



**USA AERIAL
FEDERATION**

AERIALSPORT.ORG



DECEMBER 13-14, 2025
MIAMI, FLORIDA, USA

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GENERAL RULES

In the USAAF Championship can participate athletes:

- Any gender
- Any nationality
- Any country

DISCIPLINES:

- Pole Sport
- Aerial Hoop
- Aerial Silks
- Aerial Pole

CATEGORIES:

- Kids (6-9 years old)
- Novice (10-14 years old)
- Junior (15-17 years old)
- Adults 18+ (Female / Male 18-39 years old)
- Masters 40+ (Female / Male 40+ years old)
- Kids Doubles (6-9 years old)
- Youth Doubles (10-17 Years)
- Adults Doubles (18+ years old)

PROGRAMS:

- Solo
- Doubles

DIVISIONS:

- Amateur
- Professional

Amateur

Beginners, Athletes with basic skills. Amateur choose elements with low technical difficulty for their performance. Instructors are prohibited from performing in this Division.

Professional

Athletes with above-average and high-level projectile handling skills choose maneuvers with above-average or high technical value for their performance. This level is open to anyone who teaches, performs, and has won in major competitions. Also, athletes who have been training for over a year and consider their level sufficient for competing in this division may skip the "Beginners" level.

FEES

- All applicants will be charged a non-refundable application processing fee
- There will be no other fees for attending the competition, or showcase finale
- Family, coaches, and guests of finalists must pay full price for their tickets to the event
- Application fees for Solo is 120\$, duo & groups 150\$ per application.

APPLICATION

To participate in the Championship, athletes are required to provide the Organizer with the requested information and the following documents through the online application process:

https://docs.google.com/forms/d/e/1FAIpQLScp39GzSXDeQLM_xMt3DDQSzbplje5abg4VHR0xUs_PXyhCVQ/viewform?usp=header

For Application You need:

- Personal Information: Full name, date of birth, contact details, and any other relevant personal information
- Identification Document: A valid identification document, such as a passport or national ID card, to verify the athlete's identity
- Medical Clearance: A medical certificate or clearance by athlete indicating that the athlete is physically fit to participate in the Championship and does not have any medical conditions that would prevent them from competing safely
- Liability Waiver: A signed liability waiver form, acknowledging and accepting any risks associated with participation in the Championship and releasing the Organizer from liability for any injuries or damages that may occur
- Consent Forms (if applicable): Additional consent forms may be required for underage athletes, requiring parental or guardian consent for participation in the Championship
- Music (Max 3 min). Music must be entitled, "Discipline_Category_Athlete name"
 - Example "AerialHoop_Kids_JessicaParker"
- Screenshot of your PayPal Registration Receipt

It is important for athletes to carefully provide all the requested information and submit the required documents as part of the online application process to ensure their eligibility for participation in the Championship.

DEADLINES

- June 1 - Applications open for all Disciplines
- November 25 - Applications close for all Disciplines
- December 1- Music Deadline

MUSIC

- Music Maximum Length 3 min
- Music must be entitled, "Discipline_Category_Athlete name"
 - Example "AerialHoop_Kids_JessicaParker"
- MP3 format
- Music send with Google Application. Or by mail usaerialsport@gmail.com
Deadline December 1, 2025.
- No explicit lyrics. Radio Edits only
- Cutting/editing a song or mixing several songs is allowed
- All competitors are responsible for the quality and submission of their music
- Duplicate songs will NOT be accepted. If Your song has already been claimed, you will be notified (upon acceptance) and will need to choose another one
- Once You send in your music file, no changes will be made. No exceptions
- The athlete must have a backup recording of the program's musical accompaniment with their surname and category specified on a USB drive in MP3 format during the competition.

SCORING

The final score of the judges is calculated by taking the arithmetic mean of all the protocols and subtracting Penalty Deductions and Penalties from the Head Judge.

The components of the athlete's performance (excluding Penalty Deductions and Penalties from the Head Judge) will be evaluated on a scale ranging from 0 to 10.0 points, based on the following criteria:

0-2.0	POOR
2.0-4.0	SLIGHT
4.0-6.0	GOOD
6.0-8.0	VERY GOOD
8.0-10.0	EXTREME

JUDGING CRITERIA

Overall execution

Execution refers to the safe, controlled, accurate, and successful completion of pole tricks and combinations.

Visual Effectiveness, Creative Interpretation, Creative Combinations, Balance of Elements, Technical Skills and Tricks, Lines.

Strength

Strength refers to the power of the arms, core, and legs and the ability to move with control. Athlete should perform upper body, core, and lower body strength tricks and combinations and displays strength through choice of moves, control of movement and holding moves.

The element must be held with full body fixation for a minimum of 2 seconds. The entry and exit into the element are not considered as part of the element hold.

Flexibility

Flexibility refers to the overall range of motion of the body. Competitor performs maneuvers with full extension displaying joint mobility, muscle extension and range of motion of body parts including the neck, back, shoulders, arms, hips and legs. the athlete should perform movements, combinations, and transitions with full extension and mobility.

Dynamic Movements

Dynamic movement refers to bursts of movement and control of momentum. Dynamic movement can be created by increasing the distance and length of time that the body leaves the pole or ground and returns. Competitor demonstrates powerful maneuvers that allow the body to suspend away from the pole or ground, and smoothly controls movement upon return. Dynamic movements can include regrips, drops, acrobatic catches, jump-outs, etc. They should be executed in quick succession with no pause.

Transitions/Flow

Transitions refer to the competitor's ability to move creatively and seamlessly between all maneuvers including tricks, dance, acrobatics and floor. Flow refers to the smoothness and grace of movement. Movement is fluid, not shaky or disjointed. Flow is consistent throughout the routine.

Stage Presentation

Originality of the overall presentation

The athlete's ability to demonstrate and express: character/mood, character portrayal, personality, or storytelling, while showcasing a clear connection between the music and choreography, is evaluated. The theme should encompass the music, costume, makeup, hairstyle, choreography, and movements in a way that allows the audience to understand the concept of the routine.

Charisma and Self-Confidence

Charisma, the ability to captivate the attention of judges and spectators throughout the entire performance, making one's presentation unique and memorable, is evaluated.

The athlete's self-confidence during the entire program is evaluated. The athlete should be able to conceal their anxieties and nervousness, displaying no signs of unease or confusion, and confidently execute elements and components of the entire routine.

Flow/Transitions

The performance is evaluated based on the athlete's ability to maintain a continuous flow throughout the routine. The program should be cohesive, without pauses or slowdowns. The athlete's skill in creating an organic and effortless performance is assessed. Movements, tricks, transitions between elements, mounts/dismounts, and choreography should be logically connected in a sequential manner, ensuring the overall program looks cohesive.

The athlete's ability to seamlessly combine multiple movements/elements into combinations, synchronized with the music, both on and off the apparatus, is evaluated. This includes floor work and work on the apparatus.

Lines

The athlete's body lines and positions are evaluated, including the following aspects:

- Tautness of the feet (unless intentionally flexed)
- Absence of pigeon-toeing
- Proper posture
- Tension and positioning of the legs and arms/wrists
- Correct body position during the execution of elements
- Proper body positioning required for movements in the choreography.

Originality of Floor Work

The judges will look for choreography and acrobatics movements that is performed with ease and grace, and creatively on the floor.

Doubles only

Synchrony and Mirror Execution

Synchrony refers to the mirrored interaction of athletes on and off the apparatus, around it, and on the stage. This encompasses movements performed on separate apparatuses, the same apparatus, or on the floor. It involves the execution of elements, tricks, combinations, and choreography. Synchrony can be present when two athletes perform parts of a routine together.

Mirror execution entails the precise replication of positions between athletes when performing identical elements. This includes matching body positions, full splits, angles of arm and leg extensions, and more. They have identical points of contact with the apparatus and/or with each other, while their extended body parts are parallel or have the same deviation angle from the central axis of the apparatus, with a maximum allowable deviation of 20 degrees.

Base and Flyer Tricks

Base and Flyer Tricks refers to tricks, transitions and skills (on or off the pole) that could not be executed without the other person. Both partners show they can catch and fly equally in the routine. To achieve the highest point allocation, competitors should switch base and flyer.

DEDUCTIONS

Slip or Loss of Balance

Uncontrolled slipping on the apparatus; unintentional and temporary loss of control over one's balance or the position of their body or body part on or off the apparatus, where the athlete can quickly regain their position.

Penalty for each occurrence: 1.0 point.

Fall

Uncontrolled landing on the floor, accompanied by a loss of balance.

For example: Landing on the head; buttocks; knees; landing on three or more points of the body.

Penalty for each occurrence: 3.0 points.

Costume Malfunction

A penalty is given to the athlete, if any part of the costume or headpiece becomes detached, falls off, or tears during the performance. Penalty is also given for adjusting or readjusting the costume. Additionally, if the costume partially exposes of private parts.

Additionally, athletes performing in training attire or everyday clothing are also subject to penalties.

Penalty for each new occurrence: 1.0 point, leading to disqualification.

Inappropriate Costume

Not meeting general requirements listed under Costumes.

*For full or more than 50% exposure of intimate body parts - Disqualification.

Penalty for each new occurrence: 5.0 point, leading to disqualification.

Contact with the Rigging

Contact with truss, rigging, lights, or cables.

Penalty for each occurrence: 1.0 point.

Sexually Explicit

Floor or pole work that could be interpreted as overtly sexual

Penalty for each occurrence: 3.0 points.

Illogical Start/End of Performance

The athlete fails to begin the routine after the start of the music.

The athlete continues moving (without reaching the final position) even though the music has stopped.

The athlete completes the routine, but the music continues to play.

Penalty for each occurrence: 1.0 point.

PROPS

All props need to be approved by December 1st by mail usaerialsport@gmail.com.

Props must be submitted via email with photos and descriptions of how they will be used.

Any items of clothing that are planned to be removed counts as a prop and must be approved.

PROHIBITED ITEMS:

- Glass, mirrors
- Fire, fireworks/sparklers
- Feathers, leaves, glitter, confetti, sand/powder
- Paints, oils, water, or liquids of any kind
- Animals
- Nothing that can damage the equipment and stage
- No items that are difficult to clean up quickly

GRIP AIDS

- All grip aids must be applied directly to the body or hands
- All Apparatus will be cleaned and dried between competitors by the cleaners
- No grip aids allowed to be applied directly to Apparatus
- Grip aids that cannot be removed by a standard cleaning are prohibited
- Grip aids that contain wax as an ingredient are prohibited
- Examples of prohibited grip aids include but are not limited to ITac, Firm Grip, Mueller Stickum Spray, etc.
- Any gloves prohibited

COSTUME

- Costume must cover all private parts. Nudity or partial nudity will result in disqualification
- Tops minimum coverage of average sports bra. Men may be bare chested
- Full bottoms must be worn throughout the entire piece. Briefs are okay, but must cover at least 3/4 of the bottom
- Points will be deducted for any costume slips/excessive exposure
- Costumes must not promote an individual dance studio, business or individual
- No rings or jewelry of any kind are to be worn at any time
- All footwear is prohibited
- Prohibited anything that could damage the equipment
- Costumes may NOT include: Obvious underwear, lingerie, swimwear or bikinis.

PHOTOS AND VIDEO

- Professional cameras are prohibited at the event
- Photography and videography during the competitions are allowed for everyone, as long as it doesn't interfere with the specially invited photographers and videographers and doesn't obstruct the judges
- Posting videos on social media platforms (such as Instagram, Facebook, etc.) is permitted, and we would appreciate it if you mention the name of our competition and our Instagram page
- All participants must be available for video/photo sessions and promotional activities during the event
- All photographs, negatives, and videos remain the property of the Organizers
- Participants are not entitled to request compensation or remuneration for photographs, negatives, and videos taken before/during/after the competition
- Participants may obtain their photos and videos for personal use, but they are not allowed to use them for commercial purposes
- Participants unconditionally agree that all negatives, photographs, and videos may be used by the Organizers for advertising and commercial purposes, on television, in print and online publications related to aerial sports.