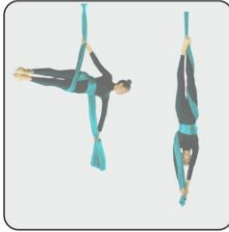







8.4. Repeat of the same transition (including dismount and/or approach to the equipment).

22. 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".

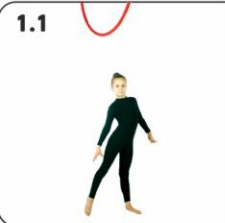









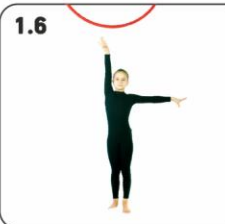

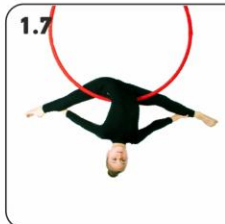









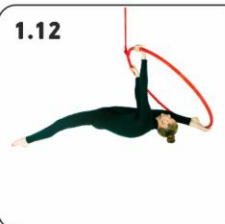

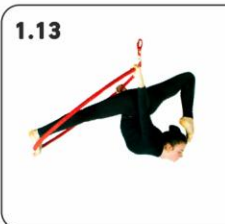









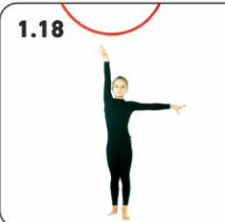

1.1 	0,2		1.2  x4	0,5 1,0 2,0		1.3 	0,5 1,5 2,5		1.4 	0,2 0,5 1,0	
1.5 	1,0 2,0 3,0		1.6 	0,5 1,5 2,5		1.7  x3	1,0 2,0 3,0		1.8 	0,0	
1.9 	1,0 2,0 3,0		1.10 	0,5 1,0 2,0		1.11 	0,2	END			

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		

23. 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”.



2.1 Transition
 mediocre - 1,0
 good - 2,0
 great - 3,0
 spectacular - 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



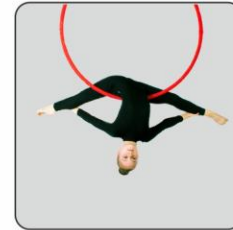
2.4 Transition
 mediocre - 1,0
 good - 2,0
 great - 3,0
 spectacular - 4,0



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



2.11 Transition
 mediocre - 1,0
 good - 2,0
 great - 3,0
 spectacular - 4,0



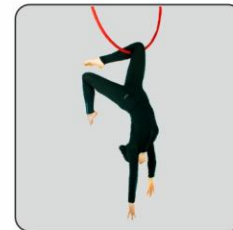
2.12 Transition
 mediocre - 1,0
 good - 2,0
 great - 3,0
 spectacular - 4,0



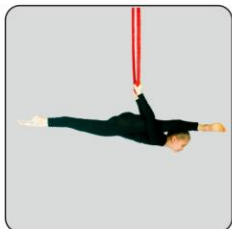
2.13 Transition
 mediocre - 1,0
 good - 2,0
 great - 3,0
 spectacular - 4,0



2.14 Transition
 mediocre - 1,0
 good - 2,0
 great - 3,0
 spectacular - 4,0



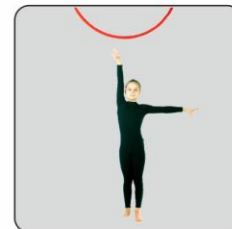
2.15 Transition
 mediocre - 1,0
 good - 2,0
 great - 3,0
 spectacular - 4,0



2.16 Transition
 mediocre - 1,0
 good - 2,0
 great - 3,0
 spectacular - 4,0



















2.17 Transition
 mediocre - 1,0
 good - 2,0
 great - 3,0
 spectacular - 4,0












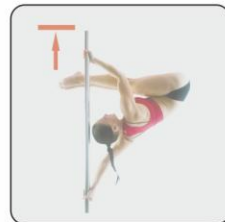



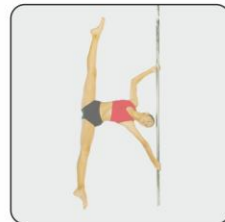
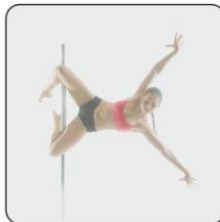

END

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

25. 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

26. 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)