

COMPULSORY ELEMENTS ELITE CATEGORIES

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

Czech Aerial Hoop Open 2025



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
HORIZONTAL SPLIT 160° 	<p>Hold the position: minimum 2 seconds</p> <p>Body position: the body is lifted up in a perpendicular position to the legs</p> <p>Points of contact with the hoop: legs, hands</p> <p>Arm position: arms are extended; one hand is holding the upper bar, the other arm is holding the low bar</p> <p>Leg position: legs are extended in the front split horizontal position</p>	
HANGING ELBOW HALF SPLIT 160° 	<p>Hold the position: minimum 2 seconds</p> <p>Body position: upright</p> <p>Points of contact with the hoop: crook of the elbow</p> <p>Arm position: hands are holding opposite legs at the ankle or foot</p> <p>Leg position: the front leg is extended, the back leg is bent</p>	
ONE KNEE COCOON 	<p>Hold the position: minimum 2 seconds</p> <p>Body position: inverted</p> <p>Points of contact with the hoop: crook of the knee</p> <p>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</p> <p>Leg position: one leg is hooked on the hoop, the other leg is above the head (can be bent or extended)</p>	
FRONT AMAZON COCOON 	<p>Hold the position: minimum 2 seconds</p> <p>Body position: facing up (can face up and backwards), back is laying on the low bar</p> <p>Points of contact with the hoop: back, one hand, armpit (optional)</p> <p>Arm position: one hand is holding the same-side leg above the head in the ring position at the foot or ankle, the other hand is holding the hoop</p> <p>Leg position: legs are in the stag position</p>	




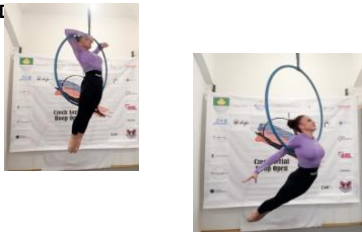
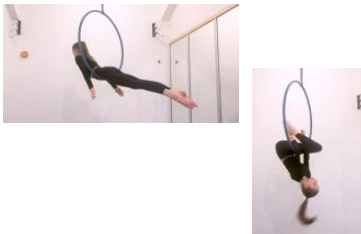
2) Professional & Elite Category - Strength Elements

Element	Picture	Minimum Requirements
FEET HANG CANDLE		<p>Hold the position: minimum 2 seconds</p> <p>Body position: inverted, the body is in a straight vertical line</p> <p>Points of contact with the hoop: two feet</p> <p>Arm position: arms can be in any position</p> <p>Leg position: legs are extended and in contact with the hoop by the tops of the feet</p>
REVERSE MEATHOOK BOTH HANDS		<p>Hold the position: minimum 2 seconds</p> <p>Body position: the body is facing away from the hoop, leaning on one arm with the back</p> <p>Points of contact with the hoop: two hands</p> <p>Arm position: one arm is behind the back and is holding the hoop by the hand, the other arm is not in contact with the body and is holding the hoop by the hand</p> <p>Leg position: legs are extended in a straddle position</p>
HEEL HANG SCARAB		<p>Hold the position: minimum 2 seconds</p> <p>Body position: facing the hoop</p> <p>Points of contact with the hoop: two heels, two hands</p> <p>Arm position: arms are extended, holding the low bar and pushing the hoop away</p> <p>Leg position: legs are bent and have a contact with the upper bar at the heels; sling contact is not allowed</p>
SUPPORTED ONE HEEL HANG		<p>Hold the position: minimum 2 seconds</p> <p>Body position: the body can be in any position</p> <p>Points of contact with the hoop: one heel</p> <p>Arm position: one arm is in any position without the body contact; the other arm is in contact with the same-side leg and is holding its foot with the hand</p> <p>Leg position: one leg is bent and has a contact with the hoop at the heel</p>

3) Professional & Elite Category - Balance Elements

Element	Picture	Minimum Requirements	
BACK BALANCE		Hold the position:	minimum 2 seconds
		Body position:	inverted, facing away from the hoop
		Points of contact with the hoop:	glutes
		Arm position:	arms can be in any position without contact with the hoop and legs
		Leg position:	legs are closed in a horizontal position
Element	Picture	Minimum Requirements	
SHOULDER STAND STRADDLE		Hold the position:	minimum 2 seconds
		Body position:	inverted
		Points of contact with the hoop:	shoulders, arms, (neck & head are optional); hands are not in contact with the hoop
		Arm position:	arms are extended and in contact with the hoop; hands are not in contact with the hoop or the body
		Leg position:	legs are extended in a straddle position, the ankles are lower than the pelvis
Element	Picture	Minimum Requirements	
AEROPLANE NO HANDS		Hold the position:	minimum 2 seconds
		Body position:	upright, facing away from the hoop
		Points of contact with the hoop:	hips or lower belly
		Arm position:	arms are in any position without the body contact
		Leg position:	legs are open in a horizontal position
Element	Picture	Minimum Requirements	
BACK BALANCE RING / TEARDROP		Hold the position:	minimum 2 seconds
		Body position:	inverted
		Points of contact with the hoop:	lower back, glutes (optional)
		Arm position:	arms are in the ring/Bielmann position, holding the legs above the head. Both palms must be fully in contact with the foot, ankle or shin. Arms can be bent or extended.
		Leg position:	legs can be bent or extended
Element	Picture	Minimum Requirements	
HIP SPLIT		Hold the position:	minimum 2 seconds
		Body position:	the body can be in any position
		Points of contact with the hoop:	one hip
		Arm position:	one arm is in contact with the leg (hand contact is not allowed), the other arm is in any position without the body contact
		Leg position:	legs are in the front split position (straddle position is not allowed)

4) Professional & Elite Category - Dynamic Elements

Element	Picture	Minimum Requirements
ELBOW ROLLS BACK / FRONT		<p>Starting position: any position</p> <p>Ending position: any position</p> <p>Execution requirements 2 full forward or backward 360 rotations without a pause (the 360 rotation counts from the fixed position)</p>
STRADDLE TO PIKE REGRIP		<p>Starting position: both hands are in contact with the hoop; the body is either in a horizontal or inverted position; legs are in a straddle position with the back of the thighs facing up</p> <p>Ending position: pike position, with the closed legs between the arms</p> <p>Execution requirements regrip from the straddle position with the arms between the legs to the pike position with the legs between the arms; during the execution the back of the thighs must face up, and both hands must release the hoop simultaneously</p>
FEET HANG FLIP		<p>Starting position: feet hang candle with the body facing all the way down</p> <p>Ending position: two feet have contact with the floor</p> <p>Execution requirements a dynamic jump out from the feet hang position on the hoop to the floor; when landing on the floor, hand contact is not allowed</p>
ELBOW TO ARMPIT		<p>Starting position: crooks of both elbows have a contact with the upper bar, the body is facing away from the hoop; the low bar is in contact with the back of the legs; legs can be extended or bent</p> <p>Ending position: both armpits are in contact with the low bar</p> <p>Execution requirements a drop from the upper bar to the low bar without changing the body position</p>
2X BACK HIP ROLLS		<p>Starting position: front balance with hips or lower belly in contact with the low bar, hands are not in contact with the hoop</p> <p>Ending position: front balance with hips or lower belly in contact with the low bar, hands are not in contact with the hoop</p> <p>Execution requirements 2 full 360 backwards rotations; during the rotations the arms and thighs are in contact with the hoop; the hands are not allowed to be in contact with the hoop</p>

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