

COMPULSORY ELEMENTS AMATEUR CATEGORIES

**Categories: Children, Juniors A Amateurs, Juniors B Amateurs,
Women Amateurs, Women Masters, Men**

Czech Aerial Hoop Open 2025











Introduction

For each category, compulsory elements are selected and divided into 4 categories. The evaluation of compulsory elements is part of technical performance evaluation for each criterion evaluated (e.g. compulsory element on flexibility is part of the criterion evaluated in the technical performance criterion 'elements on flexibility').





Evaluation of compulsory elements

- The competitor is obliged to choose at least one compulsory element from each evaluated criterion (min. 1 element for flexibility, min. 1 element for strength, min. 1 element for balance and min. 1 element for dynamics)
- If a compulsory element for each competition category performed, the competitor has completed the compulsory element and will not be deducted for the absence of the compulsory element (-3 points for each compulsory element)
- If a competitor attempts to perform a compulsory element in each evaluated criterion but fails to meet the criteria for the compulsory element, the competitor will be deducted -1 point for each attempt in each evaluated criterion.





1) Amateur Category - Flexibility Elements

Element	Picture	Minimum Requirements
RUSSIAN SPLIT 160° 		Hold the position: minimum 2 seconds Body position: position Points of contact with the hoop: one foot, two hands Arm position: arms are holding the upper bar Leg position: legs are extended in the front split position, the leg in contact with the hoop is in a horizontal position (with the floor)
GAZELLE SPLIT 160° 		Hold the position: minimum 2 seconds Body position: inverted Points of contact with the hoop: lower back, glutes (optional), legs, one hand Arm position: one hand is holding the hoop around the same-side leg, the other hand is holding the opposite (front) leg at the ankle Leg position: legs are extended in the front split position
ONE KNEE COCOON ON THE SLING 		Hold the position: minimum 2 seconds Body position: inverted Points of contact with the hoop: upper leg is hooked around the sling and is in contact with the sling and the hoop Arm position: arms are in the ring/Bielmann position, holding the lower leg above the head. Both palms must be fully in contact with the foot, ankle or shin Leg position: upper leg is hooked on the sling, lower leg is over the head
BIRDS NEST 		Hold the position: minimum 2 seconds Body position: body is facing away from the hoop in the upright position Points of contact with the hoop: front of the legs, hands Arm position: arms are extended, holding the hoop behind at the side bars Leg position: legs are in a straddle position (can be bent or straight)


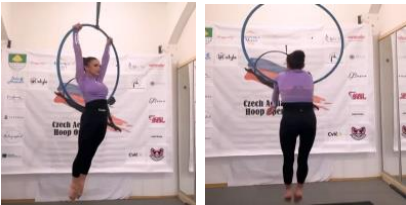


2) Amateur Category - Strength Elements

Element	Picture	Minimum Requirements
HOOP SUPERMAN 	<p>Hold the position: minimum 2 seconds</p> <p>Body position: body and legs are in the straight line horizontal position</p> <p>Points of contact with the hoop: two hands, thighs of both legs</p> <p>Arm position: both arms are extended, one hand is holding the upper bar, the other hand is holding the side bar</p> <p>Leg position: legs are closed in a horizontal position, leaning on the lower arm; the hoop is between the legs</p>	
Element	Picture	Minimum Requirements
TWO HANDED BUTTERFLY 	<p>Hold the position: minimum 2 seconds</p> <p>Points of contact with the hoop: inverted</p> <p>Points of contact: back of the knee, two hands; contact with the sling is not allowed</p> <p>Arm position: arms are extended holding the low bar in the front and pushing the hoop away</p> <p>Leg position: one leg is hooked by the knee on the upper bar, the other leg is extended backwards</p>	
Element	Picture	Minimum Requirements
CROSS KNEE RELEASE 	<p>Hold the position: minimum 2 seconds</p> <p>Body position: inverted, facing away from the hoop; arms are in any position without the body contact and without the contact with the hoop</p> <p>Points of contact with the hoop: legs, glutes; upper leg is in contact with the sling behind the knee</p> <p>Leg position: one leg is hooked on the sling and hoop by the knee crossing the other leg; the other leg is extended and in contact with the hoop</p>	
Element	Picture	Minimum Requirements
ONE HANDED PIKE 	<p>Hold the position: minimum 2 seconds</p> <p>Body position: upright position</p> <p>Points of contact with the hoop: one hand</p> <p>Arm position: one arm is holding the hoop, the other arm (or hand) is holding the legs behind the knees</p> <p>Leg position: legs are closed parallel to the floor or higher</p>	

3) Amateur Category - Balance Elements

Element	Picture	Minimum Requirements
IRON BALANCE 	<p>Hold the position: minimum 2 seconds</p> <p>Body position: upright position</p> <p>Points of contact with the hoop: thighs, glutes</p> <p>Arm position: arms can be in any position without the body contact</p> <p>Leg position: legs are closed in a vertical position on the low bar; the hoop is between the legs</p>	
REVERSE MAN IN THE MOON 	<p>Hold the position: minimum 2 seconds</p> <p>Body position: inverted</p> <p>Points of contact with the hoop: back, two feet, neck (optional), face (optional), glute (optional)</p> <p>Arm position: arms can be in any position without the body contact</p> <p>Leg position: legs are bent, one foot in contact with the upper bar, the other foot in contact with the side bar</p>	
BACK BALANCE 	<p>Hold the position: minimum 2 seconds</p> <p>Body position: the body is laying on the low bar</p> <p>Points of contact with the hoop: lower back</p> <p>Arm position: any position</p> <p>Leg position: legs are extended and below the low bar</p>	
SHOULDER STAND STAG 	<p>Hold the position: minimum 2 seconds</p> <p>Body position: inverted</p> <p>Points of contact with the hoop: shoulders, arms, hands; neck (optional)</p> <p>Arm position: arms are wrapping the hoop and holding it with hands on the side bars</p> <p>Leg position: legs are in the stag position</p>	

4) Amateur Category - Dynamic Elements

Element	Picture	Minimum Requirements
V BACKFLIP 	<p>Starting position: both feet are in contact with the floor, both hands are holding the hoop on the low bar</p> <p>Ending position: both legs are in contact with the floor</p> <p>Execution requirements a dynamic 360 back flip in a straddle position; the full rotation with head over heels is required; during landing on the floor no hands on the floor</p>	
HANDS TO ARMPIT TWISTED DROP 	<p>Starting position: hands are holding the upper bar, lower back (or glutes) is in contact with the hoop on the low bar, the body is facing away from the hoop</p> <p>Ending position: armpits are in contact with the low bar, the body is facing the hoop</p> <p>Execution requirements a dynamic twisted drop from the upper bar to the low bar with the change of the body position</p>	
ARMPIT TO STRADDLE REGRIP 	<p>Starting position: both armpits are in contact with the hoop on the low bar (no hands contact); the body and legs are in the vertical position</p> <p>Ending position: an inverted straddle position with both hands holding the low bar</p> <p>Execution requirements a dynamic regrip to the inverted position</p>	
2X SEATED FRONT ROLLS 	<p>Starting position: sitting on the low bar (glutes or thighs are in contact with the hoop); both legs extended, hands are holding the hoop on the low bar</p> <p>Ending position: sitting on the low bar (glutes or thighs are in contact with the hoop); both legs extended, hands are holding the hoop on the low bar</p> <p>Execution requirements 2 front rolls with 360 rotation executed without a pause</p>	

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