AERIAL ARTS SOCIETY

FROM THE OFFICIAL COMPETITOR/PERFORMER PACKET
EDITED 5/28/2025

🧠 Judging Framework Overview

🎭 Artistic: 100 MAX SCORE

- **Artistic Vision: 25**
  (Clarity / Structure / Uniqueness)

- **Performance: 50**
  (Artistry / Presence / Flow / Movement quality / Transitions + Facial expressions)

- **Technique: 25**
  (Balanced routine / Overall Presentation / Skill Difficulty)

🔧 Technical: 100 MAX SCORE

- **Execution: 50**
  (Execution of tricks / Execution of combinations / Execution of overall movement / Control & cleanliness / Trick placements & trick durations)

- **Difficulty: 40**
  (Level of transitions / Level of execution and flexibility / Level of execution of strength / Level of execution of dynamic elements)

- **Artistry: 10**
  (Originality)

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Technical Scoring

Judging is based on the competitor's **level of tricks, combinations, transitions**, and overall **execution**, **delivery**, **technique**, and **presentation**.

Competitors are expected to demonstrate **confidence, engagement, and entertainment value** throughout their original routine, showcasing a strong stage presence both on the ground and in the air.

You may notice some consistent themes throughout the scoring criteria. For example, the execution of **combinations** and **dynamic movements** requires a **seamless blend** of proper technique and form. Fluidity is key, not only in overall movement but also in transitions, ensuring a smooth flow between elements.

However, we also celebrate **variety** and **contrast** in a competitor's routine. From unique personal flair to creative combinations, each performer brings something distinct to the stage. The routine should incorporate a range of **edges, steps, turns, and directional changes**, demonstrating versatility in aerial movement.

In essence, **variety** is a fundamental aspect that underpins all components of the performance, enhancing both its technical complexity and artistic expression.

🔧 TECHNICAL SCORE SHEET CRITERIA – Max: 100

Execution – 50 points

Execution of Tricks (10)

- Confident, safe, and secure delivery
- Demonstrates technical precision and control
- Highlights performer's strengths and versatility
- Includes a range of movements and intentional transitions
- Captivates with clear, skillful execution

Execution of Tricks

*A **trick** is defined as a **clever and skillful action** performed to captivate or entertain an audience. In evaluating the **execution of tricks**, we focus on the **overall delivery** and **precision** of each move.*

*Tricks must be executed **safely and securely**, demonstrating both control and confidence. Each trick should highlight the performer's **strengths**, showcasing their technical ability and physicality.*

*A well-executed routine will incorporate a **range of movements** and **shapes**, emphasizing **variety and***

versatility *while maintaining fluid transitions and clear intention behind each action.*

Combination Execution (10)

- Seamless, progressive sequences
- Harmonious blend of technique and form
- Smooth, purposeful transitions
- Consistent control and precision throughout
- Showcases connected movement with artistry

Execution of Combinations

Combinations should flow seamlessly, with a **harmonious blend of technique and form**. Each sequence must demonstrate **gradual progression**, maintaining **consistency** and control throughout. The transitions between tricks should be smooth and purposeful, showcasing the performer's ability to connect movements with precision and artistry.

Overall Movement Execution (10)

- Fluid and intentional execution
- Balance and control through transitions and tricks
- Smooth, cohesive flow throughout the routine
- Well-coordinated movement connection
- Showcases technical skill and artistic vision

Execution of Overall Movement

Technique *refers to the skillful and efficient way a performer carries out each movement, ensuring balance, control, and artistic expression. It involves mastering the* ***precision*** *and* ***fluidity*** *required to bring a routine to life.*

Key aspects of evaluation include:

- ***Balance and Control:*** *Was technique effectively applied to maintain balance and control during* ***turns, spins, transitions****, and* ***tricks****?*
- ***Cohesion and Flow:*** *Did the routine flow seamlessly, with smooth transitions that connect each element?*
- ***Movement Connection:*** *Were the movements executed in a way that felt cohesive and interconnected, creating a unified performance rather than isolated actions?*

The overall execution should feel ***fluid****,* ***intentional****, and* ***well-coordinated****, showcasing the performer's*

technical prowess and artistic vision.

Control & Cleanliness (10)

- Clean, precise choreography with engaged lines
- Pointed toes and fully extended or purposeful bent legs
- Avoids unintentional bends or sloppy positioning
- Enhances polish and refinement of performance
- Microbends or lack of control may incur deductions

Presentation: Control & Cleanliness

*Aerial performances require **balance** and **control** in every movement. Choreography should be clean, precise, and demonstrate **engaged lines**, including **pointed toes** and **elongated limbs** throughout. These details contribute to the overall polish and refinement of the performance.*

*For example, if two competitors are equally skilled but one maintains pointed toes and the other does not, the performer with the pointed toes will appear more polished and intentional in their execution. The same applies to leg positioning: if your legs are meant to be straight, engage your **quads** to achieve full extension, ensuring your legs are as straight as possible. Alternatively, if the trick requires bent legs, make sure the bend is purposeful and clearly matches the shape of the move.*

*Any **microbends** or unintentional leg positioning can detract from the perceived control and cleanliness of the performance, as a slightly bent leg may appear accidental rather than intentional. Deductions will be made for **obvious unintentional bends** or incomplete execution of the desired leg position.*

Trick Placements (5)

- Performed at angles clearly visible to judges
- Alignment of inner thighs, hips, and knees is key
- Ensures clarity and precision in positioning
- Poor visibility or unclear angles lead to deductions

Execution of Trick Placements

*The **angle/degree** of a split is determined by the alignment of the **inner thighs** in relation to the **hips** and **knees**. To achieve the highest level of execution, movements must be performed at angles that are clearly visible to the judges, ensuring they can fully assess the **correctness** and **precision** of the placement.*

If a move is not executed at a visible and appropriate angle, or if it lacks clarity in its positioning, ***points will be deducted*** *for insufficient execution and incomplete visibility of the trick. Proper alignment and visibility are essential for showcasing the full technical intent of the movement.*

Trick Durations (5)

- Position held for minimum 2 seconds
- 3 seconds for balance elements
- Count starts when required position is fully assumed
- Focus on stability and control during hold
- Transitions in/out do not count toward hold time
- Ensures fair judging without disrupting routine flow

Execution of Trick Durations

A ***compulsory move*** *is counted from the moment the athlete assumes the required position. To meet the criteria, the position must be held* ***for at least two seconds*** *(or* ***three seconds*** *for balance elements), with the focus on stability and control. The* ***transition*** *into and out of the position does not contribute to the duration of the hold.*

This guideline ensures fair judging by allowing athletes to demonstrate ***proper form****,* ***body control****, and* ***strength*** *during compulsory moves, while still maintaining the natural* ***flow of the routine****. The goal is to assess the execution of the move itself, without disrupting the overall performance or momentum.*

Difficulty – 40 points

Level of Transitions (10)

- Linking movements between tricks, inverts, lifts, spins, and floor work
- Ensures seamless flow and smooth progression throughout routine
- Helps conserve energy, sustaining power and stamina
- Adds grace, fluidity, and artistic quality to performance
- Elevates routine from skill display to captivating dance
- Judged on fluidity, control, and technique—not just trick execution
- Requires physical skill and mental focus for body positioning and momentum
- Demonstrates mastery in weaving skills into a cohesive narrative

Level of Transitions

*A **transition** is the linking movement between tricks, inverts, lifts, spins, and floor work, allowing a routine to move seamlessly from one skill to the next. Transitions are essential for creating a **fluid and harmonious performance**, maintaining momentum, and ensuring a smooth progression throughout the routine.*

Functional Importance:

Transitions play a key role in maintaining the flow and rhythm of the routine. Well-executed transitions help an aerialist conserve energy, enabling them to sustain power and stamina from start to finish, while smoothly navigating between skills.

Aesthetic Value:

*Beyond their functional purpose, transitions also contribute to the **artistic quality** of the performance. They add **grace** and **fluidity**, transforming the routine from a mere display of physical skill into a captivating dance that engages and moves the audience. Transitions elevate the performance, showcasing the aerialist's ability to blend athleticism with artistry.*

Scoring Implications:

*Judges do not score solely based on the execution of major tricks. The **quality** of transitions, their **fluidity**, and the technique used are key factors in the overall score. A well-executed transition can elevate an aerialist's score, while a poorly performed one may result in deductions.*

Physical and Mental Challenge:

*Mastering transitions requires both **physical skill** and **mental focus**. Aerialists must manage their body positioning, momentum, and preparation for the next move, all while maintaining **rhythm**, **flow**, and **safety**. Efficient transitions demonstrate an aerialist's mastery over both their body and their training, showing they can weave together isolated skills into a **cohesive narrative**.*

*In essence, transitions are the lifeblood of aerial performance, representing the perfect balance of **strength, control**, and **artistry**.*

Flexibility Execution & Difficulty (10)

- Range of motion in specific joints or groups of joints
- Essential for executing advanced aerial movements and skills
- Dynamic flexibility movements showing control and muscle activation
- Highlights increased range of motion combined with strength and stability
- Execution reflects technical precision and athleticism
- Balances flexibility, control, and strength to elevate the routine

Level of Execution and Difficulty of Flexibility Movements

Flexibility *refers to the range of motion a performer has in a joint or group of joints. It's important to note that flexibility in one joint does not automatically imply flexibility in others.*

In aerial performance, ***flexibility*** *is crucial, as it allows athletes to execute more advanced movements and skills. Without the necessary range of motion, an aerialist may struggle to perform certain tricks effectively or safely.*

Competitors should integrate ***dynamic flexibility movements*** *that demonstrate both* ***control*** *and* ***muscle activation****. These movements should highlight the* ***increased range of motion*** *and* ***strength*** *within the performer's body, illustrating not just flexibility but also the ability to maintain* ***stability*** *and* ***proper form*** *during execution.*

The execution of these movements should reflect both ***technical precision*** *and* ***athleticism****, showcasing a blend of flexibility, control, and strength that elevates the routine.*

Strength Execution & Difficulty (10)

- Level of Execution and Difficulty of Strength Movements (10)
- Demonstrates upper and lower body strength, endurance, and grip power
- Executed with minimal reliance on momentum, emphasizing control and precision
- Shows balance, coordination, and mastery over bodyweight agility
- High muscular engagement with clear intention in each movement
- Seamlessly integrated into the routine, enhancing technical complexity and artistry

Level of Execution and Difficulty of Strength Movements

The performance should highlight the competitor's ***strength*** *and* ***endurance****, emphasizing both* ***upper and lower extremity power****,* ***grip strength****, and* ***bodyweight agility****. These strength movements should be executed with minimal reliance on momentum, showcasing the aerialist's ability to generate power through* ***control*** *and* ***precision****.*

Strength movements must also demonstrate ***balance*** *and* ***coordination****, illustrating the competitor's mastery over their body. Each movement should reflect a high level of* ***muscular engagement****, with clear intention and seamless integration into the overall routine, elevating the technical complexity and artistic impact of the performance.*

Dynamic Execution & Difficulty (10)

- Uses momentum and gravity to enhance movement and reduce muscular effort
- Requires precise timing and control for safe, seamless execution
- Demonstrates progressive quality in dynamic movement patterns
- Safely performs high-impact elements such as dismounts, swings, and overhead impacts
- Balances low-force compulsory and high-force elite skills for technical and artistic impact

Level of Execution and Difficulty of Dynamic Movements

Dynamic movements *utilize momentum and gravity to enhance movement and execute tricks, allowing aerialists to minimize muscular effort while maintaining fluidity and control. These movements require precision and timing to ensure both safety and seamless execution.*

The routine should demonstrate a ***progression of quality movement patterns****, with dynamic elements building on one another to create a cohesive flow. Aerialists must* ***safely*** *execute high-impact moves, including dismounts, overhead body impacts, and swinging actions, all while maintaining control and minimizing risk.*

The routine should strike a balance, bridging the gap between ***lower-force compulsory skills*** *and* ***higher-force optional or elite skills****, demonstrating a range of dynamic movements that are technically challenging and artistically impactful. The aerialist's ability to seamlessly integrate both low and high-intensity elements reflects their mastery of dynamic execution.*

Artistry – 10 points

Originality (10)

- Creative, unique trick combinations throughout the routine
- Innovative choreography showcasing individual style
- Distinct entrances, exits, transitions, and flow
- Routine feels fresh and stands out artistically

Originality

Originality is evaluated across all aspects of the routine, from ***entrances and exits*** *to* ***transitions*** *and* ***combinations****. Competitors are encouraged to showcase* ***creative, unique combinations*** *of tricks, as well as develop* ***innovative choreography*** *that highlights their individual style and artistic expression.*

*The more **distinct and original** the routine feels—whether in the flow of movement or in the arrangement of tricks—the more it will stand out in this category.*

Artistic Scoring

Artistic judging focuses on the competitor's **expression**, **interpretation**, and overall **stage presence** throughout their routine. Evaluators will assess the athlete's ability to convey emotion and **storytelling** through their movements, with particular attention to their **unique style** and artistic individuality.

Competitors should demonstrate **confidence**, **engagement**, and **entertainment value**, maintaining a **high level of stage presence** in every aspect of their performance—both on the ground and in the air. Seamless transitions between **tricks**, **combinations**, and **dynamic movements** are key to maintaining the flow and overall coherence of the routine.

Additionally, the performer's ability to incorporate **dance** and **acrobatic choreography** with **imagination**, **flair**, and **fluidity** will be carefully evaluated. Judges will look for a routine that is not only technically proficient but also rich in **artistic expression**, with every element contributing to a captivating, cohesive performance.

🎭 ARTISTIC SCORE SHEET CRITERIA – Max: 100

ARTISTIC VISION:

Musicality & Concept (10)

- Cohesive theme, character, or story
- Movements reflect music's rhythm, mood, and phrasing
- Choreography aligns with musical highs/lows
- Clear emotional connection to music
- Facial expressions and body language match music
- Music is fully integrated—not background

Clarity of Concept and Musicality

***Musicality** refers to the competitor's ability to **interpret and connect** with the music, demonstrating not only its technical elements, but also its flow, dynamics, intensity, and passion through physical expression. The*

music should serve as a backdrop to the emotional and artistic journey of the performance, guiding the movements, transitions, and the overall rhythm.

*The **musical theme**, role, or character portrayed throughout the routine should be **clear and cohesive**, both to the judges and the audience. The **interpretation** of the music is a key aspect: this includes the competitor's use of **facial expressions**, **emotions**, and **choreography** to create a unique character, persona, or narrative that complements the music. The choreography should reflect the **light and shade**, the highs and lows of the music, and fully capture the **feeling** and **emotion** it conveys.*

***Concept**: The chosen **music style** should align with the **character or theme** being portrayed. Competitors must demonstrate a strong connection with the music, incorporating it into their **costume**, **body language**, and **facial expressions**. The choreography must flow naturally with the **beat**, **phrases**, and **melody** of the music, ensuring that the physical movements are tightly linked to the musical structure.*

*There must be a **strong cohesion** between the movements and the music, with the routine entirely performed to the music. The choreography should be an organic extension of the music itself, showcasing how the performer uses the **music to inspire** their movements, accentuating the **style** and **quality** of the performance.*

*Competitors should maintain the **correct rhythm**, ensuring they stay in sync with the music. Missing beats or being out of time can detract from the overall musicality of the routine. Music should not merely function as a background element but should be deeply integrated into the **life** of the performance, **driving** the choreography and enhancing the athlete's expression.*

*Finally, the **emotion** conveyed by the performer must **match** the theme, character, or story portrayed. If the routine lacks a clear narrative, the emotional expression should reflect that, but in all cases, there should be a coherent alignment between the **performance's emotion** and the **music's intention**.*

Composition & Structure (10)

- Intentional, well-designed choreography
- Movements follow musical phrasing and form
- Balanced, proportioned use of space and time
- Transitions match rhythm and dynamics
- Each section builds emotional/technical momentum
- No wasted or random movement

Composition and Structure

***Composition** refers to the intentional and thoughtful arrangement of movements, crafted with originality and purpose. It is the artful design of a routine, where every movement is carefully selected and sequenced to create a meaningful and cohesive whole. The choreography should align with the **musical structure**, drawing upon principles such as **proportion**, **unity**, **space**, **pattern**, and the inherent structure of the music*

itself.

*The routine must reflect the **musical phrases** and **form**, with each movement carefully placed to highlight the natural rhythm, dynamics, and transitions in the music. **Form** refers to the overall structure and organization of the musical composition, which should be mirrored in the choreography. This includes how the movements flow, the timing of transitions, and how the performer responds to the rise and fall of the music, maintaining a sense of continuity and unity throughout the piece.*

*A well-composed routine demonstrates a **balance** between movement and music, with choreography that evolves and builds in a way that enhances the emotional and technical impact of the performance. Every element should feel deliberate, with no extraneous movements, ensuring that the composition feels unified and intentional from start to finish.*

Uniqueness of Performance (5)

- Original, creative movement combinations
- Inventive choreography—no overused elements
- Fresh transitions both on/off apparatus
- Creativity present from start to finish
- Routine stands out for innovation and individuality

Uniqueness of Performance

This criterion evaluates the originality and creativity of the entire performance, including the moves, combinations, choreography, and thematic expression. Competitors should strive to create fresh, inventive transitions, sequences, and elements both on and off the apparatus. The emphasis is on crafting a routine that feels truly unique, with new approaches to movement, style, and storytelling.

Judges are not looking for isolated "one-off" tricks or single standout moments of originality. Instead, the focus is on the overall innovation of the routine—how each component, from the first movement to the final exit, reflects creativity and originality. The goal is to create a performance that stands out for its freshness, thoughtfulness, and individuality, leaving a lasting impression on both the judges and the audience.

PERFORMANCE:

Artistry (10)

- Technique and emotion work together
- Routine tells a story or evokes a feeling
- Expression transforms tricks into visual narrative
- Emotionally engaging and purposeful
- Performer becomes an expressive artist in motion

Artistry

*Artistry in aerial performance is the seamless integration of **technique** and **expression**, where both elements work together to create a captivating, unified experience. A truly artistic aerialist doesn't just execute moves—they craft a performance that tells a story, evokes emotion, and brings the music to life. Superb artistry is reflected in the way an aerialist blends precision and passion, transforming technical skill into a **dazzling visual narrative**.*

*The movements performed are more than just physical actions; they are a means of **communicating** an idea, emotion, or musical theme. While technical execution is essential, it serves a greater purpose: to convey the message and connect with the audience. The true measure of artistry lies in the **aerialist's ability** to express a deeper meaning through their performance, allowing the technique to become a vehicle for emotional and artistic communication.*

In the air, an aerialist becomes an artist, using their body not just to execute tricks, but to evoke feelings, stir imagination, and share a personal expression with the audience.

Stage Presence (10)

- Command of stage and audience attention
- Energy and intensity sustained throughout
- Performer fully inhabits character/music
- Strong projection, charisma, confidence
- Engagement visible in every gesture

Stage Presence

***Stage presence** encompasses both **intensity** and **presentation**, and is key to captivating an audience from start to finish.*

***Intensity** refers to the energy and effort with which the aerialist performs, reflecting their dynamic use of body segments, the vigor of their transitions, and the overall **choreographic dynamism** of the routine. It's about how the performer injects emotional power into every movement, maintaining high energy while showcasing technical skill. The intensity of the routine should be consistent, creating a rhythm that keeps the audience engaged and invested throughout the performance.*

***Presentation** focuses on how the aerialist embodies the music and choreography. It reflects **engagement**, **commitment**, and the depth of understanding between the performer and the composition. The aerialist should connect deeply with the music, allowing the rhythms, dynamics, and emotions of the piece to shape the quality of their movements. It's about showcasing their **full involvement**, demonstrating an understanding of both the technical and emotional elements of the routine.*

*A competitor with exceptional stage presence **commands the stage**—they don't just perform; they **own** the space. They project **confidence**, exude **charisma**, and hold the audience's attention with every gesture.*

Whether through sharp precision, smooth flow, or expressive intensity, the aerialist should create a sense of awe and engagement, drawing the audience into the performance with an undeniable, magnetic energy.

Overall Flow & Fluidity (10)

- Seamless transitions and movement continuity
- No awkward pauses or breaks
- Every move connects gracefully to the next
- Musical timing reflected in movement dynamics
- Choreography moves like a dance, not trick-to-trick

Overall Flow and Fluidity

Flow *refers to the aerialist's ability to create a seamless, natural, and effortless routine, where every movement flows gracefully from one to the next. The transitions, tricks, and acrobatic elements should appear smooth and fluid, as if each action is an extension of the previous one, without disruption or hesitation.*

The performance should maintain a continuous, harmonious movement, whether the athlete is moving on or off the apparatus, from standing to floor, or from floor to standing. Each sequence, move, and transition must blend together with precision, creating a cohesive, unified performance. There should be no awkward pauses, jolts, or visible breaks in the routine; everything should flow seamlessly into the next.

The routine should showcase a variety of movements, with intricate body mechanics and transitions that demonstrate a range of abilities. From ***dynamic shifts*** *in movement type to changes in pace, the routine should remain fluid and uninterrupted. The athlete should demonstrate an effortless connection between each element, skillfully transitioning from one trick to another with complete control and grace.*

Musical sensitivity *is key to achieving fluidity. The aerialist must move with precision, timing each movement to the rhythm, melody, and dynamics of the music. This requires a deep understanding of the music's structure, from tempo to articulation, and the ability to translate those musical elements into movement. The performer should be attuned to the nuances of the music, using their body to reflect its accents, pauses, and transitions in a way that feels intentional and expressive.*

Finesse in movement is what elevates the performance, demonstrating an acute sensitivity to the music's details and bringing those details to life through graceful, purposeful movement. A routine with exceptional flow and fluidity will feel like a dance, not just a series of isolated tricks, but a continuous narrative that ***perfectly matches*** *the rhythms and moods of the music.*

Movement Variety & Quality (10)

- Diverse shapes, levels, and transitions
- Avoids repetition—each move feels fresh
- Smooth mix of slow/control & powerful/dynamic
- Movements reflect creativity and complexity
- High execution quality: clean, secure, confident

Quality and Variety of Movements

Variety *is the essence of creating an engaging, dynamic routine. It is the richness that comes from incorporating different types of movements, shapes, and transitions—avoiding monotony and repetition. A truly captivating performance is one that surprises and engages the audience, offering them a diverse and constantly evolving experience.*

Competitors are encouraged to infuse their routines with ***creativity***, ***originality***, *and* ***complexity****. This means not only coming up with new and inventive movements for transitions and trick sequences but also infusing freshness and uniqueness into even the most basic elements. Whether performing a familiar trick or a complex combination, the athlete should bring their own flair and creativity, making each moment feel original and thoughtfully crafted.*

Avoid repetition. *Each movement should serve a purpose and contribute something new to the overall performance. The routine should never feel like it's simply repeating itself—whether in terms of climbs, inversions, lifts, or transitions. Every element should evolve, offering the audience something they haven't seen yet, maintaining their attention and interest throughout the entire performance.*

Technical skill *is paramount in demonstrating control over the chosen elements. The performer must exhibit a high level of coordination, strength, and precision in their movements. The execution of each movement should be clean, secure, and confident—****no messy or insecure moments****.*

A well-designed routine should show ***variation in energy****. The contrast of slow, controlled movements with dynamic, powerful actions can create tension and highlight key moments. The introduction of varied movements not only intensifies the emotional impact of the routine but also aligns perfectly with* ***musical nuances****, accents, and shifts in tone. Every motion should serve to emphasize the* ***force*** *and* ***motion*** *of the performance, enhancing its meaning and connection to the music.*

In short, a routine full of quality and variety will captivate the audience with its dynamic range, creativity, and technical mastery, moving seamlessly through a wide spectrum of movements and emotions.

Dynamic Transitions (5)

- Original, innovative entrances and exits
- Smooth flow between skills and apparatus
- Use of momentum and gravity to minimize effort
- Controlled high-impact and swinging elements
- Bridges low-force and high-force movements
- Enhances aesthetic and narrative of routine

Levels of Dynamic Transitions

Dynamic transitions are a critical component of any aerial performance, referring to the seamless flow between tricks, moves, and apparatus. These transitions should be original, innovative, and reflect a high level of creativity in both entrances and exits. Competitors are encouraged to develop fresh, unique movements that connect their skills in novel ways, both on and off the apparatus. Each transition should not only showcase technical proficiency but also contribute to the overall aesthetic and narrative of the routine.

Dynamic movements leverage momentum and gravity to facilitate transitions and trick execution, minimizing muscular effort while maintaining control. The routine should build upon fluid movement patterns, with each transition flowing naturally from one skill to the next. Aerialists should demonstrate the ability to safely execute high-impact dismounts, overhead body impacts, and swinging elements in a controlled, smooth, and precise manner.

The routine should balance lower-force compulsory movements with more complex, high-force skills, bridging the gap between foundational techniques and elite-level, advanced tricks. The transitions should serve as a bridge between these skill levels, ensuring the performance remains cohesive, engaging, and dynamic throughout.

Facial Expressions (5)

- Expressive, aligned with mood and theme
- Enhances emotion and story
- Shows authentic engagement
- Draws in audience and supports artistry

Facial Expressions

Facial expressions play a crucial role in conveying the emotional depth and storytelling of a performance. Beyond mere technical execution, expressiveness and projection allow the performer to fully embody the mood, feeling, and energy of the routine. Through confident and intentional use of the face, competitors can communicate the essence of the music, their choreography, and the overarching theme of the performance.

Facial expressions should reflect the rhythm, mood, and style of the music, transforming the aerialist into a

storyteller. Whether it's joy, intensity, vulnerability, or drama, the performer's ability to project emotion through their face enhances the connection with the audience, allowing them to become emotionally engaged with the routine. This level of emotional involvement not only captures attention but also deepens the impact of the performance, drawing the audience into the experience from start to finish.

Ultimately, the goal is to maintain a constant and authentic emotional presence that complements the physical performance, elevating the overall presentation.

TECHNIQUE:

Balanced Routine (10)

- Multi-directional use of space (high/low/diagonal)
- Dynamic movement across vertical and horizontal planes
- No confinement to one area or style
- Smooth, strategic transitions across space
- Routine feels complete and well-rounded

Balanced Routine

A **balanced routine** showcases an aerialist's ability to move fluidly and control movements across multiple planes and directions. This includes utilizing **multidirectional movements** that travel along high, medium, low, and diagonal lines, ensuring the performance is dynamic and visually engaging.

By **using space effectively**, the performer can create a compelling design that flows seamlessly across the stage or apparatus. Each movement should be deliberate and thoughtfully placed, drawing the audience's eye and keeping them engaged with shifts in direction, height, and depth.

The key is to avoid staying confined to one area or plane, instead allowing the routine to unfold in a way that highlights the aerialist's full range of movement and the creative use of available space. The performance should feel **well-rounded**, with smooth transitions between vertical, horizontal, and diagonal planes, offering a sense of depth and variety throughout.

Overall Presentation (10)

- Cohesive blend of theme, music, costume, and movement
- Narrative or character clearly developed
- Choreography evolves—builds tension/emotion
- No filler or static moments—keeps audience engaged
- Performance is polished, artistic, and memorable

Overall Presentation

Overall presentation encompasses the originality and cohesiveness of a routine, blending theme, music, costume, and choreography into a unified, compelling narrative. Competitors should craft an experience that surprises, evokes emotion, and leaves a lasting impression. The routine should give life to a character or persona, telling a clear and engaging story through both movement and expression.

In this category, creativity and complexity are paramount. The performance should not simply rely on athletic skill or a sequence of tricks; rather, it should elevate those elements within a larger, well-developed narrative. Choreography should be dynamic and progressive, with each movement building on the last, keeping the audience captivated from start to finish.

The movement should feel connected to the theme, music, and character, ensuring that every action serves the overall story. Repetitive or static movements should be avoided; instead, the performance should evolve and develop, with shifts in energy, mood, and direction to reflect the emotional arc of the piece.

Strong technical skill should be seamlessly integrated into the choreography, with clear progression, intentional transitions, and moments that highlight the performer's artistry and control. Every section of the routine should feel purposeful, contributing to the narrative and maintaining momentum throughout.

Skill Difficulty / Levels Execution (5)

- **Trick Execution**
  Clean, controlled, and precise execution
  Demonstrates strength, technique, and creativity
  Tricks flow with choreography and intent
  Varied shapes, directions, and levels
- **Strength Execution & Difficulty**
  Powerful, stable, and fully controlled strength moves
  Minimal momentum; relies on coordination and skill
  Engages full body with balance and awareness
  High difficulty with clean, deliberate delivery
- **Flexibility Execution & Difficulty**
  Deep, active range of motion with control
  Smooth integration into choreography
  Balanced strength and flexibility in poses
  Graceful, expressive, and technically sound

Levels of Trick Execution

The execution of tricks is assessed based on both technical precision and creative delivery. Each trick

should be performed in a safe, controlled manner that demonstrates the performer's skill and strength. Judges will look for a range of movement and shapes that highlight the competitor's abilities while maintaining form and technique. Tricks should not only showcase physical strength but also the ability to execute with control and artistry.

Level of Execution and Difficulty of Strength Movements

Strength movements should demonstrate the competitor's physical power, endurance, and agility across both the upper and lower body, with minimal reliance on momentum. The ability to execute these movements with balance, coordination, and body awareness is key. Judges will focus on the level of difficulty in strength-based movements, and how well the performer can maintain control throughout each execution. Competitors should show proficiency in engaging and utilizing their entire body, demonstrating impressive grip strength and overall bodyweight manipulation.

Level of Execution and Difficulty of Flexibility Movements

Flexibility refers to the range of motion in joints or muscle groups, and it is crucial in aerial performance for executing a variety of skills. A performer's ability to stretch and move through different positions is integral to their success in higher-level tricks and choreography. Flexibility movements should be dynamic and fluid, incorporating both muscle engagement and a deep range of motion. Competitors should aim to seamlessly integrate flexibility into their routines while maintaining control and strength throughout. These movements should not only highlight increased flexibility but also demonstrate a balance of strength and activation to ensure safety and effectiveness.