



POLE FREAK AERIAL ART CHAMPIONSHIP

AERIAL HOOP, SILK & HAMMOCK RULES AND REGULATIONS

These rules cover the aerial hoop, aerial silk and aerial hammock disciplines.
The rules for the pole dance discipline are published separately.



ORGANIZED AND CREATED BY

Pole Dance Studio Phoenix

Zagreb, Croatia

1. GENERAL NOTES

- The organizer reserves the right to amend and adapt these rules, and is obliged to inform competitors of any such change in good time.
- The number of competitors per category is limited. If a category fills up before registration closes, the organizer may close registration for that category early.
- A competitor entering more than one category or discipline must submit a separate application and pay a separate entry fee for each category and discipline.
- The division of categories by sex (M/F) refers to biological sex.

2. CATEGORIES

Competitors are divided into two main divisions: **Amateur** and **Professional**. The main divisions are further divided by age and sex into the following subgroups:

Subgroup	Age	Note
Mini F/M	4 – 8 years	amateur division only
Children F	9 – 12 years	Children M*
Junior F	13 – 17 years	Junior M*
Adult Female / Adult Male	18 – 39 years	
Senior Female / Senior Male	40 years or more	
Mix Doubles Kids	4 – 12 years	amateur division only
Mix Doubles Junior	17 years or less	
Mix Doubles Adult	18 years or more	

* If a boy registers in one of these categories, a separate boys' category will be held.

Division Change Due to Incorrect Registration

If a competitor signs up for a division that does not align with the competition's guidelines and this is recognized by the organizers or the Head Judge before competition registration is closed, the competitor may be automatically moved to the correct division. This ensures that the competition remains fair and that competitors compete against others with a similar skill level.

This change will be made based on the competitor's experience and skill, as determined by the competition's criteria for the amateur and professional divisions. Competitors are encouraged to review the division guidelines carefully when registering.

Competitors under the age of 18 may only participate in the competition with the written and signed permission of a parent or legal guardian. Documentation must be provided upon request.

3. MUSIC LENGTH BY CATEGORY

Category	Music length
Mini	2:00 – 2:30 min
Children	2:00 – 2:30 min
Junior	2:30 – 3:30 min
Adult	3:00 – 4:00 min
Senior	3:00 – 4:00 min
Doubles Kids	2:00 – 2:30 min
Doubles Junior	3:00 – 4:00 min
Doubles Adult	3:00 – 4:00 min

4. COSTUME

- The costume must match the theme and storyline of the choreography.
- Removing parts of the costume is allowed as long as the intimate parts of the body remain covered (chest, groin).
- The costume must not put the competitor at risk of injury (slips, falls, ...) and must not be made of materials that provide extra grip (latex, rubber, etc.).
- Any problem with the costume will be penalized with negative points, and if the Head Judge decides that the costume is inappropriate for this type of competition (deliberate display of nudity, racist or other offensive imagery, ...), it may also result in disqualification.
- The costume must not display anyone's logo, a manufacturer's name, or any advertising. The only markings allowed are those that fit the theme and storyline of the choreography.
- Footwear is allowed as part of the costume if it fits the theme and storyline of the choreography, and it must not serve as extra help when climbing or performing tricks.
- Knee-high and thigh-high boots/shoes are forbidden.

5. HAIR AND MAKEUP

- Hair and makeup must complement the theme and storyline of the choreography.
- Body paint is allowed if it is water-based and leaves no marks on the apparatus.

6. PROPS

- All props that can be brought onto and taken off the stage within 1 minute are allowed, provided that after their removal the stage is left in its original condition.
- Throwing confetti, glitter, or similar small materials that cannot be removed from the stage quickly and easily between two routines is forbidden.
- **Human prop:** if a person takes the role of a prop, their interaction with the competitor must not include assisting with the execution of the compulsory elements on the aerial apparatus (hoop, silk, hammock) or

the compulsory acro balance on the floor, as this breaches the criteria of the solo category. Such a performance will be penalized with negative points.

- The use of fire or anything flammable is **STRICTLY** forbidden, as are dangerous or sharp objects that could injure the competitor.

All props and their intended use must be listed in the application.

7. SAFETY IN THE MINI AND CHILDREN CATEGORIES

Spotters are permitted to support competitors in the Mini and Children categories to enhance safety during their performances. Spotters should stay at the back of the stage but may move closer when competitors execute high-risk maneuvers, for added protection.

During the performance, spotters must avoid any physical contact or verbal instructions unless an accident occurs. If a spotter intervenes by grabbing the competitor, the Head Judge has the authority to halt the performance and potentially disqualify the competitor. However, if the spotter makes light contact (without grabbing, catching, pushing, or otherwise assisting the competitor in executing a trick), the Head Judge will determine whether the contact was sufficient to warrant disqualification.

If a competitor requires a spotter, they must bring their own — the organizer will not provide spotters for the event.

8. GRIP AIDS AND PRODUCTS

Grip aids are permitted as long as they leave no visible marks on the body. They may be applied to the hands and the body, and must not be applied to the apparatus itself.

ALLOWED

- rosin
- Lupit grip pad
- magnesium powder
- liquid magnesium

9. GENERAL RULES

PFAAC is an artistic competition with compulsory fundamental skills on the aerial apparatus, depending on the category, presented through some form of artistic expression, such as a storyline and/or an interpretation of the music through movement. The interpretation and the storyline must be clear, and the choreography must clearly convey what it is about. The emphasis is on a clearly interpreted theme and on the uniqueness of the performed elements and combinations. In addition to the compulsory elements, anything that goes beyond what has already been seen will earn extra (bonus) points.

Apparatus

Aerial hoop

Category	Diameter	Rigging points
Mini and Children	95 cm	single point
Junior, Adult and Senior	100 cm	single point
Doubles	105 cm	two points

Aerial silk — the silk is rigged at a height of 7 m and has a total length of 8 m. The silk will be pre-stretched and prepared for all competitor categories.

Aerial hammock

The organizer will publish the hammock specifications (rigging height, length and rigging points) before the end of qualifications.

Technique

1. Compulsory elements/combinations on the aerial apparatus
2. Transitions and lines
3. Acrobatic/dance sequence on the floor
4. Other elements and combinations

Art

1. Theme
2. Interpretation of the theme
3. Use of the stage
4. Overall stage presence

The technical value of the choreography accounts for **50%** of the score, and artistic expression for the other **50%**. The main focus is on the use of the aerial apparatus, but competitors are also expected to use the stage space in balance with the choreography. If props are used, their use must be meaningful.

Correct Execution of Elements

Only elements held for at least 2 seconds will be recognized, not counting the entry into and exit from the element.

10. GENERAL DEDUCTIONS AND BONUSES

DEDUCTIONS

1. fall
2. flexed feet
3. element not held long enough
4. wrong/poor leg lines

BONUSES

1. creativity
2. new (rarely performed) elements*
3. well-balanced choreography (balance between the aerial apparatus and the floor)
4. the competitor's X factor

* Refers to demanding elements and/or combinations that demonstrate exceptional strength and flexibility, and to new and different combinations of elements that demonstrate the competitor's innovation and creativity.

11. RULES BY CATEGORY

AMATEUR — MINI AND CHILDREN

This category includes all children (M/F) aged 4 to 8 (Mini) and children aged 9 to 12 (Children*) who have never competed, or who have never won one of the top three places, at similar aerial art and aerial sport competitions.

* If they have competed and won at competitions that do not require specific skills on the apparatus, they may take part in the amateur category after prior consultation with the organizer. The same applies if the competitor won 2nd or 3rd place but their performance level does not exceed the amateur category, and the last competition they won took place in the same competition season.

COMPULSORY ROUTINE

- connecting at least 2 elements into a coherent sequence without dismounting from the apparatus
- a dance sequence on the floor

FORBIDDEN

See the Forbidden section of the Amateur category (Junior, Adult and Senior): all the rules from there apply here as well. In addition, competitors **must not use the last 3 m of the silk** (the silk may be used up to a maximum height of 4 m, measured from the floor), and at every moment while performing elements on the apparatus they must have at least two points of contact. Elements with only one point of contact (gripping point) are **STRICTLY forbidden**.

PROFESSIONAL — CHILDREN

The professional category includes competitors who have won one of the top three places in the amateur category at similar competitions, or who have already competed in the professional category at similar competitions. The category is open to all competitors who meet the category minimum in terms of the ability to perform the compulsory routine.

COMPULSORY ROUTINE

1. **Dynamic combo** — connecting at least 2 elements of dynamics and/or strength into a coherent whole without dismounting from the apparatus
2. **Flexy combo** — connecting at least 2 flexibility elements into a coherent whole without dismounting from the apparatus
3. **Acrobatic/dance sequence on the floor** — connecting acrobatic and/or dance components into a coherent whole on the floor

BONUSES

- deadlift (grip of choice)
- oversplit
- back bend with straight knees

AMATEUR — JUNIOR / ADULT / SENIOR

The amateur category includes competitors who have never competed, or who have never won one of the top three places in that category, at similar aerial art and aerial sport competitions.

If they have competed and won at competitions that do not require specific skills on the apparatus, they may take part in the amateur category after prior consultation with the organizer. The same applies if the competitor won 2nd or 3rd place but their performance level does not exceed the amateur category, and the last competition they won took place in the same competition season.

COMPULSORY ROUTINE

1. **Dynamic / flexy combo** — connecting at least 2 elements of strength and/or flexibility into a coherent sequence without dismounting from the apparatus. This means the following combinations, for example: 2 strength elements, or 1 strength element + 1 flexibility element, or 2 flexibility elements.
2. **Acrobatic/dance sequence on the floor** — connecting acrobatic and/or dance components into a coherent whole on the floor. This sequence must **NOT** include somersaults, acro walkovers or similar 360° rotations in which the body does not have at least two points of contact with the floor.

FORBIDDEN

- deadlift
- elements of extreme flexibility, as well as those combining a simultaneous back extension and a 180° split
- flips, drops and somersaults without contact with the floor
- "catch and release" elements and tricks*

* Elements and tricks in which the competitor releases the apparatus (at the moment of release there is no contact with the apparatus) and then grabs it again.

ALLOWED

- flexy elements whose execution does not require excessive strength and dynamics*
- back extensions if the knees are not fully extended during execution
- inversions, as long as they are not performed with straight legs or as a deadlift or aerial deadlift

* Strength and dynamics of execution refer to the entry into the element, the exit from it, and the hold itself.

PROFESSIONAL — JUNIOR / ADULT / SENIOR

The professional category includes competitors who have won one of the top three places in the amateur category at similar aerial art and aerial sport competitions, or who have already competed in the professional category at similar competitions. The category is open to all competitors who meet the category minimum in terms of the ability to perform the compulsory routine.

COMPULSORY ROUTINE

1. **Aerial deadlift** — grip of choice; raising the body into an inversion without momentum and without pushing off from the floor. The knees do not have to be straight.
2. **Dynamic/power combo** — connecting at least 2 strength and/or dynamic elements into a coherent sequence
3. **Flexy combo in rotation** — connecting at least 2 flexibility elements (a split of at least 180° and/or a back flexion) into a coherent sequence on the aerial apparatus while rotating
4. **Acrobatic/dance sequence on the floor** — includes dance movements and/or acrobatic elements of choice

BONUSES

- back bend on the apparatus with straight knees
- aerial deadlift with both legs straight
- catch and release trick/element
- oversplit

AMATEUR — MIX DOUBLES KIDS

This category includes children's pairs aged 4 to 12. There is a single category for children's pairs, open to all pairs up to the age of 12 regardless of whether they have competed before.

COMPULSORY ROUTINE

1. **Doubles combo** — connecting at least 2 doubles and/or synchronized elements on the aerial apparatus into a coherent sequence. Contact with the floor is allowed while performing the combination.
2. **Synchronized dance sequence on the floor** — must last at least 8 counts and must **NOT** include somersaults, acro walkovers or similar 360° rotations in which the body does not have at least two points of contact with the partner, the floor and/or the aerial apparatus

Both partners must equally take on the roles of "catcher/base" and "flyer".

FORBIDDEN

- "release and catch" doubles elements and tricks*
- aerial deadlift
- doubles elements and tricks in which the catcher/base does not have at least two points of contact (gripping points) with the aerial apparatus

* Elements and tricks in which the catcher (base) releases the flyer, so that the flyer has no contact with the apparatus or the partner, and then grabs onto the catcher and/or the apparatus again.

All other prohibitions for this category are the same as those for the amateur category (see the Forbidden sections of the Mini and Children and the Amateur Junior/Adult/Senior categories).

AMATEUR — MIX DOUBLES JUNIOR / ADULT

This category includes competitors who have never competed as a pair, and who have never won one of the top three places as a pair, at similar aerial art and aerial sport competitions.

If they have competed and won at competitions that do not require specific skills on the aerial apparatus, they may take part in the amateur category after prior consultation with the organizer. The same applies if they won 2nd or 3rd place but their performance level does not exceed the amateur category, and the last competition they won took place in the same competition season.

COMPULSORY ROUTINE

1. **Aerial doubles combo** — connecting at least 2 doubles elements into a coherent sequence without dismounting from the apparatus
2. **Synchronized acrobatic/dance sequence on the floor** — must last at least 8 counts and must **NOT** include somersaults, acro walkovers or similar 360° rotations in which the body does not have at least two points of contact with the partner, the floor and/or the apparatus

Both partners must equally take on the roles of "catcher/base" and "flyer".

FORBIDDEN

- "release and catch" doubles elements and tricks*
- aerial deadlift
- doubles elements and tricks in which the catcher/base does not have at least two points of contact (gripping points) with the aerial apparatus

* Elements and tricks in which the catcher (base) releases the flyer, so that the flyer has no contact with the apparatus or the partner, and then grabs onto the catcher and/or the apparatus again.

All other prohibitions for this category are the same as those for the amateur category (see the Forbidden sections of the Mini and Children and the Amateur Junior/Adult/Senior categories).

PROFESSIONAL — MIX DOUBLES JUNIOR / ADULT

The professional category includes pairs who have won one of the top three places in the amateur category at similar aerial art and aerial sport competitions, or who have already competed in the professional category at similar competitions. The category is open to all pairs who meet the category minimum in terms of the ability to perform the compulsory routine.

COMPULSORY ROUTINE

1. **Interlocking doubles trick combo** — connecting one doubles element in which both partners are interlocked with at least one more doubles or synchronized element into a coherent whole, without dismounting from the apparatus
2. **Partner hold combo** — connecting one doubles element in which one partner holds the other* with at least one more doubles or synchronized element into a coherent whole, without dismounting from the apparatus
3. **Acro balance on the floor** — performing 1 acro balance on the floor in which the execution of the figure depends on both partners connected as one whole

* The flyer has no contact with the apparatus.

Both partners must equally take on the roles of "catcher/base" and "flyer".

BONUSES

- aerial deadlift on the partner and/or the apparatus
- synchronized or joint (interlocking) drop
- "release and catch" trick/element*

* Elements and tricks in which the catcher (base) releases the flyer, so that the flyer has no contact with the apparatus or the partner, and then grabs onto the catcher and/or the apparatus again.