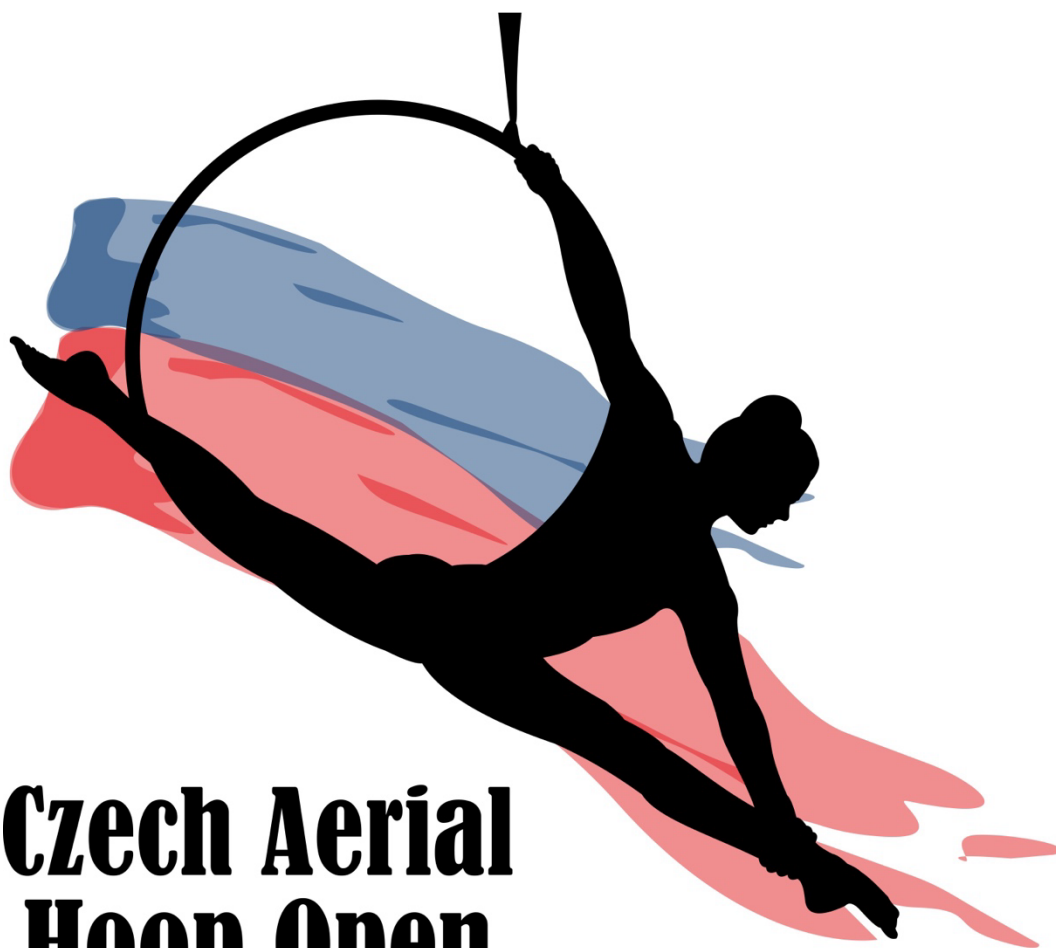


COMPULSORY ELEMENTS ELITE CATEGORIES

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

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').

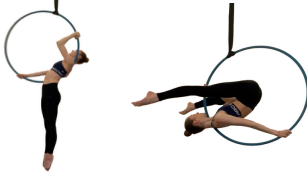




Evaluation of compulsory elements

- The competitor is obliged to choose **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.






1) Professional & Elite Category - Flexibility Elements

Element	Picture	Minimum Requirements
SWALLOW 	<p>Hold the position: minimum 2 seconds</p> <p>Points of contact with the hoop: tops of feet/shins of both legs, both hands</p> <p>Arm position: both arms are extended and are holding the top part of the hoop above the head</p> <p>Leg position: both legs are extended with the opening not wider than the level of hips</p>	
OPTICAL SPLIT 160° 	<p>Hold the position: minimum 2 seconds</p> <p>Points of contact with the hoop: one hand, one arm, back (optional), glutes, shoulder (optional), neck (optional)</p> <p>Arm position: one hand is holding the opposite leg at the ankle, the other hand is holding the hoop, both arms can be bent</p> <p>Leg position: legs are in a split position with one leg being the head. Angle of split 160.</p>	
COCOON 	<p>Hold the position: minimum 2 seconds</p> <p>Points of contact with the hoop: crook of one knee</p> <p>Arm position: both arms are extended and are holding the back leg above the head with hands by the foot/ankle in a ring position (palms must be in contact with the foot/ankle, using only fingers is not allowed)</p> <p>Leg position: back leg can be bent</p>	
BACK BEND PRETZEL 	<p>Hold the position: minimum 2 seconds</p> <p>Points of contact with the hoop: crook of one elbow</p> <p>Arm position: crook of one elbow is in contact with the low part of the hoop, both arms are bent and are holding the opposite legs at the feet/ankles above the head in the ring position (palms must be in contact with the feet/ankles, using only fingers is not allowed)</p> <p>Leg position: both legs are bent</p> <p>Body position: upright position with back arch</p>	
JADE SPLIT 160° 	<p>Hold the position: minimum 2 seconds</p> <p>Points of contact with the hoop: one hand, opposite armpit, one leg (this leg must be opposite to the hand), side of torso</p> <p>Arm position: one arm is extended and is holding the top part of the hoop by the hand, the other arm is bent and is supporting the body by pressing against the glute</p> <p>Leg position: both legs are extended in a split position with the opposite to the hand leg leaning on the top part of the hoop. Angle of split - 160</p>	


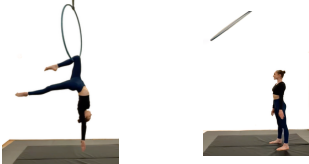




2) Professional & Elite Category - Strength Elements

Element	Picture	Minimum Requirements
IKARUS LIFT II. 	Hold the position: minimum 2 seconds v počáteční i koncové pozici Starting position: Amazon, both legs are down and extended, both hands are in contact with the hoop in a grip of choice Ending position: Icarus Staddle with hips above the shoulders, extended legs Execution requirements: deadlift without the swing, legs must be extended during the lift	
Element	Picture	Minimum Requirements
HEEL SCARAB 	Hold the position: minimum 2 seconds Points of contact with the hoop: both heels, both hands Arm position: both arms are extended, and are holding the low part of the hoop by the hands with maximum shoulder width Leg position: both legs are bent and are in contact with the top part of the hoop by the heels. Sling contact is not allowed	
Element	Picture	Minimum Requirements
ELBOW AMAZON 	Hold the position: minimum 2 seconds Points of contact with the hoop: crook of one elbow, biceps (optional), neck, back, side of torso Arm position: one arm is bent and is in contact with the top/side bar of the hoop by the elbow crook, the other arm is extended and is not in contact with the hoop Leg position: both legs are extended and closed facing down	
Element	Picture	Minimum Requirements
EXTENDED BUTTERFLY 	Hold the position: minimum 2 seconds Points of contact with the hoop: both hands, one leg Arm position: both arms are extended, one hand is holding the top part of the hoop, the other hand is holding the low part of the hoop Leg position: both legs are extended in a split position, one leg is in contact with the top bar of the hoop with the back of the knee leaning on the hoop (this leg must be the opposite to the hand), the other leg has not contact with the hoop Body position: inverted	
Element	Picture	Minimum Requirements
SHOULDER PLANK 	Hold the position: minimum 2 seconds Points of contact with the hoop: both hands, one leg Arm position: both arms are extended, one hand is holding the top part of the hoop, the other hand is holding the low part of the hoop Leg position: both legs are extended in a split position, one leg is in contact with the top bar of the hoop with the back of the knee leaning on the hoop (this leg must be the opposite to the hand), the other leg has not contact with the hoop Body position: inverted	

3) Professional & Elite Category - Balance Elements

Element	Picture	Minimum Requirements
SHOULDER BALANCE SPLIT 	<p>Hold the position: minimum 2 seconds</p> <p>Points of contact with the hoop: one shoulder, one arm, neck (optional), both legs</p> <p>Arm position: back arm is extended and is holding the ankle of the same leg, front arm is wrapped around the hoop and is holding the calf/ankle of the same leg</p> <p>Leg position: legs are in front split passed position with the back leg bent</p>	
Element	Picture	Minimum Requirements
SHOULDER REST 	<p>Hold the position: minimum 2 seconds</p> <p>Points of contact with the hoop: both hands in contact with the top part of the hoop, neck (optional), shoulder</p> <p>Arm position: both arms are bent, both hands are in the closed grip (it is not allowed to have a wide grip)</p> <p>Leg position: both legs are extended in a horizontal straddle positions (20 tolerance to parallel)</p>	
Element	Picture	Minimum Requirements
RUSSIAN BALANCE 	<p>Hold the position: minimum 2 seconds</p> <p>Points of contact with the hoop: one foot, both hands, glutes (optional)</p> <p>Arm position: both arms are extended pressing the front leg against each other</p> <p>Leg position: the foot of the front leg is pressing against the side of the hoop, the back leg is extended. Both legs are in a split position</p>	
Element	Picture	Minimum Requirements
MACHINE GUN 	<p>Hold the position: minimum 2 seconds</p> <p>Points of contact with the hoop: both arms, foot of one leg</p> <p>Arm position: one arm is extended, the other arm (which is in contact with the leg) can be bent. Both hands are in the back grip (iguana) position</p> <p>Leg position: both legs are extended in a split position, with one leg having the contact with the back and the tricep of the same arm, and the other leg pressing against the low part of the hoop</p> <p>Body position: the body is in a horizontal position (20 degree tolerance to parallel) with the chest facing the floor</p>	
Element	Picture	Minimum Requirements
BACK BALANCE 	<p>Hold the position: minimum 2 seconds</p> <p>Points of contact with the hoop: glutes or low back</p> <p>Arm position: both arms are extended in a position of choice without touching the hoop or the body</p> <p>Leg position: both legs are extended with the maximum opening on the level of hips, legs are horizontal (10 tolerance)</p>	

4) Professional & Elite Category - Dynamic Elements

Element	Picture	Minimum Requirements
ODSKOK Z BACK BALANCE		<p>Starting position: balancing on the back with one leg leaning on the top part of the hoop</p> <p>Ending position: standing on both feet</p> <p>Execution requirements: dynamic swing and jump onto the floor without hands touching the hoop during the whole movement. Landing on the feet without hands touching the floor</p>
NO HANDS ODSKOK		<p>Starting position: hanging by one knee</p> <p>Ending position: standing on both feet</p> <p>Execution requirements: dynamic swing and jump onto the floor without hands touching the hoop during the whole movement. Landing on the feet without hands touching the floor</p>
MINI REGRIP PIKE DO PODPAŽÍ A VĚČKA		<p>Starting position: both hands are holding the top part of the hoop, chest is in contact with the low part of the hoop, legs are closed and extended</p> <p>Ending position: hanging in inverted V position on the low part of the hoop</p> <p>Execution requirements: dynamic regrip from hanging on the top part of the hoop to the armpits grip on the low part of the hoop to inverted V. The whole movement must be executed without interruption</p>
ODSKOK Z HIP BALANCE		<p>Starting position: balance on the lower belly</p> <p>Ending position: standing on both feet</p> <p>Execution requirements: dynamic swing forward and jump onto the floor. Hands are not in touch with the hoop or the floor during the whole movement</p>
REGRIP HANDS TO ELBOWS		<p>Starting position: hanging on the hands on the top part of the hoop with the hoop behind the body</p> <p>Ending position: hanging on the crooks of the elbows on the top part of the hoop</p> <p>Execution requirements: both hands must perform the grip simultaneously</p>
ELBOW ROLL TO KNEE HANG		<p>Starting position: any position</p> <p>Ending position: hanging by the knees on the low part of the hoop</p> <p>Execution requirements: At least one elbow roll (with full 360 rotation) which should continue to the drop by the knees. The whole movement must be executed without interruption</p>

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