

AERIAL ARTS SOCIETY

LEVELS

At Aerial Arts Society, **safety** is our top priority. We encourage all performers to push their limits and strive for growth, but always with safety as the guiding principle. It is essential that you, along with your studio affiliates and coaches, assess which level is most appropriate for your current skill set, your expected performance on the day of competition, and your ability to safely execute the movements.

NOTE: You are welcome to compete in as many apparatuses and categories as you like; however, you must remain at the same skill level across all events. Levels are determined based on overall aerial performance, not just on your proficiency with a specific apparatus.

A Rock Exotica Butterfly Lift is available for use by Level 4 and Level 5 competitors.

PROs may perform on multiple apparatuses, with no restrictions on the number of performances.

LEVEL BREAKDOWN + allotted max time for routine duration:

- **Level 1: BEGINNER NOVICE : 2 MINUTES + 30 SECONDS MAX**
- **Level 2: ADVANCE AMATEUR : 3 MINUTES MAX**
- **Level 3: INTERMEDIATE : 3 MINUTES MAX**
- **Level 4: ADVANCED : 3 MINUTES + 30 SECONDS MAX**
- **Level 5: PROFESSIONAL ALLSTAR : 4 MINUTES MAX**
- **Duos/doubles and Groups of 3-4 : 3 MINUTES MAX**
- **Groups of 5-18 : 4 MINUTES + 30 SECONDS MAX**
- **Showcase: 3 MINUTES MAX**

Competitors do not have to max out the allotted time of their routine.

Competitors are encouraged to utilize their max time frame.

Competitors may not go past their allotted time.

A routine of **over 60 seconds of unused allotted time** will be subject to **ONE POINT Deduction**.

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LEVEL 1: BEGINNER NOVICE Aerialist

A **Level 1** aerialist is a beginner who is still developing basic aerial skills. This performer may struggle with inversions or cannot consistently perform them cleanly, and is in the process of learning inversion techniques. They may not have taught or performed for compensation in the past 12 months. At this level, strength, flexibility, dynamic movement, and flow are still being developed.

Key Characteristics and Guidelines:

- **Inversions:** Cannot invert independently or cleanly; may use assistance, such as placing the apparatus in a "backpack" position (armpits or ribcage) or kicking off into a straddle. Can also mount the apparatus with feet at the base or lower base to lift the body.
- **Strength & Flexibility:** Limited strength, flexibility, dynamic movement, and flow.
- **Ground Pullovers:** Not allowed.
- **Low Aerial Inverts:** Assisted low aerial inversions are allowed (e.g., body wrap or consistent point of contact, and/or use of feet for mounting).
- **Descending into Inverts:** Allowed.
- **3 Points of contact when inverted.**

Apparatus Guidelines:

- **Hoop:**
 - No top bar tricks—limited to low/bottom bar, side bars, or sides of the hoop.
 - Inverted tricks are allowed on the bottom bar with 3 points of contact.
 - No drops.
- **Silks & Hammock:**
 - Use of full silk or hammock length is not required.
 - Focus on proficiency in the lower half of the height.
 - Single, non-inverted drops are permitted, but not required.
 - No more than one drop per routine.
 - No dives, inverted climbs, or tied silks (which are considered hammock).
 - Inverted tricks are allowed with 3 points of contact.

General Restrictions:

- No neck hangs, beats, or ankle, heel, foot, toe, or heel hangs.

This level is designed for those who are still mastering foundational aerial skills, emphasizing controlled movement, safety, and gradual progression.

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LEVEL 2: ADVANCED AMATEUR Aerialist

A **Level 2** aerialist is an advanced amateur who is comfortable with basic inversions both on the ground and in the air. While they have a solid foundation, they are still refining their skills and building strength, flexibility, and flow. Aerialists at this level may not have taught or performed for compensation on their competing apparatus in the past 12 months (for example, a silks instructor who has just started learning lyra can compete at this level in lyra).

Key Characteristics and Guidelines:

- **Inversions:** Comfortable with both assisted and non-assisted aerial inversions. Assisted inversions may involve using hands, feet, momentum, or other body parts to help lift the hips above the head.
- **Ground Pullovers:** Allowed.
- **Descending into Inverts:** Allowed.
- **Required Contact Points:**
 - **3 points** of contact required when the head is below the hips.
 - **2 points** of contact permitted when the body is in an upright position.

Apparatus Guidelines:

- **Hoop:**
 - May invert to the **top bar** with assistance—no spanset play or contactless drops.
 - Inverted tricks are allowed on the top bar with **3 points of contact**.
 - Spanset may be used to assist with tricks, but no spanset play combinations (e.g., up to 3 consecutive tricks using the spanset).
 - **No standing on the top bar.**
 - Tricks with **2 points of contact** while the head is below the hips on the bottom bar are permitted.
 - Required Contact points: At least 3 at top bar, at least 2 bottom bar.
- **Silks & Hammock:**
 - **Up to 2 drops** are permitted (single, wrapped double, and slack drops).
 - **Single drops, wrapped double drops, and slack drops** are allowed.
 - **Basic drops** (e.g., single slack drops) are permitted.
 - **Dives** are permitted with safety wraps.
 - **No ankle hang drops, heel hangs, neck hangs, open wrap drops, kamikaze drops, or inverted climbs.**

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- **No tied silks** (this is considered hammock).
- **No beats.**
- **Elbow hangs** are permitted.
- **3 points of contact when inverted.**

This level is designed for aerialists who are building their strength and technique and are ready to perform more complex moves with greater control and confidence. Safety and correct technique remain key as they progress toward more advanced skills.

LEVEL 3: INTERMEDIATE Aerialist

A **Level 3** aerialist is an intermediate performer who can confidently and consistently invert with clean technique from the ground. They may have experience teaching aerials, but not on their competing apparatus in the past 12 months. For example, an intermediate silks instructor could compete at this level in lyra or another apparatus (including specialty apparatuses).

At this level, the aerialist demonstrates a growing strength, flexibility, dynamic movement, and flow, and is working on refining their skills and technique.

Key Characteristics and Guidelines:

- **Inversions:** Capable of clean, consistent inversions from the ground. **At least 2 points of contact** are required when the head is below the hips.
- **Drops:** Drops are allowed, except for open wrap drops (which require precise hand-eye coordination for the catch).
- **Aerial Inversions:** Must perform at least one aerial invert (bent legs are acceptable, straight legs are not required). Assistance is allowed, meaning the use of hands, feet, momentum, or other body parts to help lift the hips above the head.

Apparatus Guidelines:

- **Silks & Hammock:**
 - Silks must be **divided open/apart** for at least **50% of the routine**.
 - Inverted climbs permitted so long as contact points are 2 when head is below the hips.
- **Hoop:**
 - Standing on top bar is permitted.
 - 2 points of contact are required for all inversions - including bottom bar, top bar, spanset play.
 - Spanset play is permitted in moderation, but no extended spanset play combinations (Up to 4 consecutive spansets tricks in a combination).

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- **General Restrictions:**

- **No heel hangs, neck hangs, open wrap drops, kamikaze drops, or inverted climbs.**
- **No tied silks** (this is considered hammock).
- **No beats.**
- **Elbow hangs** and **ankle hangs** are permitted.

Level 3 performers are refining their technical skill set and gaining confidence in their abilities, with an emphasis on clean execution and building strength and fluidity. This level offers a blend of basic to intermediate tricks and transitions, preparing the performer for more complex and advanced movements in the future.

LEVEL 4: ADVANCED Aerialist

A **Level 4** aerialist has developed a high level of technical skill and control. They can safely execute tricks with **2 points of contact** in the air and are capable of performing **1-point contact** tricks. Their routines demonstrate a solid balance of **dynamic movement, flow, strength, and flexibility**.

At this level, the performer is proficient in more complex and challenging moves, including **release moves** where they fully release all contact points and incorporate **torso rotation**.

Key Characteristics and Guidelines:

- **Contact Points:** Can safely perform tricks with **2 points of contact** in the air and is comfortable executing **1-point contact** moves.
- **Release Moves:** Full release of all contact points, including tricks involving torso rotation, is allowed.
- **Aerial Inversions:** Must perform at least **1 straight-leg, non-assisted aerial invert** (straight legs are required for this invert).
- **Strength, Flexibility, & Flow:** A strong balance of dynamic movement, flexibility, and control is evident in their performance.

Level 4 aerialists are skilled in executing complex tricks, combining advanced techniques with artistry and fluidity. They are prepared for even greater challenges, with a focus on mastering higher-level aerial movements and maintaining perfect execution.

A Rock Exotica Butterfly Lift is available for use during the performance at this level.

LEVEL 5: PROFESSIONAL ALLSTAR Aerialist

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A **Level 5** aerialist is a highly skilled, professional performer who has mastered advanced techniques and executes them with precision and control. They can safely perform tricks with **1-2 points of contact** in the air and are capable of executing more complex and dynamic moves, including **ankle hangs, neck hangs, and full-body release drops**.

At this level, the aerialist demonstrates exceptional strength, technique, and fluidity, performing advanced aerial inverts with **straight arms and legs** in at least **2 dead hang inverts**.

Key Characteristics and Guidelines:

- **Contact Points:** Can safely execute **1-2 points of contact** in the air for most tricks.
- **Advanced Moves:** **Ankle hangs, neck hangs, and full-body release drops** are allowed.
- **Aerial Inversions:** Must perform at least **2 dead hang aerial inverts** with straight arms and legs.

\$1,000 Cash Prize: This is the **only level eligible** for the **\$1,000 cash prize** awarded to the winning solo pro competitor.

Level 5 aerialists are the elite performers, pushing the boundaries of aerial arts with technical mastery, advanced tricks, and flawless execution.

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Professional All Stars levels WILL NOT be separated by apparatus or category.

A Professional Allstar competing in silks, for example, may compete alongside aerialists in hoop, hammock, or other specialty apparatus categories.

We expect exceptional stage presence, flawless execution, and high-level showmanship in all performances.

Professional Allstars are welcome to compete in multiple apparatuses within the Professional Allstar level.

The age range for the Professional Allstar category is 18 and up.