**COMPULSORY ELEMENTS**

**ELITE CATEGORIES**

**Categories: Juniors A Elite, Juniors B Elite, Women Elite**

**Czech Aerial Hoop Open 2026**

Diagram

Description automatically generated

**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 **TWO** compulsory elements from each evaluated criterion (min. 2 elements for flexibility, min. 2 elements for strength, min. 2 elements for balance and min. 2 elements 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.







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