

February 24-26th, 2023



**Black
Hills**
Aerial Cup

Presented by

**Live It Up Studio &
Zirkiss Cirque Production**

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I. INFORMATIONAL PACKET

Welcome!

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

Goals

- Bring together aerial schools and communities of Midwest;
- promote healthy competition, while creating an environment for learning and growing as an artist and performer;
- grow interest towards Aerial Arts and Sport;
- create a scene for performance opportunities.

Dates

Competition: February 24th- 26th 2023. Daily schedule will be emailed prior the competition.

Registration Starts: September, 1st 2022

Registration Deadline: February 10th, 2023

Music and Compulsory Form Submission Deadline: February 10th, 2023

Location

Competition:

Clarion Hotel and Venue
1902 N Lacrosse St,
Rapid City, SD 57701

Registration

This year we would love to offer to all our participants, their families and instructors an amazing experience while competing and visiting here at the Black Hills.

The event this year will include 2 parts.

First Part:

Friday, February 24th - “All Cirque Things Workshop”, followed by Fellowship Dinner.

Second Part:

Saturday, February 25th – Checking, Stage Testing, Competition

Sunday, February 26th – Showcase, Awards Ceremony.

All performers are subjected to **\$75** Participation Fee per each performing category. To enter each performer must complete **Student Registration** at liveitupstudio.com and learn policies and rules.

Please note! Before submitting your registration, learn 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, coaches, instructors must have a ticket.

- No additional people are permitted on stage with competitor from the time the music starts until it ends, except for approved human props. 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 dressing rooms.

Tickets will be available for purchase at **liveitupstudio.com/blackhillsaerialcup**
Cash bar with drinks and snacks will be available at the event.

Thank you for taking the time to carefully read these rules! We cannot wait to see you in the air and are grateful to have you on board!

II. 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 and up)

These divisions may be grouped together 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 with your coach.

When choosing the level, please take into the consideration your aerial experience.

➤ Categories

This year we are offering 3 main categories: **hammock, silks, lyra** plus non-judging **specialty apparatus and showcase category.**

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

Deadline: February 10th.

Hammock

Apparatus

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.

<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 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. There are no move restrictions for this level. 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 360 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 standing) • Demonstrate proficiency in the bottom of hammock 	<ul style="list-style-type: none"> • Floor work no more than 35% • 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. • Demonstration of 1-2 360 drop 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. 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 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

Apparatus

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

Silks are a medium 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. If you require a different tail length, this may be requested during stage testing.

<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. There are no move restrictions for this level. 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 360 drops • No aerial inverts • Demonstrate at least one type of climb (clean performance). • Proficiency in lower half of silks 	<ul style="list-style-type: none"> • Floor work no more than 35% • No coming down within routine allowed. • One aerial invert expected • Demonstration of 1-2 360 drop is expected. No kamikaze drops, or open wrap drops. • Demonstrate more than one type of climb (e.g. regular/ classic climb, Russian/monkey climb) • 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

Apparatus

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

Our standard is a 36” single point 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. No flying is allowed.

<i>Level</i>	Beginner	Intermediate	Advanced
<i>Description of Performer</i>	Instructors may not perform in 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. There are no move restrictions for this level. 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 above the lyra • Any basic mounts are acceptable • No drops • Proficiency on the lower level and in the lyra • No heel, foot, neck or elbow hang 	<ul style="list-style-type: none"> • Floor work no more than 35% • 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 	<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 heel, foot or neck hang	
<i>Music Length</i>	3:00 min	3:30 min	4:00 min

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.

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.

III. 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! When your song is accepted you will receive an email letting you know it has been added to the **Music List**. 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: February 10th. Submit your music on time!

It is participant's responsibility to ensure that they submit the right music version. No YouTube versions will be accepted. You are required to submit your music as MP3 File. Please, upload your music/song to <https://www.dropbox.com/request/G6ktDLegqeqOqA4CN6LR>

➤ 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** sequins, zippers, or anything rough or jagged that may snag or tear the fabrics will be 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

!!!Failure to follow the requirements will result in point deduction!!!

IV. GENERAL

- No refunds. You may not transfer your registration to a different event. You may not transfer your registration to another competitor.
- No instructor may compete in any category.
- We reserve the right to adjust your category up or down based on our knowledge of your skill set.
- Categories may be split if there are a large number of competitors. Category will be split by age.
- If you intentionally choose a lower level than you know you belong you may be moved.

➤ Photography/Videography

- Professional photographer/videographer will be covering event. No cameras are permitted. Audience members may take pictures and video using phones only. Professional Video and Photos will be available for purchase at additional cost.
- 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 arrangement 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.

V. SAFETY

- All participants 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!
- Lyra competitors may use the spansets for choreography. Nothing above the spansets is permitted.
- No additional people are permitted on stage with competitor from the time the music starts until it ends, except for approved human props.
- No additional people are permitted on stage with competitor during performance.
- Doing moves outside of your category can result in deduction.

VI. 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 the circus 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!

VII. COMPETITION. PART I: WORKSHOP

Workshop Information will be announced soon!

If you are a performer, artist or an instructor and would like to host a workshop here at Live It Up Studio, please contact us at info@liveitupstudio.com or 605-209-3770.

VIII. COMPETITION. PART II: 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 to check them in and sign 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.

➤ **Competition**

- Competitors don't have to stay at the performing venue for the whole day.
- Arrive at least one-hour prior your scheduled performance time.
- If you miss your performance time, no additional time will be given.

IX. 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 3-6 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

There are 3 groups:

- A. Difficulty and Technical
- B. Artistry and Composition
- C. Deductions

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 total point?:

Average A point + Average B point – Average C = Total point

Each judge will have a sheet with listed criteria of his group for point 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	

TOTAL 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: