

INTERNATIONAL FEDERATION AERIAL SPORT

**WAAPA**  
version

# RULES

ARBITRARY PROGRAM OF PERFORMANCES



The Rules are developed:  
the "International Federation Aerial sport" Methodological Committee

Approved by the IFAS Executive Committee in may 2020

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## 1. ABBREVIATIONS AND ACRONYMS

IFAS – International Federation Aerial Sport

APA – 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  |              |              |              |                     |  |
|----------------------|----------|--------------|--------------|--------------|--------------|---------------------|--|
|                      |          | Pole Sport   | Aerial Silks | Aerial Hoop  | Aerial Cube  | Aerial Loop Hammock |  |
| Solo program         |          | <b>WPSSA</b> | <b>WASSA</b> | <b>WAHSA</b> | <b>WACSA</b> | <b>WHSA</b>         |  |
| Adults 18 – 29 years |          |              |              |              |              |                     |  |
| A                    | Women    | WPSSAW/1-A   | WASSAW/1-A   | WAHSAW/1-A   | WACSAW/1-A   | WHSAW/1-A           |  |
|                      | Men      | WPSSAM/1-A   | WASSAM/1-A   | WAHSAM/1-A   | WACSAM/1-A   | WHSAM/1-A           |  |
| B                    | Women    | WPSSAW/1-B   | WASSAW/1-B   | WAHSAW/1-B   | WACSAW/1-B   | WHSAW/1-B           |  |
|                      | Men      | WPSSAM/1-B   | WASSAM/1-B   | WAHSAM/1-B   | WACSAM/1-B   | WHSAM/1-B           |  |
| C                    | Women    | WPSSAW/1-C   | WASSAW/1-C   | WAHSAW/1-C   | WACSAW/1-C   | WHSAW/1-C           |  |
|                      | Men      | WPSSAM/1-C   | WASSAM/1-C   | WAHSAM/1-C   | WACSAM/1-C   | WHSAM/1-C           |  |
| D                    | Women    | WPSSAW/1-D   | WASSAW/1-D   | WAHSAW/1-D   | WACSAW/1-D   | WHSAW/1-D           |  |
|                      | Men      | WPSSAM/1-D   | WASSAM/1-D   | WAHSAM/1-D   | WACSAM/1-D   | WHSAM/1-D           |  |
| Adults 30 – 34 years |          |              |              |              |              |                     |  |
| A                    | Women    | WPSSAW/2-A   | WASSAW/2-A   | WAHSAW/2-A   | WACSAW/2-A   | WHSAW/2-A           |  |
|                      | Men      | WPSSAM/2-A   | WASSAM/2-A   | WAHSAM/2-A   | WACSAM/2-A   | WHSAM/2-A           |  |
| B                    | Women    | WPSSAW/2-B   | WASSAW/2-B   | WAHSAW/2-B   | WACSAW/2-B   | WHSAW/2-B           |  |
|                      | Men      | WPSSAM/2-B   | WASSAM/2-B   | WAHSAM/2-B   | WACSAM/2-B   | WHSAM/2-B           |  |
| C                    | Women    | WPSSAW/2-C   | WASSAW/2-C   | WAHSAW/2-C   | WACSAW/2-C   | WHSAW/2-C           |  |
|                      | Men      | WPSSAM/2-C   | WASSAM/2-C   | WAHSAM/2-C   | WACSAM/2-C   | WHSAM/2-C           |  |
| D                    | Women    | WPSSAW/2-D   | WASSAW/2-D   | WAHSAW/2-D   | WACSAW/2-D   | WHSAW/2-D           |  |
|                      | Men      | WPSSAM/2-D   | WASSAM/2-D   | WAHSAM/2-D   | WACSAM/2-D   | WHSAM/2-D           |  |
| Adults 35 – 39 years |          |              |              |              |              |                     |  |
| A                    | Women    | WPSSAW/3-A   | WASSAW/3-A   | WAHSAW/3-A   | WACSAW/3-A   | WHSAW/3-A           |  |
|                      | Men      | WPSSAM/3-A   | WASSAM/3-A   | WAHSAM/3-A   | WACSAM/3-A   | WHSAM/3-A           |  |
| B                    | Women    | WPSSAW/3-B   | WASSAW/3-B   | WAHSAW/3-B   | WACSAW/3-B   | WHSAW/3-B           |  |
|                      | Men      | WPSSAM/3-B   | WASSAM/3-B   | WAHSAM/3-B   | WACSAM/3-B   | WHSAM/3-B           |  |
| C                    | Women    | WPSSAW/3-C   | WASSAW/3-C   | WAHSAW/3-C   | WACSAW/3-C   | WHSAW/3-C           |  |
|                      | Men      | WPSSAM/3-C   | WASSAM/3-C   | WAHSAM/3-C   | WACSAM/3-C   | WHSAM/3-C           |  |
| D                    | Women    | WPSSAW/3-D   | WASSAW/3-D   | WAHSAW/3-D   | WACSAW/3-D   | WHSAW/3-D           |  |
|                      | Men      | WPSSAM/3-D   | WASSAM/3-D   | WAHSAM/3-D   | WACSAM/3-D   | WHSAM/3-D           |  |
| Adults 40+ years     |          |              |              |              |              |                     |  |
| A                    | Women    | WPSSAW/4-A   | WASSAW/4-A   | WAHSAW/4-A   | WACSAW/4-A   | WHSAW/4-A           |  |
|                      | Men      | WPSSAM/4-A   | WASSAM/4-A   | WAHSAM/4-A   | WACSAM/4-A   | WHSAM/4-A           |  |
| B                    | Women    | WPSSAW/4-B   | WASSAW/4-B   | WAHSAW/4-B   | WACSAW/4-B   | WHSAW/4-B           |  |
|                      | Men      | WPSSAM/4-B   | WASSAM/4-B   | WAHSAM/4-B   | WACSAM/4-B   | WHSAM/4-B           |  |
| C                    | Women    | WPSSAW/4-C   | WASSAW/4-C   | WAHSAW/4-C   | WACSAW/4-C   | WHSAW/4-C           |  |
|                      | Men      | WPSSAM/4-C   | WASSAM/4-C   | WAHSAM/4-C   | WACSAM/4-C   | WHSAM/4-C           |  |
| D                    | Women    | WPSSAW/4-D   | WASSAW/4-D   | WAHSAW/4-D   | WACSAW/4-D   | WHSAW/4-D           |  |
|                      | Men      | WPSSAM/4-D   | WASSAM/4-D   | WAHSAM/4-D   | WACSAM/4-D   | WHSAM/4-D           |  |
| Duets                |          | <b>WPSDA</b> | <b>WASDA</b> | <b>WAHDA</b> | <b>WACDA</b> | <b>WHDDA</b>        |  |
|                      | Women    | WPSSAW       | WASSAW       | WAHSAW       | WACSAW       | WHSAW               |  |
|                      | Men      | WPSSAM       | WASSAM       | WAHSAM       | WACSAM       | WHSAM               |  |
|                      | Mixed    | WPSSAMix     | WASSAMix     | WAHSAMix     | WACSAMix     | WHSAMix             |  |
| Groups               |          | <b>WPSGA</b> | <b>WASGA</b> | <b>WAHGA</b> | <b>WACGA</b> | <b>WHGGA</b>        |  |
|                      | Women    | WPSSAW       | WASSAW       | WAHSAW       | WACSAW       | WHSAW               |  |
|                      | Men      | WPSSAM       | WASSAM       | WAHSAM       | WACSAM       | WHSAM               |  |
|                      | Mixed    | WPSSAMix     | WASSAMix     | WAHSAMix     | WACSAMix     | WHSAMix             |  |

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

| Type                   | Category | Designation  |              |              |              |                     |  |
|------------------------|----------|--------------|--------------|--------------|--------------|---------------------|--|
|                        |          | Pole Sport   | Aerial Silks | Aerial Hoop  | Aerial Cube  | Aerial Loop Hammock |  |
| Solo program           |          | <b>WPSSA</b> | <b>WASSA</b> | <b>WAHSA</b> | <b>WACSA</b> | <b>WHSA</b>         |  |
| Children 5 – 6 years   |          |              |              |              |              |                     |  |
| A                      | Girls    | WPSSCG/1-A   | WASSCG/1-A   | WAHSCG/1-A   | WACSCG/1-A   | WHSCG/1-A           |  |
|                        | Boys     | WPSSCB/1-A   | WASSCB/1-A   | WAHSCB/1-A   | WACSCB/1-A   | WHSCB/1-A           |  |
| B                      | Girls    | WPSSCG/1-B   | WASSCG/1-B   | WAHSCG/1-B   | WACSCG/1-B   | WHSCG/1-B           |  |
|                        | Boys     | WPSSCB/1-B   | WASSCB/1-B   | WAHSCB/1-B   | WACSCB/1-B   | WHSCB/1-B           |  |
| C                      | Girls    | WPSSCG/1-C   | WASSCG/1-C   | WAHSCG/1-C   | WACSCG/1-C   | WHSCG/1-C           |  |
|                        | Boys     | WPSSCB/1-C   | WASSCB/1-C   | WAHSCB/1-C   | WACSCB/1-C   | WHSCB/1-C           |  |
| D                      | Girls    | WPSSCG/1-D   | WASSCG/1-D   | WAHSCG/1-D   | WACSCG/1-D   | WHSCG/1-D           |  |
|                        | Boys     | WPSSCB/1-D   | WASSCB/1-D   | WAHSCB/1-D   | WACSCB/1-D   | WHSCB/1-D           |  |
| Children 7 – 9 years   |          |              |              |              |              |                     |  |
| A                      | Girls    | WPSSCG/2-A   | WASSCG/2-A   | WAHSCG/2-A   | WACSCG/2-A   | WHSCG/2-A           |  |
|                        | Boys     | WPSSCB/2-A   | WASSCB/2-A   | WAHSCB/2-A   | WACSCB/2-A   | WHSCB/2-A           |  |
| B                      | Girls    | WPSSCG/2-B   | WASSCG/2-B   | WAHSCG/2-B   | WACSCG/2-B   | WHSCG/2-B           |  |
|                        | Boys     | WPSSCB/2-B   | WASSCB/2-B   | WAHSCB/2-B   | WACSCB/2-B   | WHSCB/2-B           |  |
| C                      | Girls    | WPSSCG/2-C   | WASSCG/2-C   | WAHSCG/2-C   | WACSCG/2-C   | WHSCG/2-C           |  |
|                        | Boys     | WPSSCB/2-C   | WASSCB/2-C   | WAHSCB/2-C   | WACSCB/2-C   | WHSCB/2-C           |  |
| D                      | Girls    | WPSSCG/2-D   | WASSCG/2-D   | WAHSCG/2-D   | WACSCG/2-D   | WHSCG/2-D           |  |
|                        | Boys     | WPSSCB/2-D   | WASSCB/2-D   | WAHSCB/2-D   | WACSCB/2-D   | WHSCB/2-D           |  |
| Children 10 – 12 years |          |              |              |              |              |                     |  |
| A                      | Girls    | WPSSCG/3-A   | WASSCG/3-A   | WAHSCG/3-A   | WACSCG/3-A   | WHSCG/3-A           |  |
|                        | Boys     | WPSSCB/3-A   | WASSCB/3-A   | WAHSCB/3-A   | WACSCB/3-A   | WHSCB/3-A           |  |
| B                      | Girls    | WPSSCG/3-B   | WASSCG/3-B   | WAHSCG/3-B   | WACSCG/3-B   | WHSCG/3-B           |  |
|                        | Boys     | WPSSCB/3-B   | WASSCB/3-B   | WAHSCB/3-B   | WACSCB/3-B   | WHSCB/3-B           |  |
| C                      | Girls    | WPSSCG/3-C   | WASSCG/3-C   | WAHSCG/3-C   | WACSCG/3-C   | WHSCG/3-C           |  |
|                        | Boys     | WPSSCB/3-C   | WASSCB/3-C   | WAHSCB/3-C   | WACSCB/3-C   | WHSCB/3-C           |  |
| D                      | Girls    | WPSSCG/3-D   | WASSCG/3-D   | WAHSCG/3-D   | WACSCG/3-D   | WHSCG/3-D           |  |
|                        | Boys     | WPSSCB/3-D   | WASSCB/3-D   | WAHSCB/3-D   | WACSCB/3-D   | WHSCB/3-D           |  |
| Children 13 – 14 years |          |              |              |              |              |                     |  |
| A                      | Girls    | WPSSCG/4-A   | WASSCG/4-A   | WAHSCG/4-A   | WACSCG/4-A   | WHSCG/4-A           |  |
|                        | Boys     | WPSSCB/4-A   | WASSCB/4-A   | WAHSCB/4-A   | WACSCB/4-A   | WHSCB/4-A           |  |
| B                      | Girls    | WPSSCG/4-B   | WASSCG/4-B   | WAHSCG/4-B   | WACSCG/4-B   | WHSCG/4-B           |  |
|                        | Boys     | WPSSCB/4-B   | WASSCB/4-B   | WAHSCB/4-B   | WACSCB/4-B   | WHSCB/4-B           |  |
| C                      | Girls    | WPSSCG/4-C   | WASSCG/4-C   | WAHSCG/4-C   | WACSCG/4-C   | WHSCG/4-C           |  |
|                        | Boys     | WPSSCB/4-C   | WASSCB/4-C   | WAHSCB/4-C   | WACSCB/4-C   | WHSCB/4-C           |  |
| D                      | Girls    | WPSSCG/4-D   | WASSCG/4-D   | WAHSCG/4-D   | WACSCG/4-D   | WHSCG/4-D           |  |
|                        | Boys     | WPSSCB/4-D   | WASSCB/4-D   | WAHSCB/4-D   | WACSCB/4-D   | WHSCB/4-D           |  |
| Juniors 15 – 17 years  |          |              |              |              |              |                     |  |
| A                      | Girls    | WPSSJG-A     | WASSJG-A     | WAHSJG-A     | WACSJG-A     | WHSJG-A             |  |
|                        | Boys     | WPSSJB-A     | WASSJB-A     | WAHSJB-A     | WACSJB-A     | WHSJB-A             |  |
| B                      | Girls    | WPSSJG-B     | WASSJG-B     | WAHSJG-B     | WACSJG-B     | WHSJG-B             |  |
|                        | Boys     | WPSSJB-B     | WASSJB-B     | WAHSJB-B     | WACSJB-B     | WHSJB-B             |  |
| C                      | Girls    | WPSSJG-C     | WASSJG-C     | WAHSJG-C     | WACSJG-C     | WHSJG-C             |  |
|                        | Boys     | WPSSJB-C     | WASSJB-C     | WAHSJB-C     | WACSJB-C     | WHSJB-C             |  |
| D                      | Girls    | WPSSJG-D     | WASSJG-D     | WAHSJG-D     | WACSJG-D     | WHSJG-D             |  |
|                        | Boys     | WPSSJB-D     | WASSJB-D     | WAHSJB-D     | WACSJB-D     | WHSJB-D             |  |
| Duets (Children)       |          | <b>WPSDA</b> | <b>WASDA</b> | <b>WAHDA</b> | <b>WACDA</b> | <b>WHDA</b>         |  |
|                        | Girls    | WPSSDCG      | WASSDCG      | WAHDCG       | WACDCG       | WHDCG               |  |
|                        | Boys     | WPSSDCB      | WASSDCB      | WAHDCB       | WACDCB       | WHDCB               |  |
| Duets (Juniors)        | Mixed    | WPSSDCMix    | WASSDCMix    | WAHDCMix     | WACDCMix     | WHDCMix             |  |
|                        | Girls    | WPSSDJG      | WASSDJG      | WAHDJG       | WACDJG       | WHDJG               |  |
|                        | Boys     | WPSSDJB      | WASSDJB      | WAHDJB       | WACDJB       | WHDJB               |  |
| Groups (Children)      | Mixed    | WPSSDJMix    | WASSDJMix    | WAHDJMix     | WACDJMix     | WHDJMix             |  |
|                        | Girls    | WPSSGCG      | WASSGCG      | WAHGCG       | WACGCG       | WHGCG               |  |
|                        | Boys     | WPSSGCB      | WASSGCB      | WAHGCB       | WACGCB       | WHGCB               |  |
| Groups (Children)      | Mixed    | WPSSGCMix    | WASSGCMix    | WAHGCMix     | WACGCMix     | WHGCMix             |  |

|                  |       |              |              |              |              |             |  |
|------------------|-------|--------------|--------------|--------------|--------------|-------------|--|
| Groups (Juniors) |       | <b>WPSGA</b> | <b>WASGA</b> | <b>WAHGA</b> | <b>WACGA</b> | <b>WHGA</b> |  |
|                  | Girls | WPSGJG       | WASGJG       | WAHGJG       | WACGJG       | WHGJG       |  |
|                  | Boys  | WPSGJB       | WASGJB       | WAHSGJB      | WACGJB       | WHGJB       |  |
|                  | Mixed | WPSGJMix     | WASGJMix     | WAHGJMix     | WACGJMix     | WHGJMix     |  |

### 2.3. Approved requirements for categories of Participants:

| Type /Category                            | Age               | Sports experience of over 1 year | Number of participants in performances |
|---|-------------------|----------------------------------|--|
| Solo/Children / 5-6 years / Subgroup A    | 5-6 years         | not required                     | 1                                      |
| Solo/Children / 5-6 years / Subgroup B    | 5-6 years         | required                         | 1                                      |
| Solo/Children / 5-6 years / Subgroup C    | 5-6 years         | not required                     | 1                                      |
| Solo/Children / 5-6 years / Subgroup D    | 5-6 years         | not required                     | 1                                      |
| Solo/Children / 7-9 years / Subgroup A    | 7-9 years         | not required                     | 1                                      |
| Solo/Children / 7-9 years / Subgroup B    | 7-9 years         | required                         | 1                                      |
| Solo/Children / 7-9 years / Subgroup C    | 7-9 years         | not required                     | 1                                      |
| Solo/Children / 7-9 years / Subgroup D    | 7-9 years         | not required                     | 1                                      |
| Solo/Children / 10-12 years / Subgroup A  | 10-12 years       | not required                     | 1                                      |
| Solo/Children / 10-12 years / Subgroup B  | 10-12 years       | required                         | 1                                      |
| Solo/Children / 10-12 years / Subgroup C  | 10-12 years       | not required                     | 1                                      |
| Solo/Children / 10-12 years / Subgroup D  | 10-12 years       | not required                     | 1                                      |
| Solo/Children / 13-14 years / Subgroup A  | 13-14 years       | not required                     | 1                                      |
| Solo/Children / 13-14 years / Subgroup B  | 13-14 years       | required                         | 1                                      |
| Solo/Children / 13-14 years / Subgroup C  | 13-14 years       | not required                     | 1                                      |
| Solo/Children / 13-14 years / Subgroup D  | 13-14 years       | not required                     | 1                                      |
| Solo / Juniors / 15-17 years / Subgroup A | 15-17 years       | not required                     | 1                                      |
| Solo / Juniors / 15-17 years / Subgroup B | 15-17 years       | required                         | 1                                      |
| Solo / Juniors / 15-17 years / Subgroup C | 15-17 years       | not required                     | 1                                      |
| Solo / Juniors / 15-17 years / Subgroup D | 15-17 years       | not required                     | 1                                      |
| Duets (Children) 7-14 years               | 7-14 years        | not required                     | 2                                      |
| Duets (Juniors) 15-17 years               | 15-17 years       | not required                     | 2                                      |
| Groups (Children) 7-14 years              | 7-14 years        | not required                     | 3-4                                    |
| Groups (Juniors) /15-17 years             | 15-17 years       | not required                     | 3-4                                    |
| Solo / Adults 18 – 29 years / Subgroup A  | 18-29 years       | not required                     | 1                                      |
| Solo / Adults 18 – 29 years / Subgroup B  | 18-29 years       | required                         | 1                                      |
| Solo / Adults 18 – 29 years / Subgroup C  | 18-29 years       | not required                     | 1                                      |
| Solo / Adults 18 – 29 years / Subgroup D  | 18-29 years       | not required                     | 1                                      |
| Solo / Adults 30 – 34 years / Subgroup A  | 30-34 years       | not required                     | 1                                      |
| Solo / Adults 30 – 34 years / Subgroup B  | 30-34 years       | required                         | 1                                      |
| Solo / Adults 30 – 34 years / Subgroup C  | 30-34 years       | not required                     | 1                                      |
| Solo / Adults 30 – 34 years / Subgroup D  | 30-34 years       | not required                     | 1                                      |
| Solo / Adults 35 – 39 years / Subgroup A  | 35-39 years       | not required                     | 1                                      |
| Solo / Adults 35 – 39 years / Subgroup B  | 35-39 years       | required                         | 1                                      |
| Solo / Adults 35 – 39 years / Subgroup C  | 35-39 years       | not required                     | 1                                      |
| Solo / Adults 35 – 39 years / Subgroup D  | 35-39 years       | not required                     | 1                                      |
| Solo / Adults 40+ years / Subgroup A      | 40+ years         | not required                     | 1                                      |
| Solo / Adults 40+ years / Subgroup B      | 40+ years         | required                         | 1                                      |
| Solo / Adults 40+ years / Subgroup C      | 40+ years         | not required                     | 1                                      |
| Solo / Adults 40+ years / Subgroup D      | 40+ years         | not required                     | 1                                      |
| Duets Adults                              | from 18 years old | not required                     | 2                                      |
| Groups. Adults                            | from 18 years old | not required                     | 3-4                                    |

**2.4.** By nature, the following tournaments are distinguished:

**2.4.1.** Individual Tournament, which determines the prizes of individual participants, duets, groups;

**2.4.2.** Team Tournament, in which, based on the results of individual participants, the places of teams are determined;

**2.4.3.** Individual-team Tournament, in which the places of individual participants and teams are simultaneously determined.

**2.5.** Tournaments are divided into:

**2.5.1.** Class Tournaments are held according to the requirements of the Rules (for example, the National APA Tournament);

**2.5.2.** Non-class Tournaments, which are held according to the program of the Organizer and deviate from the requirements of the Rules.

### **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 WAAPA Manual).

**4.4.** The participant shall send the background music of his/her program per e-mail no later than 14 days before the date of the Tournament.

**4.4.1.** The file shall be sent in the ".mp3" format with the file name strictly indicated as "Surname and Name\_equipment\_category and subgroup.mp3" (for duets and groups in the order of the names of the participants), for example: "0023w Sandra Smith.mp3".

**4.4.2.** If the music is not given to the Organizer on time or there's no name indicated in accordance with the requirements, the Participant is not allowed to participate in the Tournament. On the day of the Tournament, the participant shall have an electronic data storage device with background music and, in case of technical problems, give it to the Organizer.

**4.5.** 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).

**4.6.** 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.

**4.7.** The participant determines the category in accordance with the Tournament Regulations on his/her own.

**4.8.** 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;

**4.9.** 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.

**4.10.** The participant (participant’s representative) pays the entry fee to the banking details of the registering committee only after receiving a positive response.

**4.10.1.** The entry fee shall be paid within the time limit approved in the “Participant’s Application”.

**4.10.2.** 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.

**4.11.** 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.

**4.11.1.** 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).

**4.11.2.** 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.

**4.12. Terms of Participation on the day of the Tournament:**

**4.12.1.** 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);

**4.12.2.** 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;

**4.12.3.** 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;

**4.12.4.** 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.

**4.12.5.** 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 units. Applying grip means to the units 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.** The musical composition should begin with a sound signal warning about the beginning of the performance.
- 9.2.** The duration of the musical composition for solo children's categories is 2 minutes 30 seconds to 3 minutes 30 seconds.

**9.3.** The duration of the musical composition for children's duets and group categories is 3 minutes 30 seconds to 4 minutes 05 seconds.

**9.4.** The duration of the musical composition for adult categories (including duets and groups) is 3 minutes 30 seconds to 4 minutes 05 seconds.

**9.5.** Music may be played using one or more instruments.

**9.6.** It is possible to use voice in background music, if it imitates a musical instrument, voice accompaniment shall contain no text. Text within the background music is not prohibited, but not recommended.

**9.7.** The combination of two or more musical compositions ("mix") is allowed. Pieces of music should have a harmonious connection and transition. An illogical and hard connection of pieces of music is not allowed.

**9.8.** It is not allowed to use music/sounds that are not typical for sports (for example, sirens, animal sounds, car engine noise, etc.).

## **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 manager directs the work of the Tournament staff and performs requirements 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 sports manager. 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 REPRESENTATIVE**

**19.1.** The organizer enters into an Agreement with a technical Representative. The Technical Representative is the Contractor for the Organizer.

**19.2.** The Technical Representative shall:

**19.2.1.** organize the technical equipment of all stages of the Tournament;

**19.2.2.** when arranging all competition stages, use only equipment and fastening elements that are safe for this sports;

**19.2.3.** to ensure the correct work of the technical equipment of the stages, shall help the Participants and Representatives of the Participants in using this equipment and to ensure the operability of the installed equipment during the entire working time of the tournament venue.

## **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.

**22.1.4.** The categories "Duet" and "Group" are allowed to change the position of pole modes. For solo categories, changing modes is prohibited.

**22.1.5.** Non-class tournaments are allowed to be held on the stage equipped with poles of other sizes, except for children's categories. If the tournament has the categories of "Children" of any age up to 18 years, all classification conditions shall be fulfilled.

**22.2.** The composition of the stage for all categories of "1st configuration 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 "2nd configuration Aerial Silks":

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

**22.3.3.** The material of the "Aerial Silks" equipment is non-stretching;

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

**22.4.** The composition of the stage for all categories of "1st configuration Aerial Hoop":

**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 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.

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

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

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

**22.5.** The composition of the stage for all categories of "2nd configuration Aerial Hoop":

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

**22.5.2.** The "Aerial Hoop" equipment has 2 attaching points and 3 sizes (80 cm, 90 cm and 100 cm). The diameter of the equipment pipe is 25 mm. The equipment is NOT covered with fabric tape. The surface of the equipment is processed by method of the mirror polishing.

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

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

**22.5.5.** The participant can give performance on his equipments only after the conclusion of the chief judge.

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

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

**22.6.2.** 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.

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

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

**22.7.** The composition of the stage for all categories of "Aerial Rope":

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

**22.7.2.** The "Aerial Rope" equipment consists of a braided or twisted rope with a diameter of up to 50 mm. The equipment may include cotton, viscose, jute, flax, hemp fiber, cotton fiber, man-made fiber.

**22.7.3.** The “Aerial Rope” equipment has a length of up to 8 meters and is fixed at a height of at least 6 meters using a rotary machine.

**22.7.4.** The use of the participant’s equipment is not allowed.

**22.8.** The composition of the stage for all categories of “Hammock”:

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

**22.8.2.** The equipment “Hammock” is a cloth of knitted or stretch fabric with a width of 1.5 to 2.8 meters. The equipment may have a length of 3 to 7 meters and is fixed on both sides using a rotary machine at the height of the Participant's outstretched arm.

**22.8.3.** The use of the Participant’s equipment is not allowed.

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

**22.10.** The Tournament stage shall be equipped with the equipment for reproduction of the recorded music.

**22.11.** The Tournament stage shall be equipped with the unit 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 or in case of stopping the music at the request of the judge.

**24.2.** The stop signal for the participant is stopping the background music. 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 a duet or group started their performance, then no replacements in the roster of players are allowed. Officially registered odd participants of a duet or a group may replace the participant if the performance is stopped by the senior judge of the judging panel due to injury.

**24.4.** If a participant, duet or group cannot finish the performance, then the performance is not evaluated.

### **25. EVALUATION OF PERFORMANCE**

**25.1.** To evaluate the performance, a five-point system is used:

a) 1 point – very bad;

b) 2 points – bad;

c) 3 points – mediocre;

d) 4 points – good;

e) 5 points – excellent;

f) up to 10 points – the result is higher than the maximum fulfillment condition.

**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 Methodological 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 (duet, group) 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 (duet, group) are recorded.

**28.3.** After the performance of each participant (duet, group) 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 FINAL RESULTS AND PLACES OF PARTICIPANTS IN EACH CATEGORY**

**29.1.** The participant (duo, group) with the greatest total points takes the first place, the participant (duo, group) with the following total points – the second place, etc.

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

**29.3.** If two participants (two duets, groups) 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.

## **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;
- surnames of the participants and their age; the roster of teams (for team and individual-team tournaments);
- results of each participant (duo, group) and the final results of the tournament;
- results of the teams (for team and individual-team tournaments);
- surnames of the participants (duos, groups) 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.

INTERNATIONAL FEDERATION AERIAL SPORT

**WAAPA**  
version



# METHODOLOGICAL MANUAL

STAGING OF ARBITRARY COMPETITION  
PROGRAMS



**The Manual are developed:**  
the "International Federation Aerial sport" Methodological Committee

Approved by the IFAS Executive Committee in may 2020

# 1. APPLICATION FOR PARTICIPATION

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

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

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

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

\*- The subgroup "D" has condition for participation:  
 A) «D» - debutants, first participation in this sport

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

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

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

Signature \_\_\_\_\_

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

Signature \_\_\_\_\_

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

Signature \_\_\_\_\_

## 2. TERMS AND CONCEPTS

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

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

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

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

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

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

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

**2.38. Losing control over the movements** - involuntary movements of arms, legs, body. As well as other non-logical actions (for example, the Athlete forgot the program or the subsequent element of his program) during the performance of the competitive program.

**2.39. Performance repeat** - re-entry of an athlete to the stage in the same category and with the same competitive program, if the first entry was terminated prematurely.

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

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

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

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

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

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

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

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

### 3. STRUCTURE OF THE PARTICIPANT’S PERFORMANCE

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

**3.1.1.** Requirements for the competitive program:

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

|             |  |  |             |             |  |   |
|-------------|--|--|-------------|-------------|--|---|
| Aerial Loop | In parterre and no more than 5 seconds | In the parterre and not more than 5 sec. | Necessarily | Not limited | Only at the beginning and end of the performance | - |
|-------------|--|--|-------------|-------------|--|---|

**3.1.2.** For all types of children’s programs in the “Pole Sport” category, there are prohibited various types of somersaults from the unit to the floor, with the hands detached from the equipment.

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

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

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

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

#### 4. SCORING RULES (Technique)

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

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

## 5. SCORING RULES (Execution)

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

## 6. SCORING RULES (Penalty points)

| №     | Name  | Maximum score   |              |
|-------|---|---|--------------|
| 3.1.  | <b>Arms, knees, feet</b><br>(extension, straight lines)   | for every case  | 0,5          |
| 3.2.  | <b>Perspectives of the elements, views</b><br>(with the exception of dynamic equipments)  | for every case  | 2            |
| 3.3.  | <b>Fall from the equipment</b><br><u>10 points</u> – on the head, stomach, back;<br><u>5 points</u> – on the buttocks;<br><u>3 points</u> – on hands, knees;<br><u>1 point</u> – on the heels.  | for every case  | from 1 to 10 |
| 3.4.  | <b>Sliding on the equipment</b>   | for every case  | 1            |
| 3.5.  | <b>Control of the movements</b> (on the floor, on the equipment, breach of the transition between the poles). Breaking the quantity limit for the transitions between the poles/equipment. Leaving the marked area : height marks on the poles, marked area at the floor / preparation of equipment before the performance - more than 60 seconds | for every case  | 2            |
| 3.6.  | <b>Costume and accessories</b><br>(that violate the tournament regulation)  | for every case of violation of the rules (in accessories, makeup, finery, costume of belayer) | 1            |
|       |   | for lack of backing of the sport outfit   | 2            |
|       |   | for visible outline of private parts  | 3            |
|       |   | for visible underwear   | 4            |
|       |   | for the absence of underwear  | 5            |
| 3.7.  | <b>Continuation of the performance after the end of the musical accompaniment</b> (including rotation when the performance ends and ending the performance before the end of the musical accompaniment)   | for every second of discrepancy   | 0,5          |
| 3.8.  | <b>Wiping hands or other body parts on sport equipment</b>  | for every case  | 2            |
| 3.9.  | <b>Erotic elements or poses</b>   | for every case  | 3            |
| 3.10. | <b>Singing, pronouncing words or sounds</b> (and communication with audience or judges during the performance, whether by the participant or his coach (representative))  | for every case  | 1            |
| 3.11. | <b>Visible repetition of identical elements, except ascents and entries into the elements</b>   | for every case  | 1            |
| 3.12. | <b>Change of suspension elements</b><br>(including aerial silks and aerial hoop) to your own equipment  | once  | 20           |