

AERIAL ARTS SOCIETY



LEVEL GUIDE OVERVIEW

Level 1 – Beginner Novice

- **Skill Level:** Just finished intro class
- **Inversions:** Assisted only; 3 points of contact
- **Strength/Flexibility:** Limited
- **Allowed:** Descending into inverts, 1 drop (non-inverted, single wrap)
- **Not Allowed:** Beats, dives, neck/heel hangs

Level 2 – Advanced Amateur

- **Skill Level:** Learning aerial inversions, no paid work last 12 mo on apparatus
 - This student is likely still in the Level 1 classes at their studio.
- **Inversions:** Assisted & ground pullovers allowed
- **Points of Contact:** 3 when inverted, 2 upright
- **Allowed:** Up to 2 drops, dives w/safety wraps
- **Not Allowed:** Beats, open wraps, heel/neck hangs

Level 3 – Intermediate

- **Skill Level:** Confident inverts from ground, still refining
 - These students are likely in the Level 2 classes at their studio.
 - Must see an invert at some point, but can be from the floor.
- **Inversions:** At least 1 aerial invert (bent legs okay)
- **Drops:** Allowed, except open wrap
- **Not Allowed:** Beats, heel/neck hangs, open/kamikaze drops

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Level 4 – Advanced

- **Skill Level:** Proficient, clean technique with 1-2 contact points
 - These students might still be taking classes but also might be doing cabarets.
 - Must see an actual invert in the air.
- **Inversions:** At least 1 straight-leg aerial invert
- **Allowed:** Release moves (torso rotation OK)
- **Focus:** Strong strength, flow, flexibility

Level 5 – Pro Allstar

- **Skill Level:** Elite performer / Anything goes!
- **Inversions:** 2 straight-arm/leg dead-hang aerial inverts
- **Allowed:** Neck/ankle hangs, full release drops
- **Prize Eligible:** \$1,000 solo winner



APPARATUS-SPECIFIC BREAKDOWN

Lyra (Hoop)

Level	Key Skills
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- | | |
|---|---|
| 1 | Inside/under hoop only |
| 2 | Use top bar begins |
| 3 | Elbow/ankle hangs, spanset combos, stand on top bar |
| 4 | Release moves, beats, foot hangs, heel hangs, hip circles, elbow circles, lion rolls, flags, meathooks. |
| 5 | Anything goes |

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Hammock

Level	Key Skills
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|---|---------------------------------------|
| 1 | No drops (maybe diaper drop) |
| 2 | Basic single wrap drops |
| 3 | Stacked/multiple wrap drops |
| 4 | Meathooks, flags; still no neck hangs |
| 5 | Anything goes |

Silks

Level	Key Skills
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|---|--|
| 1 | No drops, stay in lower half |
| 2 | Basic drops (single star, slack drop, wrapped 360, half monty, swingset, etc.) <i>No drops to ankles.</i> |
| 3 | Standard drops (double star, salto star, belay drops, simple thigh hitch wraps) |
| 4 | Advanced drops (wheel downs, single back dive, open drops, release drops), Split balances / straddle balances, flags, meathooks. |
| 5 | Big drops (Double back dives, big releases); neck hangs. |

REMINDERS:

- Levels 3 - 5 may utilize specialty apparatuses
- Levels 4 and 5 may opt for a lift
- Duos / Groups are judged by ARTISTIC SCALE ONLY

AERIAL ARTS SOCIETY

- POWERHOUSE CATEGORY is judged by TECHNICAL SCALE
- DRAMATIC & ENTERTAINMENT CATEGORIES are judged by ARTISTIC SCALE