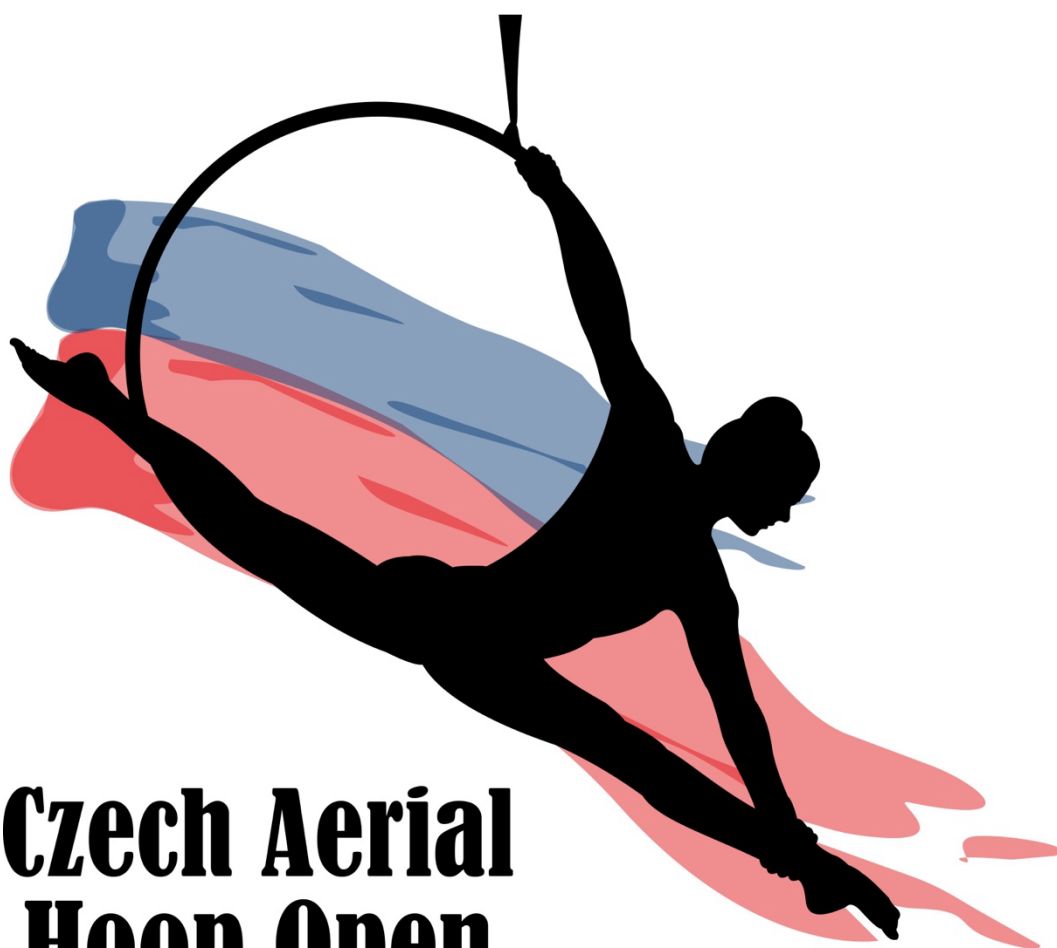


# **COMPULSORY ELEMENTS AMATEUR CATEGORIES**

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

## **Czech Aerial Hoop Open 2027**



## **Czech Aerial Hoop Open**





## **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').


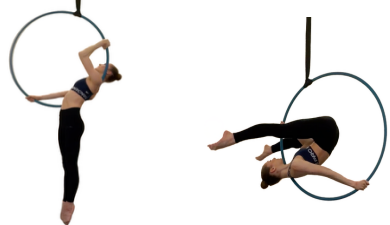


## **Evaluation of compulsory elements**

- 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
<b>TWISTED GAZELLE 160°</b>		<p><b>Hold the position:</b> minimum 2 seconds</p> <p><b>Points of contact with the hoop:</b> both legs, lower back (optional), glutes, side of torso (optional)</p> <p><b>Arm position:</b> both arms are extended and holding the opposite legs at the ankle</p> <p><b>Leg position:</b> legs are in the front split passe position with front leg extended and back leg bent. The angle of split is 160°.</p>
<b>O BEND</b>		<p><b>Hold the position:</b> minimum 2 seconds</p> <p><b>Points of contact with the hoop:</b> both hands, both thighs</p> <p><b>Arm position:</b> both arms are extended and are holding the hoop ABOVE the head at the top part of the hoop</p> <p><b>Leg position:</b> both legs are bent</p>
<b>REVERSE ANGEL 160°</b>		<p><b>Hold the position:</b> minimum 2 seconds</p> <p><b>Points of contact with the hoop:</b> one hand, one leg, (ankle and top of the foot are optional)</p> <p><b>Arm position:</b> one arm is extended and holding the hoop, the other arm is bent and is holding the opposite leg behind the head</p> <p><b>Leg position:</b> both legs are extended in a split position with the angle of split 160</p>
<b>BACK SUPPORT STAG</b>		<p><b>Hold the position:</b> minimum 2 seconds</p> <p><b>Points of contact with the hoop:</b> heel of one leg, both arms, both hands, upper back, neck (optional)</p> <p><b>Body position:</b> inverted, back arch</p> <p><b>Arm position:</b> arms are wrapped around the hoop holding the hoop by the hands</p> <p><b>Leg position:</b> heel of one leg is leaning on the top part of the hoop (contact with the sling is not allowed), both legs are bent, the foot of the back leg is lower than shoulders</p>




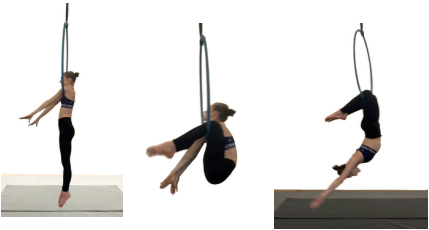
## 2) Amateur Category - Strength Elements

Element	Picture	Minimum Requirements
<b>VARIACE BOHYNĚ</b> 		<p><b>Hold the position:</b> minimum 2 seconds</p> <p><b>Points of contact with the hoop:</b> both legs, glutes, crook of one knee is in contact with the sling</p> <p><b>Arm position:</b> one hand is holding the leg at the foot/ankle, the other arm is in a position of choice without contact with the hoop or the body</p> <p><b>Leg position:</b> back leg is extended, the other leg is bent and is hooked on the sling by the crook of the knee</p>
Element	Picture	Minimum Requirements
<b>IKARUS LIFT I.</b> 		<p><b>Hold the position:</b> minimum 2 seconds in a starting position, minimum 2 seconds in the final position</p> <p><b>Starting position:</b> Amazon, both legs are down and extended, both hands are in contact with the hoop in a grip of choice</p> <p><b>Ending position:</b> Icarus Staddle with hips above the shoulders, extended legs</p> <p><b>Execution requirements:</b> deadlift without the swing, legs can be bent during the lift</p>
Element	Picture	Minimum Requirements
<b>MEATHOOK ONE HAND</b> 		<p><b>Hold the position:</b> minimum 2 seconds</p> <p><b>Points of contact with the hoop:</b> one hand</p> <p><b>Body position:</b> inverted</p> <p><b>Leg position:</b> both legs are extended in a pike position, ankles together</p>
Element	Picture	Minimum Requirements
<b>DEAD HANG</b> 		<p><b>Hold the position:</b> minimum 2 seconds</p> <p><b>Points of contact with the hoop:</b> both hands are in contact with the sling, contact with the hoop is not allowed</p> <p><b>Arm position:</b> both arms are extended and are holding the sling by the hands</p> <p><b>Leg position:</b> legs are in a position of choice without hoop contact</p>

### 3) Amateur Category - Balance Elements

Element	Picture	Minimum Requirements
CRUISER		<p><b>Hold the position:</b> minimum 2 seconds</p> <p><b>Points of contact with the hoop:</b> one arm is in contact with the sling at the shoulder and biceps/triceps (armpit contact is not allowed), both legs and glutes are in contact with the hoop</p> <p><b>Arm position:</b> both arms are extended</p> <p><b>Leg position:</b> both legs are extended</p>
RIDER		<p><b>Hold the position:</b> minimum 2 seconds</p> <p><b>Points of contact with the hoop:</b> both legs, thighs are in contact with the hoop; one shoulder and glutes are in contact with the sling (back/neck/head can be in contact with the sling)</p> <p><b>Arm position:</b> both arms are extended</p> <p><b>Leg position:</b> both legs are extended</p>
SHOULDERSTAND PIKE		<p><b>Hold the position:</b> minimum 2 seconds</p> <p><b>Points of contact with the hoop:</b> neck (optional), both shoulders, arms and hands</p> <p><b>Arm position:</b> both arms are bent and are holding the hoop by the hands</p> <p><b>Leg position:</b> both legs are extended in a horizontal position (20 tolerance to the parallel position)</p>
DOUBLE ELBOW BALANCE		<p><b>Hold the position:</b> minimum 2 seconds</p> <p><b>Body position:</b> inverted</p> <p><b>Points of contact with the hoop:</b> crooks of both elbows, low back and glutes are optional</p> <p><b>Arm position:</b> both arms are bent and are holding the hoop by the crooks of the elbows</p> <p><b>Leg position:</b> both legs are bent with one leg in the front and the other leg in the back</p>

#### 4) Amateur Category - Dynamic Elements

Element	Picture	Minimum Requirements
<b>BAR TO BAR II.</b> 	<p><b>Starting position:</b> hanging behind the hoop, legs are in a position of choice</p> <p><b>Ending position:</b> both hands and lower belly are in contact with the hoop</p> <p><b>Execution requirements:</b> dynamic swing (deadlift to the final position is not allowed)</p>	
Element	Picture	Minimum Requirements
<b>PIKE DROP</b> 	<p><b>Starting position:</b> one hand is holding the top part of the hoop; legs are hooked on the second arm by the knees and are not in contact with the hoop with the hand holding the hoop at the low part. This position must be held for 2 seconds</p> <p><b>Ending position:</b> both hands are holding the hoop, legs are in a pike position between the arms. This position must be held for 2 seconds</p> <p><b>Execution requirements:</b> dynamic regrip (deadlift to the final position is not allowed)</p>	
Element	Picture	Minimum Requirements
<b>V TO ELBOWS REGRIP</b> 	<p><b>Starting position:</b> staddle position under the hoop, both hands are holding the hoop in the side grip (with the head facing the side of the hoop)</p> <p><b>Ending position:</b> both arms are bent and holding the hoop by the crooks of elbows</p> <p><b>Execution requirements:</b> dynamic swing (deadlift to the final position is not allowed), contact with the floor is not allowed</p>	
Element	Picture	Minimum Requirements
<b>SWING TO KNEE HOOKING</b> 	<p><b>Starting position:</b> hanging by both armpits on the lower bar</p> <p><b>Ending position:</b> hanging by both knees on the lower bar</p> <p><b>Execution requirements:</b> a smooth transition without hesitation</p>	

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