Competition Rules – Aerial Flow Cup Cífer 2026

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I. BASIC INFORMATION

Competition: Aerial Silk solo/duo/multi, Aerial Hoop solo/duo/multi, Aerial Hammock solo/duo/multi.

Date: 6 March 2027

Venue: Andreja Hlinku Square 169/31, 919 43 Cífer – Cultural Centre

Organizer: Aerial Flow Trnava

Admission for spectators: Adults €10 / Children €5

II. NATURE OF THE COMPETITION

Aerial Flow Cup Cífer is a competition intended for the general public, whose aim is to strengthen relationships between athletes, raise the profile of aerial sports and improve their standard in Slovakia. The competition will take place in one round.

III. PARTICIPATION CONDITIONS AND COMPETITION RULES

1) Children, women and men holding a valid identity document issued by their respective country may participate, regardless of nationality.

2) The minimum age of a competitor is 5 years. The age of competitors is assessed according to the valid categorization of the Slovak Gymnastics Federation for the relevant year. In the case of a pair or group, the age of the oldest participant is taken into account and the relevant category is determined accordingly.

3) Persons under the age of 18 may compete on the basis of written consent from a parent or another legal guardian.

4) Submission of an application and compliance with all deadlines are required. Applications must be sent no later than 6 February 2027 to: aerialflowtrnava@gmail.com. The application form is included as an appendix to the rules.

5) Payment of the entry fee: €40.00 for individuals, €50.00 for pairs (the total amount for the pair) and €80 for the Multi-member category (2–4 competitors). Payment must be made no later than 6 February 2027. The entry fee must be paid by bank transfer to account: SK79 0900 0000 0051 9817 0381.

Failure to pay will result in immediate disqualification.

5) All competitors should be healthy and in good physical condition, and women should be aware that they are not pregnant. Competitors participate at their own risk. The organizer is not liable for any injuries or accidents that may occur during the competition.

6) Competitors may repeat their performance in the following cases:

a) If a technical problem occurs with the music.

b) If circumstances arise that endanger life or health, such as a damaged

sling, rigging, anchor point or landing mat.

c) If the costume is substantially damaged.

d) At the discretion of the head judge.

7) Competitors must respect and follow the scheduled times. If a competitor disrupts

the course of the competition, they may be disqualified in accordance with the section “Disqualification”.

The organizer undertakes to refund the entry fee if the competition is cancelled by the organizer

or due to force majeure. In all other cases, the entry fee is non-refundable.

IV. TECHNICAL SPECIFICATIONS:

Silk: Medium-stretch fabric with a non-slip texture, 1.60 m wide and 14 m long, divided in half. Two landing mats, each 10 cm thick, will be placed under the silk. The silk will be 5 metres high, with 2 m of remaining fabric on the ground on each side. The silk will be suspended from a swivel hook with a connecting link and safety fastening.

Hoop: The hoop circumference is 100/95/90 cm. Personal hoops are not permitted. The hoop will be suspended from an eye-to-eye lifting sling with a load capacity of 1,000 kg and a width of 5 cm. The loop length is 3 m. Two landing mats, each 10 cm thick, will be placed under the hoop. The height of the hoop above the floor will be adjusted for each participant according to their height before their choreography begins.

Hammock: Nylon fabric, 2.75 m wide and 7 metres long. The hammock will be attached using a single-point rigging system to a swivel hook. Two landing mats, each 10 cm thick, will be placed under the hammock. The height of the hammock above the floor will be adjusted for each participant according to their height before their choreography begins.

Pole Dance: The performance will take place on a dance platform, where competitors may choose between a static and a spinning pole. The platform diameter is 1.6 m. The platform height is 11 cm. The total height is 3 m. The usable pole length is 2.89 m. The total weight is 70 kg. The platform will be reinforced with weighted plates.

Freestyle: Any apparatus.

V. COMPETITION CATEGORIES:

Age categories according to the valid categorization for 2027

1. Mini: 5–6 years

2. Children: 7–9 years

3. Junior: 10–14 years

4. Youth: 15–17 years

5. Adults: 18 years and over

6. Masters: over 40 years

Competitors may take part in several categories on the competition day (e.g. solo / duo or solo

/ group), provided that such categories are announced by the organizer.

The organizer reserves the right to cancel a category if fewer than 3 competitors are entered

and to increase the number of competitors in other categories. The organizer reserves the

right to close competitor registration early if a category reaches its full capacity.

Performance levels

1. Category: Amateur

A participant who is taking part in a competition for the first time and is performing on stage for the first time.

2. Category: Semi-professional

A participant who has taken part in a competition but has never placed. Has been training for more than one year.

3. Category: Professional

A participant who has taken part in competitions and has placed.

VI. COMPETITION ROUNDS:

One final round.

VII. COSTUME:

A sports-style one-piece or two-piece outfit: long leggings reaching at least to the ankles

and a tank top or a shirt with sleeves of any length, or a full-body leotard with no transparent areas.

Performing in underwear, swimwear, a costume with a skirt or a dress is prohibited.

The use of a costume that could damage the silk material is prohibited: no sequins, zippers, appliqués or jewellery are allowed (especially dangling earrings, watches, necklaces, etc.)

as these could cause injury to the competitor. Shoes are prohibited. Non-slip socks are

permitted.

Getting the costume or hair tangled in the silk will result in a points deduction.

We recommend tying hair securely so that it does not interfere with the choreography, cover the face or

neck, or cause injury.

Make-up should be appropriate for the performance but must not stain the silk material.

Props and costume: props are permitted only as part of the floorwork; the choreography on the silk must be performed without

any props.

VIII. JURY

The jury consists of members who are actively involved in dance, art and sport. Priority will be given to members who are actively involved in aerial acrobatics on silk or hoop as performers or coaches, as well as those actively involved in gymnastics disciplines as athletes or coaches.

The jury consists of several members, one of whom will also act as the head judge. The exact number of judges and the composition of the jury are determined by the organizer.

Individual judges award points to competitors on the scoring sheet independently of

the other judges.

After the competition has ended, judges may not change their scores.

The judges' decision is final.

All results are collected and evaluated by the scorekeeper.

Judges must be seated in places offering the best view of the competitors'

performance area.

IX. MUSIC

The competition music track must be submitted in advance by the specified deadline (to be determined) to the competition organizer's email address.

The music must be labelled with the competitor's first and last name and category.

Music may be mixed; random joining of musical fragments is not permitted.

Lyrics are permitted. Lyrics should not be racist, vulgar or sexually explicit.

The track must not exceed the time limit set for the individual categories. The same music may be used by more than one competitor.

Competitors must send their music by 6 February 2027 together with the application to: aerialflowtrnava@gmail.com in MP3 format.

The performance duration is set at 2 min 30 sec – 3 min 30 sec.

X. CHOREOGRAPHY

The choreography should include:

1. Floorwork with a dance and acrobatic section on the floor.

2. A split of the competitor's choice, in which the competitor demonstrates their maximum range of motion in the position.

3. Drop (mandatory for the Semi-professional and Professional categories).

If any of the above elements are missing, the competitor will receive a points deduction.

The elements are scored on a scale of 1–10.

The same rules apply to the pair / group category. In the pair / group category, synchronization is also assessed.

Elements may not be repeated in the choreography. The inclusion of original, dynamic or acrobatic combinations will receive special scoring. Acrobatic and dangerous elements do not have to be included in the choreography; however, their presence and correct execution may positively affect the score. Risky elements performed incorrectly will be assessed with significant point deductions.

A choreography is a routine comprising floorwork, transitions, inversions, positions, combinations, tricks, acrobatics, gymnastics, grips, drops (controlled falls), splits, etc.

XI. SCORING:

Competitors will be scored according to the difficulty of the choreography, execution, technique and artistic impression. If compulsory elements are specified for a given category, these will also be assessed.

The overall impression also includes the entrance onto the stage, the ending of the choreography and compliance with the music duration.

The winner in each category is the competitor who receives the highest total score after the scores of all judges have been added together.

If two competitors have the same number of points, the competitor with the higher technical score wins. If both competitors have the same technical score, the winner is selected by the head judge.

The results will be added up by the scorekeeper appointed by the organizer. After the last competitor in the category has performed, the results will be evaluated and announced.

In each category in the final round, certificates will be awarded; medals will be awarded for 1st–3rd place, and prizes in kind will be awarded as determined by the organizer.

Scoring system:

For each category in the scoring system, a judge may award 0–10 points, with 10 points being the highest score.

Routine difficulty / technical difficulty: 0–10 points

Combinations and transitions: 0–10 points

Completion of movement and holding the position: 0–10 points

Timing of elements to the music and overall artistic impression: 0–10 points

Overall impression: 0–10 points

Judge’s scoring sheet:

Item | Maximum score | Points awarded

Routine difficulty / technical

difficulty | 10 points

Combinations and transitions | 10 points

Completion of movement and holding the

position | 10 points

Timing of elements to the music

and overall artistic impression | 10 points

XII. DISQUALIFICATION

A competitor may be disqualified:

• For providing false or inaccurate information on the application form.

• For violating the rules and regulations.

• For unsportsmanlike behaviour.

• For endangering their own health or life, or the health or life of other competition participants.

• For failing to appear on stage.

• For failing to attend registration.

• For using an unsuitable costume, hairstyle or make-up.

XIII. RIGHTS AND OBLIGATIONS OF COMPETITORS

Competitors are required to comply with and respect these competition rules and their appendices.

All competitors are required to observe the principles of good sportsmanship.

A competitor may enter the performance area only when called to do so.

Each competitor takes part in the competition at their own risk and understands that the organizer does not

accept liability for any injuries or accidents that may occur during the competition.

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

Total score

(entered by the scorekeeper)

Competitor’s starting number

Judge’s name and signature

XIV. RIGHTS AND OBLIGATIONS OF THE ORGANIZER

The organizer reserves the right to amend the competition rules and scoring. Any

change will be announced without delay.

The organizer reserves the right to decide which category a competitor belongs to.

The organizer will provide medical assistance in the event of an injury; the medical professional will decide whether the injured

athlete may continue or participate in the competition.

The head judge decides on the disqualification of a competitor.

The organizer is not liable for damage to or loss of belongings.

The organizer is not liable for any personal injury.

The organizer is obliged to:

- Provide safety mats and competition slings, install them and check that they are securely fastened.
- Provide rooms for competitors to change and warm up.
- Inform the jury members of the necessary information.
- Provide first aid in the event of an incident, accident or injury.

XV. PHOTOGRAPHY, VIDEO

By registering for the competition, the competitor gives consent to the use of photographs and video recordings taken throughout the competition by the competition organizer for promotional purposes and in accordance with personal data protection requirements. All visual and audio materials are recorded exclusively for the use of the competition organizer and are its property.

Taking videos and photographs for personal use is permitted. The use of flash or any additional lighting is prohibited. In the event of a breach of this rule, the visitor may be removed from the venue.