

Competition Rules Aerial Flow Cup Cífer 2026

I. BASIC INFORMATION

II. CHARACTER OF THE COMPETITION

III. CONDITIONS OF PARTICIPATION AND COMPETITION RULES

IV. Technical parameters:

V. COMPETITION CATEGORIES

VI. ROUNDS OF THE COMPETITION

VII. COSTUME

VIII. JURY

IX. MUSIC

X. CHOREOGRAPHY

XI. EVALUATION

XII. DISQUALIFICATION

XIII. RIGHTS AND OBLIGATIONS OF COMPETITORS

XIV. RIGHTS AND OBLIGATIONS OF THE ORGANIZER

XV. PHOTO, VIDEO

I. BASIC INFORMATION

Competition Aerial Silk solo/duo/multi, Aerial hoop solo/duo/multi, Aerial Hammock solo/duo/multi.

Date: 11.4.2026

Venue: Námestie Andreja Hlinku 169/31, 919 43 Cífer - Cultural House

Organizer: Aerial Flow Trnava

II. CHARACTER OF THE COMPETITION

Aerial Flow Cup Cífer is a competition intended for the general public, whose goal is to strengthen relationships between athletes, to promote and increase the level of aerial sports in Slovakia. The competition will take place in one round.

III. CONDITIONS OF PARTICIPATION AND COMPETITION RULES

1. Children, women, and men with a valid identity document of the respective country can participate in the competition without restriction of nationality.
2. The minimum age of the competitor is 5 years. The age of competitors is assessed according to the valid categorization of the Slovak Gymnastics Federation for the respective year. In the case of a duo or group, the age of the oldest participant is assessed, and the respective category is determined based on that.
3. Persons younger than 18 years can compete based on written consent from parents or another legal guardian.
4. The condition is to send the application and comply with all deadlines. Applications must be sent no later than 11.3.2026 to the address: aerialflowtrnava@gmail.com. The application can be found as an attachment to the rules.
5. Payment of the entry fee in the amount of 40.00€ for individuals, 50.00€ for duos (total amount for the duo together) and 80€ for the Multi-member category (2-4 competitors) no later than 11.3.2026. The entry fee is paid by transfer to the account: SK79 0900 0000 0051 9817 0381.

Non-payment will lead to immediate disqualification.

5. All competitors should be healthy, in good physical condition, and women should be aware that they are not pregnant. The competitor competes at their own risk. The organizer is not responsible for any injuries or accidents that may occur during the competition.
6. Competitors may repeat their performance in the following cases:

a) If there is a technical problem with the music

b) If circumstances endangering life and health occur, such as a damaged sling, harness, anchoring, landing mat

c) If there is significant damage to the costume

d) Based on the decision of the head judge

7. The competitor will respect and follow the established times. If the competitor disrupts the course of the competition, they may be disqualified in accordance with the chapter "Disqualification".

The organizer undertakes to refund the entry fee in case of cancellation of the competition on their part or due to force majeure. In other cases, refund of the entry fee will not be possible.

IV. Technical parameters:

Silk: Medium elastic silk with anti-slip texture, which is 1.60m wide and 14m long divided in half. Under the silk, there will be two landing mats with a thickness of 10cm. The height of

the silk will be 5 meters and the remaining length on the ground on each side will be 2m. The silk will be hung on a rotating hook with a connecting link and with securing.

Hoop: The hoop circumference is 95/90/85 cm. With the option to bring your own hoop. The hoop will be hung on a lifting strap eye-to-eye with a load capacity of 1000kg with a width of 5cm. Loop length 3m. Under the hoop, there will be two landing mats with a thickness of 10cm. The height of the hoop above the floor will be adjusted for each participant according to their height before the start of their choreography.

Hammock: Nylon fabric wide 2.75m and length 7 meters. The hammock will be tied in a single-knot, on a rotating hook. Under the hammock, there will be two landing mats with a thickness of 10cm. The height of the hammock above the floor will be adjusted for each participant according to their height before the start of their choreography.

Pole Dance: Will take place on a dance podium, where you can choose between a static and rotating pole. Podium diameter is 1.6m. Podium height is 11cm. Total height 3m. Usable pole dimension 2.89m. Total weight 70kg. The podium will be reinforced with weight plates.

Freestyle: Any apparatus.

V. COMPETITION CATEGORIES:

Age categories according to the valid categorization for the year 2026

1. Mini: 5 - 6 years
2. Children: 7 – 9 years
3. Junior: 10 – 14 years
4. Youth: 15 – 17 years
5. Adults: 18 and more years
6. Masters: over 40 years

Competitors can participate in multiple categories on the competition day (e.g., solo / duo or solo / group), provided such categories are announced by the organizer.

The organizer reserves the right to cancel a category if it is not occupied by at least 3 competitors and to expand the number of competitors in other categories. The organizer reserves the right to end registration early if the category is fully occupied.

Performance categories

1. Category: Amateur

Participant who is participating for the first time in a competition event and standing on stage for the first time.

2. Category: Semi-pro

Participant who has participated in a competition but has never placed. Trains for more than a year.

3. Category: Pro

Participant who has participated in competitions and has placed.

VI. ROUNDS OF THE COMPETITION:

One final round.

VII. COSTUME:

Of a sports character, one-piece or two-piece: long leggings at least to the ankles and a tank top or with sleeves of any length or full-body leotard without transparent parts. It is forbidden to perform in underwear, swimsuits, in a costume with a skirt or in dresses.

It is forbidden to use a costume that could damage the silk material: no sequins, zippers, appliques, jewelry (especially dangling earrings, watches, chains, etc.) are allowed, which could cause injury to the competitor. Footwear is forbidden. Anti-slip socks are allowed.

Entangling the costume or hair in the silk is penalized with point deduction.

Hair is recommended to be tightly tied so that during the choreography it does not interfere, cover the face and neck, and cause injury.

Make-up should be adapted to the performance, but must not soil the silk material.

Props and costume: are allowed only as part of floorwork, the choreography on the silk must be without any props.

VIII. JURY

The jury consists of members who actively engage in dance, art, sports. Primarily, these are members who actively engage in aerial acrobatics on silk, hoop as performers or trainers, further actively engage in gymnastic discipline as athletes or trainers.

The jury consists of members, one of whom will simultaneously act as the head judge. The brief number of judges as well as the composition of the jury is determined by the organizer.

Individual judges award points to competitors in the evaluation protocol, independently of the others.

After the end of the competition, judges cannot change their evaluation.

The judges' decision is final.

All results are collected and evaluated through a scorer.

Judges must be seated in places with the best view of the competitors' performance venue.

IX. MUSIC

The competition track must be sent in advance by the specified deadline (to be determined) to the organizer's email address. The music must be labeled with the competitor's name and surname and category. The music can be mixed, random joining of musical fragments is not allowed.

Text content in music is allowed. The text should not be racist, vulgar, or sexually oriented. It must not exceed the established music time for individual categories. Music can match for multiple competitors.

The competitor is required to send the music by 15.9.2025 together with the application, to the email address: aerialflowtrnava@gmail.com

in MP3 format.

The length of the performance is set at 2 min. 30 sec - 3 min. 30 sec.

X. CHOREOGRAPHY

The choreography should include:

1. Floorwork with dance and acrobatic part on the ground
2. Split according to own choice, where the competitor shows their maximum range in position
3. Drop (mandatory for category: Semi-pro, Pro)

In case of absence of any of the above elements, the competitor will be penalized with point deduction. Elements are evaluated on a scale of 1 – 10.

For the duo / group category, the same rules apply. In the duo / group category, synchronization is additionally evaluated.

Elements in the choreography cannot be repeated. Inclusion of original, dynamic, or acrobatic combinations will be specially scored. Acrobatic and dangerous elements do not have to be included in the choreography, but their presence and correct execution can positively influence scoring. Risky elements with faulty execution will be evaluated with significant deductions in scoring.

Choreography is a routine including floorwork, transitions, inverts, positions, combinations, tricks, acrobatics, gymnastics, grips, drops (controlled falls), splits,...

XI. EVALUATION:

Competitors will be scored according to the difficulty of the choreography, execution, technique, and artistic impression. If mandatory elements are specified for the given category, they will also be evaluated. In the overall impression, the entrance to the stage, ending of the choreography, and adherence to the music length are also evaluated.

The winner in each category becomes the competitor who, after adding up the points of all judges, obtains the highest number of points. If there is a tie in points between two

competitors, the one with the higher number of points for technique wins. If both competitors have the same number of points for technique, the head judge selects the winner.

Results will be summed by a scorer provided by the organizer. After the performance of the last competitor in the given category, the results will be evaluated and announced.

In each category in the final round, diplomas will be awarded, for 1st-3rd place medals and material prizes according to the organizer's determination.

Scoring system:

For each category of the scoring system, the judge can award 0-10 points, where 10 points is the best evaluation.

Difficulty of the routine / technical difficulty 0-10 points

Combinations and transitions 0-10 points

Completion of movement and endurance in position 0-10 points

Timing of elements to music and overall artistic impression 0-10 points

Overall impression 0-10 points

Judge's protocol:

Title Maximum score Number of awarded points

Difficulty of the routine/ technical difficulty 10 points

Combinations and transitions 10 points

Completion of movement and endurance in position 10 points

Timing of elements to music and overall artistic impression 10 points

XII. DISQUALIFICATION

A competitor may be disqualified:

- For providing false or inaccurate information on the application
- Violation of rules and regulations
- Unsportsmanlike behavior
- Endangering their own health and life as well as that of competition participants
- Failure to appear on stage

- Failure to appear for registration
- Use of inappropriate costume, hairstyle, or make-up

XIII. RIGHTS AND OBLIGATIONS OF COMPETITORS

Competitors are obliged to comply with and respect this competition rules and its attachments.

All competitors are obliged to adhere to the principles of sportsmanship.

The competitor enters the floor (performance venue) only when called to do so.

Every competitor participates in the competition at their own risk and understands that the organizer bears no responsibility for any injuries or accidents that may occur during the competition.

By paying the registration fee, the competitor agrees to the competition rules.

Total sum of points

(entered by the scorer)

Competitor's starting number

Name and signature of the judge

XIV. RIGHTS AND OBLIGATIONS OF THE ORGANIZER

The organizer reserves the right to change the competition rules and evaluation. Any change will be announced without delay.

The organizer reserves the right to decide which category the competitor falls into.

The organizer will provide medical assistance in case of injury, the medic decides whether the injured athlete can continue or participate in the competition.

The head judge decides on the disqualification of a competitor.

The organizer bears no responsibility for damage to property and losses.

The organizer is not responsible for any health damages.

The organizer is obliged:

- To ensure safety mats, competition slings, their installation, and check safe attachment
- To ensure spaces for changing and warming up competitors,
- To familiarize jury members with necessary information
- To provide first aid in case of incident, accident, or injury

XV. PHOTO, VIDEO

By registering for the competition, the competitor grants consent for the use of photographs and video recordings made during the entire competition to the competition organizer for promotional purposes and in accordance with Data Protection.

Any visual and audio materials are recorded exclusively for the use of the competition organizer and are their property.

Creating videos and photographs for personal use is allowed. It is forbidden to use flash or any additional lighting. In case of violation of this rule, the visitor may be excluded.