

March 1st-3rd, 2024



**Black
Hills**
Aerial Cup

Presented by
Live It Up Studio

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INFORMATIONAL PACKET

Welcome!

We are looking forward to having you be part of our competition. This packet contains a detailed summary of the information you will need to prepare for this competition. Please read ALL this package before emailing to ask questions.

Goals

Our mission is simple yet profound: to empower our youth through the awe-inspiring world of aerial sports. We aim to provide a platform that not only highlights their incredible talents but also guides them on a journey of self-discovery, discipline, and personal triumph. The Black Hills Aerial Cup is a celebration of their dedication and courage, reminding us all that with determination and hard work, the sky is truly the limit.

Nurturing Passion: We believe that every individual deserves the opportunity to explore their passions and find their calling. By introducing them to the world of aerial sports, we open doors to new horizons and pathways they might never have imagined.

Fostering Resilience: Aerial sports demand resilience and determination. Our event serves as a training ground for life's challenges, teaching our youth that setbacks are merely steppingstones to success.

Cultivating Unity and Friendship: The Black Hills Aerial Cup is a gathering that transcends differences and brings our community together. In supporting our youth, we demonstrate that we stand united in fostering their growth and well-being.

Shaping Leaders: Through mentorship, collaboration, and the pursuit of excellence, we aim to mold our youth into not only skilled athletes but also confident leaders who can navigate the complexities of the world.

Investing in Future Generations: The youth are our future, and the success of the Black Hills Aerial Cup is an investment in promising leaders, innovators, and change-makers who will shape our world.

Dates

Competition: March 1st – 3rd 2024. Daily schedule will be emailed a week prior to the competition start.

Registration Starts: September 1st, 2023

Registration Deadline: February 15th, 2024

Music and Compulsory Form Submission Deadline: February 15th, 2024

Location

NEW LOCATION - THE BOX

The Box Elder Events Center

631 Watiki Way, Box Elder, SD 57719



Registration

All performers are subjected to a **\$75** Participation Fee per performing category. To enter each competitor (or a guardian of the competitor if under the age of 18) must complete **Registration Form and sign a Waiver** at liveitupstudio.com/blackhillsaerialcup. No refunds will be issued after sign-up. You may not transfer your registration to a different event. You may not transfer your registration to another category or another competitor.

Please note! Before submitting your registration, learn the following policies and rules in this document.

If you have any questions, please contact us via e-mail BlackHillsAerialCup@gmail.com or phone **605-209-3770**. Additional important dates and information may be shared via email. Make sure that the email address you registered with is one you check regularly.

Tickets

This is a ticketed event. All visitors, support team, and families must have a ticket. Coaches will receive free event pass and backstage pass.

- No additional people are permitted on stage with competitors from the time the music starts until it ends. Additional people on stage will result in disqualification.
- Unless pre-approved by event management, no additional people are permitted on stage with competitor during stage testing. Coaches will not be permitted to spot moves at any time during stage testing or performance.
- No additional people are permitted backstage or in the dressing rooms.

Tickets will be available for purchase at liveitupstudio.com/blackhillsaerialcup

Cash bar with drinks, snacks and concessions will be available at the event.



TIME TO BOOK

COURTYARD
BY MARRIOTT

For the best available rate, call 605.791.0945 to reserve your room and mention the group name.

Black Hills Aerial Cup

DATE

Thursday, February 29 to Sunday, March 3, 2024

RATE

Standard Two Queen Beds at \$79 plus taxes and fees, per night.

Must book by Tuesday, January 30, 2024 to receive group's courtesy rate.

Individuals may call our hotel directly at 605-791-0945 and request a reservation for Black Hills Aerial Cup.

The Courtyard allows individual cancellations without penalty up to 48 hours prior to arrival date. Policy is enforced regardless of what automated emails or Marriott websites list.

Courtyard by Marriott | 580 Watiki Way, Box Elder, SD 57719

To book now, visit [Marriott.com](https://www.marriott.com) or call 605.791.0945



**Rate may change as check-in date nears. Reserve your room within the block at the best available rate.*

GUIDANCE AND RULES

Divisions

All participants this year will be grouped by divisions:

- Pre-Juniors (ages 5-9)
- Juniors (ages 10-17)
- Seniors/Adults (18+)

These divisions may be either grouped together or divided at Black Hills Aerial Cup leadership discretion.

Pre-Juniors and Juniors use the same equipment as adult divisions. Very small children have successfully performed on our standard fabrics. Smaller children (and adults) are permitted to request a smaller lyra for their performance.

Levels

All participants will be divided in 3 ability levels. This year we are offering 3 different levels: **beginner, intermediate, advanced.**

- There are different requirements for the complicity of the routine for different levels. Please, choose the level that is the closest to your abilities. Please, consult your coach. When choosing the level, please take into consideration your aerial experience.
- We reserve the right to adjust your category up or down based on our knowledge of your skill set. If you intentionally choose a lower level than you know you belong you may be moved.

Categories

All participants may compete in following categories:

- **Solo hammock**
- **Solo silks**
- **Solo lyra**
- **Specialty apparatus and showcase category. If there are at least 3 competitors on the given apparatus in the specialty category, we will create a separate judging category for those individuals.**

Compulsory Form

Each participant must submit **Compulsory Form, describing and listing all the tricks in your routine. (See Attachments).**

Please, upload your **Compulsory Form** to Drop Box: <https://www.dropbox.com/request/R8KkbGy2vunfj9CLPE3r>

Use following naming when submitting the music: Full Name – Level – Category – School/Studio Name

Deadline: February 15th.

Hammock

Hammock is provided by competition production management. Outside hammocks are not permitted. Hammock is approximately 8-10 feet (may vary slightly per venue) and is hung using 2 "O" rings and a single swivel. Hammock is nylon tricot low/medium stretch fabric hung from a swivel and a single rigging point. The height of apparatus can be modified with the use of pulley. No use of pulley permitted during the performance.

Level	Beginner	Intermediate	Advanced
<i>Description of Performer</i>	Instructors may not perform at the beginner level. The actual length of time a person has been studying hammock is not important. Use of the full length of hammock is not required. Beginner performers are expected to show level appropriate strength, flexibility, and dynamic movement and flow. Beginner performers are encouraged to establish a character or storyline.	An Intermediate Hammock performer is one who is comfortable with a basic level of inversions and inverted moves. They do not necessarily need to show that they have any experience as a performer. Intermediate performers are expected to show level appropriate strength, flexibility, and dynamic movement and flow. Intermediate performers are expected to establish a clear character or storyline.	An Advanced Hammock performer is someone who has a firm grasp on a large piece of the aerial hammock skill vocabulary. These people may be teachers and may have experience as a performer. Advanced performers are expected to demonstrate dynamic movement, flow, strength, and flexibility appropriate for this level. Advanced performers are expected to present a well-developed, clear character or storyline.
<i>Difficulty</i>	<ul style="list-style-type: none"> • May show extensive floor work • May come down in between trick set • No drops allowed • No aerial inverts (if you are wrapped in the hammock, it is considered assisted and is ok as long as you are not hanging) • Demonstrate proficiency in the bottom of hammock 	<ul style="list-style-type: none"> • Floor work no more than 25% • No coming down within routine allowed. The performer may reach the floor to add spin if performer remains at least one point of contact with the apparatus • Demonstration of 1-2 drops expected • No kamikaze drops or open wrap drops • At least one aerial invert expected • Demonstrate proficiency in bottom of hammock and standing in hammock 	<ul style="list-style-type: none"> • Floor work no more than 20% • No coming down within routine allowed. The performer may reach the floor to add the spin if performer remains at least one point of contact with the apparatus. • Demonstration of at least 2 drops expected • No kamikaze drops • At least one straight aerial invert expected • Demonstrate proficiency in the bottom, standing and aerial in the hammock • Balance of strength and flexibility
<i>Music Length</i>	3:00 min	3:30 min	4:00 min

Silks

Silks are provided by competition production management. Outside silks will not be permitted.

Silks are Low Stretch Nylon Tricot fabric. Silks are tied to a stainless steel rescue 8 and hung from a single swivel, attached to a single rig point 25' above the stage, depending on available rig points in the venue. Silks will have a 2-foot tail.

<i>Level</i>	Beginner	Intermediate	Advanced
<i>Description of Performer</i>	Instructors may not perform in the beginner level. The actual length of time a person has been studying silk is not important. Use of the full length of silk is not required. Beginner performers are expected to show level appropriate strength, flexibility, and dynamic movement and flow. Beginner performers are encouraged to establish a character or storyline.	An Intermediate Silk performer is one who is comfortable with a basic level of inversions and inverted moves. They do not necessarily need to show that they have any experience as a performer. Intermediate performers are expected to show level appropriate strength, flexibility, and dynamic movement and flow. Intermediate performers are expected to establish a clear character or storyline.	An Advanced Silk performer is someone who has a firm grasp on a large piece of the aerial skill vocabulary. These people may be teachers and may have experience as a performer. Advanced performers are expected to demonstrate dynamic movement, flow, strength, and flexibility appropriate for this level. Advanced performers are expected to present a well-developed, clear character or storyline.
<i>Difficulty</i>	<ul style="list-style-type: none"> • May show extensive floor work • May come down in between trick set • Only 1 single non-inverted flip/drop is permitted but not required • No aerial inverts • Demonstrate at least one type of climb (clean performance) • Proficiency in lower half of silks • Use of knot is permitted 	<ul style="list-style-type: none"> • Floor work no more than 25% • No coming down within routine allowed. • One aerial invert expected • Demonstration of 1-2 expected. • No kamikaze drops, or open wrap drops. • Demonstrate more than one type of climb (e.g. regular/ classic climb, Russian/monkey climb) • At least one aerial invert expected • Proficiency in lower half and middle of silk with foot locks or similar 	<ul style="list-style-type: none"> • Floor work no more than 20% • No coming down within routine allowed. • At least 2 drops expected. No kamikaze drops • At least one straight leg invert expected • Demonstrate at least one non basic climb (e.g. inverted climb, crochet climb) • Proficiency in lower half and middle of silk with foot locks or similar, and top/free hang of silks
<i>Music Length</i>	3:00 min	3:30 min	4:00 min

Lyra

Lyra is provided by competition production management. Outside silks will not be permitted.

Our standard is a 36" single point stainless steel tabless lyra on 6-foot spanset. At the far end from the lyra, the spanset is connected to a single swivel via locking carabineer. You MAY use the span sets for choreography! You may not touch the rigging above the span sets. The height of apparatus can be modified with the use of pulley. No use of pulley permitted during the performance. Performers are permitted to request a smaller/bigger lyra for their performance. Size available: 37", 35", 34", 32", 30".

<i>Level</i>	Beginner	Intermediate	Advanced
<i>Description of Performer</i>	Instructors may not perform at the beginner level. Use of the whole lyra is not required. Beginner performers are expected to show level appropriate strength, flexibility, and dynamic movement and flow. Beginner performers are encouraged to establish a character or storyline	An Intermediate Lyra performer is one who is comfortable with a basic level of inversions and inverted moves. They do not necessarily need to show that they have any experience as a performer. Intermediate performers are expected to show level appropriate strength, flexibility, and dynamic movement and flow. Intermediate performers are expected to establish a clear character or storyline.	An Advanced Lyra performer is someone who has a firm grasp on a large piece of the aerial lyra vocabulary. These people may be teachers and may have experience as a performer. Advanced performers are expected to demonstrate dynamic movement, flow, strength, and flexibility appropriate for this level. Advanced performers are expected to present a well-developed, clear character or storyline.
<i>Difficulty</i>	<ul style="list-style-type: none"> • May show extensive floor work • May come down in between trick set • Beginner may not invert to the spanset above the lyra • Any basic mounts are acceptable • Proficiency on the lower level and in middle of lyra • No drops • No standing on top bar • No heel, foot, neck or elbow hang 	<ul style="list-style-type: none"> • Floor work no more than 25% • No coming down within routine allowed. • Performer may reach the floor to add the spin if performer remains at least one point of contact with the apparatus. • Proficiency under and inverted to the top of lyra • Expected to demonstrate at least one drop • Demonstrate at least one type of invert in lyra • Expected to demonstrate at least one move with only 2 points of contact • No heel, foot or neck hang 	<ul style="list-style-type: none"> • Floor work no more than 20% • Performer may reach the floor to add the spin if performer remains at least one point of contact with the apparatus. • Proficiency under, in, inverted, and on top of lyra • Demonstration of 1-2 drops expected • At least 2 types of inverts expected one with straight legs • Balance of strength and flexibility • May demonstrate heel, foot, neck or elbow hang • No neck hangs

<i>Music Length</i>	3:00 min	3:30 min	4:00 min
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Showcase and Specialty Apparatus

We are so excited for the introduction of a Showcase and Specialty apparatus category! This is non-judge category. All participants may request judges' feedback.

In Showcase participants may perform any aerial or cirque solo, double or group routines. **If there are at least 3 competitors on the given apparatus in the specialty category, we will create a separate judging category for those individuals.**

Competitors will submit and bring their own unique apparatuses they would like to showcase. Each apparatus is subject to safety and integrity testing by the Black Hills Aerial Cup staff.

MUSIC, LOOK AND PERFORMANCE REQUIREMENTS

Music

Your entire act must fit within your time allotted. This includes any performance before and after your music plays. Maximum music length assumes all performance takes place during your music. You will be allowed a reasonable amount of time to take your position before performing and bow after your performance. Maximum music length assumes all performance takes place during your music. You are not required to use the full time allotted! If your final edit exceeds the maximum length allowed for your division your music will not be accepted and your chosen song will not be reserved.

Maximum Time Allowance:

Beginner – 3:00

Intermediate – 3:30

Advanced – 4:00

- Your song is only considered reserved once we have your SONG approved and added it to the **Music List**. Songs will be considered in the order in which they are received, so don't delay registering and submitting your song choice!
- Once registered you are ALLOWED to change your music choice ONLY ONCE!
- Music **MUST** be a clean/radio edit version. **No** profanity, derogatory language, explicit or suggestive content will be accepted. Remember it's a family friendly event!
- Deadline for Music submission: **February 15th. Music submitted after the deadline is subjected to \$25 Late Fee.**
- **It is participant's responsibility to ensure that they submit the right music version. You are required to submit your music as MP3 File.** Please, upload your music/song to Drop Box: <https://www.dropbox.com/request/Q4YHK7GBjhmIMumUZ3sq>
- **Use following naming when submitting the music:** Full Competitor Name – Song Name - Level – Category – School/Studio Name

Wardrobe

Each aerial performer must have own costume. Typically, it is full-body, full sleeve or sleeveless, non-see-through unitard or leotard. Leg coverage is required. If your leotard has open legs, you may wear stirrup professional dance tights. Appropriate undergarments are required. Aerial socks are allowed.

- **NO extensive and tangly sequins, zippers, or anything rough or jagged** that may snag or tear the fabrics.
- **Embellishments and rhinestone, gems are allowed.**
- Hair and makeup must be nicely done. Hair style must be appropriate and safe for aerial performance (ex. pony tail, braids, bun). Please, **NO** loose hair style!
- Excessive stage makeup is allowed if it fits and completes the performance idea.

Props and Accessories

Props and accessories are considered anything that comes in addition to competitor's costume (ex. hat, coat etc.). Props may not be anything messy or hard to clean up, such as glitter, feathers, confetti, shredded paper, or liquid of any kind. No fire will be approved.

Human props must follow all competitor rules for conduct and dress code. Human props may not touch the apparatus at any time or assist the performer in any way that may be misconstrued as a doubles routine. Competitors must be able to take all props on and off stage in one trip without assistance.

Grip Aids

Only approved grip aids may be used so we can make sure they won't damage apparatus.

Fabrics/Steel Performers: Spray rosins may be used on fabrics and steel.

Popular approved grip aids:

- Natural Rosin Powder
- Firm Grip Spray
- Muller Grip Spray
- Better Grip

GENERAL EVENT INFORMATION

Photography & Videography

- A professional photographer/videographer will be covering the event.
- Audience members may take pictures and video using phones only. Professional Video and Photos will be available for purchase.
- Do not block the professional photographer or videographer.
- Do not enter or leave the audience area during a performance because this is disrespectful to the performer and could impact their photos and video. There is ample time between performances and divisions to change position as needed.

Awards

- If you place and cannot stay for the awards ceremony, you must arrange for someone who is staying to pick up your awards for you.
- Awards for performers may be mailed by the Black Hills Aerial Cup staff at an additional cost.

Changes

- Schedules, venue, dates, categories, and all other aspects of the competition are subject to change. While we make every effort to adhere closely to announced details, unforeseen events may require adjustments within the competition structure.
- Changes will be communicated as early as possible.

Safety

- All participants or the guardians of participants if under the age of 18 must sign waiver.
- All participants are required to use crash pad/mat.
- All performers are expected to follow instructions given by the head rigger with regards to rigging safety.
- No touching rigging!
- No additional people are permitted on stage with competitors from the time the music starts until it ends, except for approved human props.
- No additional people are permitted on stage with competitors during performance.
- Doing moves outside of your category can result in deduction.

CODE OF CONDUCT

- Please be respectful of your mates, competitors, coaches, staff and families attending the events and help them feel comfortable learning more about fitness, aerial arts, and sport.
- Language and comportment must be family friendly. This includes music, costuming, props, clothing and conversations held in public areas.
- Competitors are expected to be honest in representing their levels and abilities. We reserve the right to switch competitors' categories depending on the level of misrepresentation.
- Be respectful to the people hosting and running the competition. You are expected to respond positively to requests and instructions from the competition staff. This includes stage managers, judges, hosts, venue employees, and all other competition and venue personnel. This includes online behavior.
- As with all live events, unexpected things happen. Please be patient with each step of the process and understand that we do our best to give you a great competition experience!

DAY OF THE COMPETITION

Check In

- Arrive early for stage testing to allow yourself time to check in and warm up. If you miss your stage testing time because of late arrival, additional time WILL NOT BE POSSIBLE.
- Sign all waivers online. This may be done before arriving at the venue and must be done BEFORE you proceed to stage testing.
- If you are the guardian of a minor, you are responsible for checking them in and signing all their waivers.
- If you are under 18, you must have a legally responsible adult sign all waivers.
- You will get a tour of backstage, dressing rooms, and other key areas when you check in.
- Warm up and listen for your name to be called. When you hear your name and “Standby” you should proceed to the standby area and wait to be called onstage.

Stage Testing

- When you are invited to take the stage for stage testing, you will be given a maximum of 2 minutes for stage testing. Please plan out your stage test and do not take advantage of the stage manager by requiring them to ask you to leave the stage.
- Your stage testing should include setting your height (if applicable) and familiarizing yourself with the feel of the apparatus and stage. You will not have enough time to go through your entire routine.

Performance

- Competitors don’t have to stay at the performing venue for the whole day. Daily schedule with the performance order will be published and shared with competitors at least 10 prior to the event.
- Arrive at least one-hour prior to your scheduled performance time.
- If you miss your performance time, no additional time will be given.
- If a competitor fails to complete their performance, such competitor shall be disqualified.

JUDGING

Judging is final. No discussion of judges' decisions will be permitted.

Black Hills Aerial Arts Cup leadership and competition staff will not respond to email requests for explanations of judging feedback and scoring.

We make every effort to qualify judges. We understand that their comments and perspectives of your work might not align with yours or your coach's but we urge you to accept judge comments as an opportunity to improve.

Judge Feedback

Feedback will be emailed as soon as it can be compiled. Historically, this has been 3-5 weeks after the end of the competition.

Judging Procedure

Each division is judged by a minimum of **2** judges who evaluate competitors in the entire division in order to increase fairness. You may receive points and deductions that are quite a bit higher or lower from one judge to another. This is due to individual judging styles and perspectives and is found in all subjective competitions.

Judging considers the following groups and criteria:

A. Difficulty and Technical

- Difficulty of Individual Moves
- Difficulty of Combinations and Uniqueness of Transitions
- Intentional Lines
- Controlled Toes (Pointed or Flexed)
- Control of Apparatus

B. Artistry and Composition

- Flow of Moves—Tricks/Spins/Floor to Apparatus, etc.
- Musicality
- Stage Presence Throughout with Character and/or Emotion
- Balance of Program (Tricks/Spins/Strength/Flexibility)
- Variety of Movements

C. Deductions

- Not Meeting the Criteria for Specific Division
- Use of Unsecure/Unsafe Moves
- Non-approved props
- Exceeding maximum performance time
- Touching rigging (intentionally or otherwise)
- Costume malfunction (intentionally or otherwise)
- Slips, locks, or falls (depending on severity—judges may stop performance)

Judging Guide

Each criteria within groups **A.** and **B.** is evaluated by the 5- point system where 1- lowest, 5 –highest. Failure to meet criteria in group **C.** results into deductive 1 point per each failed criteria.

How to count the final score?

Average A point + Average B point – Average C = Final Score

Each judge will have a sheet with listed criteria of their group for points and notes.

JUDGING SHEET

Participant's Name:		
Level:		Category:
Judging Group: A		Judge's Name
	Criteria	Point (1-5)
1.	Difficulty of Individual Moves	
2.	Difficulty of Combinations and Uniqueness of Transitions	
3.	Intentional Lines	
4.	Controlled Toes (Pointed or Flexed)	
5.	Control of Apparatus	
Total		

Participant's Name:		
Level:		Category:
Judging Group: B		Judge's Name
	Criteria	Point (1-5)
1.	Flow of Moves—Tricks/Spins/Floor to Apparatus, etc.	
2.	Musicality	
3.	Stage Presence Throughout with Character and/or Emotion	
4.	Balance of Program (Tricks/Spins/Strength/Flexibility)	
5.	Variety of Movements	
Total		

Participant's Name:		
Level:		Category:
Judging Group: C		Judge's Name
	Criteria	Deduction (-1 per each unfollowed criteria)
1.	Not Meeting the Criteria for Specific Division	
2.	Use of Unsecure/Unsafe Moves	
3.	Non-approved props	
4.	Exceeding maximum performance time	
5.	Touching rigging (intentionally or otherwise)	
6.	Unappropriated costume /Costume malfunction	
7.	Slips, locks, or falls	
Total		

FINAL SCORE: _____

COMPULSORY PARTICIPATION FORM

Please complete form in order of sequence as in routine. Please use black print.

Participant's Name:		Age:	Date:
Level:		Category:	
Element No	Element Name/Description	Notes (Judges Only) Judge Name:	

Athletes' signature: