

AERIAL DANCE REGULATION

1) GOAL

This competition is open to aerial dance students aged 7 and over AICS federate and other Promotion Entity, Federations, Associations or individuals. This regulation is obligatory for all athletes wishing to participate in the Aerial Dance competition for the Montecatini Terme International Final 16/19 December 2021 "World Competition Of Dance Peoples and Cultures". Failure to comply with the rules will result in disqualification from the competition.

2) PLACE

The International Final is open to all nations and will take place in the Verdi Theater in Montecatini Terme, 16/19 December 2021. STAGE INFORMATION: 12 m depth x 12 m length. Stage height from the ground 1.50mt. Stage slope 2%. Trellis height 12 m LIGHTING AND AUDIO: There will be a lighting and audio technician. The lighting will be static and the same for all participants. SAFETY: The use of the mattress will be obligatory for all participants. IT IS PROHIBITED TO SWING IN ANY DIRECTION WITH THE TOOL.

3) TOOLS

Participants will be able to compete in the following divisions on the apparatus:

SILK - SOLO / DUET (EACH WITH THEIR OWN EQUIPMENT)

LYRA - SOLO / DUET (EACH WITH THEIR OWN EQUIPMENT)

SILK	Available two aerial silks CIRCUS DIVISION certified PLAY Total length 8m: 6.5m usable and 1.5m tail approximate. hung from a single anchor point with the swivel. Color: all in two whites.
LYRA(*)	Available two lyra CIRCUS DIVISION certified PLAY Both lined and hung from a single anchor point with the swivel. Diameter 90 cm and 95 cm.

4) CATEGORIES

Participants can compete in the following groups of AGE:

- MINI: FROM 7 TO 10 YEARS
- YOUTH: FROM 11 TO 14 YEARS
- JUNIOR: FROM 15 TO 24 YEARS
- SENIOR: FROM 25 TO 39 YEARS
- OVER: FROM 40 YEARS UP

If the minimum of three registrations in the same age range is not reached, it will be merged into the higher range. Example from junior to senior.

LEVEL OF COMPLEXITY:

- EXHIBITION (only in the silk): athletes aged 7 and over will be able to perform solo or duet performances.
No minimum required. PROHIBITED: AERIAL REVERSE
The purpose of this category is to give the possibility to involve all those who want to have a first experience on stage.
- AMATEUR: athletes who are new to the discipline and/or who have achieved the required movements of this category.
Minimum required: AERIAL REVERSE without help of the tool
- PROFESSIONAL: athletes who have at least 3 years of experience on the apparatus and or who have achieved the required movements of this category.
Minimum required: AERIAL REVERSE of force with legs extended
- ELITE: athletes who have at least 5 years of experience on the apparatus and/or who have achieved the required movements of this category.
Minimum required: AERIAL REVERSE of force with legs extended

The juror reserves the right to stop a competitor's performance if he believes that his level is not appropriate for the category.

5) MOVEMENTS OBLIGATORY SECOND THE CATEGORIES

- SILK

AMATEUR SILK: Minimum required: AERIAL REVERSE without help of the tool

OBLIGATORY		PROHIBITED
QUANTITY	DESCRIPTION	
1	Flexibility exercise	- Extreme flexibility
1	Strength exercise	- Plank
1	Drop	- Extreme hang
FREE	Sequences and transitions	- Reverse force with arms extended
OPTIONAL	Choreographic or acrobatic floor	- Extreme balances - Free drop, regrip o flip - Windmill, double star droop, roll down o roll up - Dynamic movements

PROFESSIONAL SILK

Minimum required: AERIAL REVERSE of force with legs extended

OBLIGATORY		
QUANTITY	DESCRIPTION	REQUIREMENT
1	1 Flexibility exercise with legs at 180 ° or back 45 °	with 20 ° of tolerance
2	Different strength exercises: balance and/or plank and/or hang	maintained for a minimum of 2 seconds
1	Windmill and/or star drop	at least 2 laps
1	Drop	
FREE	Sequences and transitions	
OPTIONAL	Choreographic or acrobatic floor	
PROHIBITED	MOVEMENTS *ELITE CATEGORY BONUS	

ELITE SILK (*)

Minimum required: AERIAL REVERSE of force with legs extended

OBLIGATORY		
QUANTITY	DESCRIPTION	REQUIREMENT
1	Flexibility exercise with legs at 180 ° or back 45 °	Without tolerance
1	Flexibility exercise with legs at 180 ° or back 45 °	
1	Balance	maintained for a minimum of 2 seconds
1	Strength exercise	
1	Windmill	at least 2 laps
1	Free drop	
FREE	Sequences and transitions	
FREE	Dynamic movements	
OPZIONAL	Choreographic or acrobatic floor	

(*) **BONUS**

LYRA(*)

AMATEUR LYRA Minimum required: AERIAL REVERSE without help of the tool

OBLIGATORY		PROHIBITED
QUANTITY	DESCRIPTION	
1	Flexibility exercise	- Extreme flexibility
1	Strength exercise	- Plank
1	Balance	- Reverse force with arms extended
1	Hang	- Extreme hang
1	Drop	- Regrip
FREE	Transitions	- Roll
OPTIONAL	Choreographic or acrobatic floor	- Spinning
		- Dynamic movements

PROFESSIONAL LYRA

Minimum required: AERIAL REVERSE of force with legs extended

OBLIGATORY		
QUANTITY	DESCRIPTION	REQUIREMENT
1	Flexibility exercise with legs at 180 ° or back 45 °	with 20 ° of tolerance
1	Flexibility exercise with legs at 180 ° or back 45 °	
1	Strength exercise	kept a minimum of 2 seconds
1	Balance	
2	Hang	
1	Drop	
FREE	Transitions	
OPTIONAL	Choreographic or acrobatic floor	
PROHIBITED	MOVEMENTS *ELITE CATEGORY BONUS	

ELITE LYRA (*) Minimum required: AERIAL REVERSE of force with legs extended

OBLIGATORY		
QUANTITY	DESCRIPTION	REQUIREMENT
1	Flexibility exercise with legs at 180 ° or back 45 °	Without tolerance
1	Flexibility exercise with legs at 180 ° or back 45 °	
1	Strength exercise	kept a minimum of 2 seconds
1	Balance	
2	Hang	
1	Roll	2 laps
1	Drop	
FREE	Transitions, Dynamic movements, Spinning	
OPTIONAL	Choreographic or acrobatic floor	

(*) BONUS

*** ELITE CATEGORY BONUS**

Only one exercise will be evaluated for each group and IF IT IS PERFORMED CORRECTLY but the competitor is free to perform more than one.

	GROUP	DESCRIPTION	VALUE
SILK	1	Extreme flexibility exercise with legs at 180 ° or back 45 °	4 PT
	2	Extreme strength exercise (minimum 2 seconds): - Vertical - Plank - Hang - Split transition	3 PT
			4 PT
			4 PT
			6 PT
	3	Flip: - It starts and ends on the tool - It begins on the tool and it ends to floor	5 PT 3 PT
4	Regrip	7 PT	
5	Roll up (minimum 2 laps)	6 PT	
LYRA(*)	1	Extreme flexibility exercise with legs at 180 ° or back 45 °	4 PT
	2	Extreme plank (maintained min 2 seconds)	4 PT
	3	Flip: - It starts and ends on the tool - It begins on the tool and it ends to floor	5 PT
			4 PT
	4	Regrip	5 PT
	5	Extreme plank (maintained min 2 seconds)	7 PT

6) DURATION OF EACH PERFORMANCE ACCORDING TO THE CATEGORY:

CATEGORY MINIMUM	CATEGORY MINIMUM	CATEGORY MINIMUM
EXHIBITION	2:00 min.	3:00 min.
AMATEUR	2:00 min.	3:00 min.
PROFESSIONALE	3:00 min.	4:00 min.
ELITE	4:00 min.	5:00 min.

If the times are not respected the competitor/s will be penalised, halving the score.

Each piece of music must be emailed as an MP3 and name it: Aerial_NameSurnameAge (of the participant) to danzecultureinteenazionali@aics.it . If we do not receive the music, the piece will be disqualified without the possibility of a refund.

7) COSTUME AND ACCESSORIES

Strictly sporty or artistic with no visible logos and brands. No decoration in the costume or the use of accessories that could damage the fabric or endanger the athlete's integrity will be allowed: strass, rings, necklaces, large earrings, bracelets, etc. Any scenographic objects must be easy to remove.

8) REGISTRATION AND DOCUMENTATION

To enter the contest:

- Obligatory agonist medical certificate and agonist card valid for the year 2021 for all the writings of any promotion entity and federation, for individuals agonist medical certificate.
- All schools or individuals must register online and pay in full in the times indicated in the general regulation.
- The fee must be sent by bank transfer to Aics National Direction IBAN code is: **IT 22 X 0103003209000001370102** reason **Participation in the Montecatini Final**. Send a copy of the bank transfer and online registration that you will find on the site www.worldfolkvisionitalia.it

This fee does not include room and board, and travel expenses, all to be paid by the participant. In case of cancellation, the fees will not be refundable under any circumstances. For more information, please contact us at danzecultureinteenazionali@aics.it

9) EVALUATION CRITERIA

The jury will evaluate the performances in the competition with a score from 3 to 10 including the half point + and - based on:

- A. Artistic and Choreographic (40% of the overall result):
- Stage presence
 - Choreographic homogeneity
 - Originality
 - Costume
 - Line
 - Musicality
 - Interpretation
 - Overall
- B. Acrobatic technique in the apparatus (60% of the overall result):
- I criteri di valutazione tecnica dipenderanno della realizzazione dei movimenti obbligatori (Vedere "Movimenti obbligatori secondo la categoria" - Sezione 5)

10) JURY AND AWARDS GIVING

The competition jury will be made up of renowned masters, whose names will be published on the official website www.worldfolkvisionitalia.it.

The total vote of the sum of all the members of the jury will give the overall evaluation and will determine the ranking, the highest score 1st place then 2nd etc.

The jury will be able to assign special prizes and scholarships even among non-winners. The decisions of the Jury and the awarding of the prizes will be final and without appeal. The group leader for explanations can only be addressed to the Race Director.

11) GLOSSARIO

- **DROP (Iyra):** fast movement to change position on the tool where the body makes a medium turn or a change of grip.
- **DROP (silk):** assembly of a figure that allows you to jump safely and end up caught in the silk.
- **FREE DROP:** assembly of a figure that allows you to jump safely and end up with only one hand grip.
- **STAR DROP:** assembly of a figure that allows you to jump safely while keeping the body in the star position (core control) and turn on the axis horizontally to end up caught by the silk.
- **DYNAMIC MOVEMENTS (bonus):** oscillations with the body that are used to create figures or changes of position in the most fluid way possible.
- **BALANCE:** muscle strength to be able to maintain a determined figure through balance. Examples of high-level silk balances (bonus):
 - **SPLIT (front or side):** into the silk opening of the legs 180 ° parallel to the floor and without hands.
 - **VERTICAL or HANDSTAND:** on the divided fabric with the arms themselves, intertwined on the fabric or fabrics joined with the hands, without any support in the lower back (X)
 - **SPLIT TRANSITION (front or side):** with the fabric divided and knotted at the feet, I stand without hands to then go into the split (opening of legs 180 ° parallel to the floor and without hands)
- **EXERCISE OF EXTREME FLEXIBILITY (bonus):** or extreme contortion, movement of great joint width in which you demonstrate that you have more elasticity and / or flexibility than the norm. Two or more muscle groups are involved (legs more than 180 °, back more than 45 °)
- **LEG FLEXIBILITY EXERCISE 180 °:** leg opening, split, spagat or grand écart. Physical position where the legs remain aligned with each other and extended in opposite directions forming an angle of 180 °.
- **BACK FLEXIBILITY EXERCISE 45 °:** lumbar arch where the back marks an angle of 45 ° with respect to the legs.
- **STRENGTH EXERCISE:** body position where a motor capacity of strength is required to maintain it.
- **FLIP (reclamations):** also called mortal, they are somersaults or turns with the body 360 ° forward or backward.

- **PLANK:** figure of strength where the position of the body is held horizontally suspended by one or both hands or any part of the body. They are classified into 3 groups from the lowest to the highest level:
 - Plank with support
 - Plank with tolerance
 - Plank of extreme strength (without tolerance) **(bonus)**
- **HANG:** figure where the body remains suspended, static and hanging from one and / or more parts of the body on the tool. Examples of lyra hang:
 - JARRÈ
 - ANKLE HANG
 - CANDLESTICK
 - AXILLARY
 - Examples of silk hang:
 - ANKLE HANG
 - NAPE
 - CROSS (45 ° or 90 ° opening)
 - BIRD (incrocio gambe)
 - ELBOW
 - NECK OF THE FOOT **(bonus)**
 - HEELS **(bonus)**
 - NAPE **(bonus)**
 - AXILLAR
 - 1 HAND **(bonus)**
 - TOREADOR (1 arm at 45 ° or 90 °) **(bonus)**
 - JARRÈ **(bonificazioni)**
- **REGRIP (bonus):** total release of any contact with the tool for a moment to then return to take it back.
- **REVERSE:** inverted position with the body in the squared position which is reached with the use of force.
- **ROLL:** connected rotary movements are made in a continuous and uninterrupted form from an initial position, maintaining a press or a support of one or several parts of the body. The turns can be forwards or backwards.
- **ROLL DOWN:** from the windmill assembly, star or fabric fall around the abdomen, go down by turning on the axis in a more or less horizontal plane, marking and checking each position.
- **ROLL UP (remediation):** can be:
 - ABDOMEN: with the tissue around the abdomen you begin to rise by turning on the axis in a more or less horizontal plane.
 - OF ARMS: with the fabric divided and intertwined at the arms, you begin to rise by turning in the sagittal plane and with the body in the pike position.
- **SEQUENCE:** different movements, figures or falls connected together in a fluid and harmonious way.
- **WINDMILL:** controlled fall (core) by turning the body on the axis in the horizontal plane with the fabric around the abdomen knotted in "S" (with or without hands)
- **SPINNING (remediation):** working on the tool while you spin it.
- **TRANSITIONS:** fluid and harmonious passage from one movement to another.