

COMPULSORY ELEMENTS ELITE CATEGORIES

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

Czech Aerial Hoop Open 2026



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.

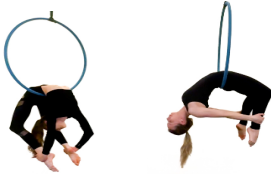
1) Professional & Elite Category - Flexibility Elements

Element	Picture	Minimum Requirements	
PRECLÍK		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	crook of the knee
		Arm position:	The hands are holding the opposite legs by the ankle or foot, one hand is holding the opposite leg in a ring position with the arm above the head
		Leg position:	one leg is hooked on the hoop, the other leg is above the head (can be bent or extended)
Element	Picture	Minimum Requirements	
SHOULDER BALANCE SPLIT 180°		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	one hand, one arm, back, glutes and one shoulder, neck (optional)
		Arm position:	One arm is wrapped around the hoop and its hand is holding the opposite leg by the ankle, the other hand is holding the hoop
		Leg position:	both legs are extended in front split position min. 180°
Element	Picture	Minimum Requirements	
ONE HEEL HANG SPLIT		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	ankle (optional), one heel, wrist (optional)
		Arm position:	both arms are extended, one wrist may be in contact with the hoop with hand holding same side leg's foot, the hand of the other arm is holding same side leg at ankle or calf
		Leg position:	In a half split position with 160° split, with front leg extended without contact with the hoop, back leg is bent with ankle/heel in contact with the hoop -
Element	Picture	Minimum Requirements	
SCORPIO SPLIT		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	both hands, foot of one leg
		Arm position:	Both arms are extended and are holding the upper bar of the hoop
		Leg position:	Legs are in a half split position; the front leg is extended and its foot is in contact with the low bar of the hoop; the back leg is bent and its foot has a contact with the head
		Body position:	Back arch
Element	Picture	Minimum Requirements	
VERTICAL ANGEL SPLIT		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	one shoulder, hand of the opposite arm, back leg, front leg (optional)
		Arm position:	One arm is extended and is holding the hoop on the upper bar, the other arm can be bent and is holding the opposite leg by the ankle
		Leg position:	Legs are in a front split position, the back leg can have a sling contact
		Body position:	inverted

2) Professional & Elite Category - Strength Elements

Element	Picture	Minimum Requirements	
HEEL HANG		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	heels
		Arm position:	arms can be in any position
		Body position:	inverted
Element	Picture	Minimum Requirements	
HOOP HANDSPRING		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	one hand on the upper bar, one hand on the lower bar
		Arm position:	arms are extended with hands holding the upper and the lower bar
		Leg position:	both legs are extended in STRADDLE position, the ankles are higher than the head, the hips are parallel to the upper shoulder or higher
Element	Picture	Minimum Requirements	
IKARUS STRADDLE		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	both hands, one shoulder/neck
		Arm position:	Upper arm is bent and is holding the hoop on the upper or side bar, the other arm is extended and is holding the low bar behind the back
		Leg position:	both legs are extended in STRADDLE position, legs have no contact with the arms or hoop
Element	Picture	Minimum Requirements	
REVERSE MEATHOOK ONE HANDS		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	one hand
		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
		Leg position:	legs are extended
Element	Picture	Minimum Requirements	
MEATHOOK ON TOP		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	one hand, both legs (optional), one arm (optional)
		Arm position:	One arm is extended and its hand is holding the hoop on the upper bar, the other arm is extended and has no contact with the hoop or with the body
		Leg position:	both legs are extended, knees together
		Body position:	inverted

3) Professional & Elite Category - Balance Elements

Element	Picture	Minimum Requirements	
WENSON KROKODÝL		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	both hands
		Arm position:	One hand is holding the upper bar, the other hand is holding the low bar with the arm bent and one leg being supported on this arm
		Leg position:	Both legs are extended and are in a front split position
Element	Picture	Minimum Requirements	
SHOULDER SUPPORT		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	both hands, both legs
		Arm position:	Both arms are bent and are supporting the body
		Leg position:	Both legs are extended in a straddle position and are horizontal to the floor
Element	Picture	Minimum Requirements	
STRADDLE BALANCE		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	back, one shoulder (second shoulder optional), neck (optional), legs, one arm
		Arm position:	One arm is extended and is holding the ankle/calf of the same leg in front of the hoop, the other arm is holding the ankle/shin of the same leg behind the hoop
		Leg position:	both legs are extended in STRADDLE position with one leg in front of the hoop, and the other leg behind the hoop
Element	Picture	Minimum Requirements	
BACKBALANCE EXTENDEI		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	Lower back, glutes (optional)
		Arm position:	Both hands are holding the legs by the feet/ankles/shins (in a position of choice: either with arms above the head in a ring position, or with arms extended behind the back), arms can be bent or extended
		Leg position:	legs can be bent or extended
		Body position:	inverted
Element	Picture	Minimum Requirements	
CROSSBOW		Hold the position:	minimum 2 seconds
		Points of contact with the hoop:	Chest, armpits, one heel
		Arm position:	Both arms are in the ring position with both hands holding one leg by the ankle/foot/shin with either the arms or the leg being above the head; the arms can be bent or extended
		Leg position:	One leg is bent and its heel is in contact with the upper bar of the hoop, the other leg is in contact with both hands above the head

4) Professional & Elite Category - Dynamic Elements

Element	Picture	Minimum Requirements
VÝMYK ROLLS		Starting position: both hands are holding the low bar of the hoop Ending position: any position Execution requirements: 2 full 360 backwards aerial rotations
BAR TO BAR TO STRADDLE		Starting position: hands are holding the upper bar Ending position: Drop on the low bar to the straddle position with the hips being on the same level with the head or higher Execution requirements: The drop must be executed in a dynamic manner without extra lifting or swinging to the straddle position
HIP FRONT ROLLS 2X		Starting position: front balance with no hand contact Ending position: any position Execution requirements: 2 full 360 front rotations; during the rotations the arms are in contact with the hoop - the hands are not allowed to be in contact with the hoop
SALTO		Starting position: Feet are in contact with the floor, legs are closed, one hand is holding the low bar of the hoop Ending position: two feet have contact with the floor, one hand holding the hoop Execution requirements: Full dynamic 360 rotation with hips flipping directly over the head without twisting
ARMPIT ROTATION		Starting position: both heels touching the upper bar, chest and armpits touching lower bar Ending position: straddle on the lower bar Execution requirements: Dynamic regrip simultaneously from armpits to both hands with visible release of the hoop contact

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