



GAPAF

GLOBAL
AIR POWER ATHLETICS
FEDERATION

RULES

IN AERIAL GYMNASTICS
2024

**RULES OF THE SPORT “AERIAL GYMNASTICS”
A GENERAL PART**

These rules for the sport “aerial gymnastics” (hereinafter referred to as the Rules) were developed by the Global Air Power Athletics Federation (GAPAF)

These Rules are mandatory for all organizations conducting official sports competitions included in the Unified Calendar Plan of National and Sports Events; physical education activities. Officials (team representatives, coaches, athletes and judges) taking part in competitions must be guided in their actions by these Rules.

Ensuring the safety of participants and spectators at sporting competitions is carried out in accordance with the requirements of the Safety Rules for Official Sports Competitions. The Rules apply to all official sporting competitions held in the country.

Abbreviations and definitions:**GAPAF** – Global Air Power Athletics Fedederation**EAPAU** – European Air Power Athletics Union**APA** – Air Power Athletics**МЕДИА** –Mass Media;**MPJ** –Main Panel of Judges;

Aerial rope	sports discipline	(ADR)
Aerial hoop	sports discipline	(AH)
Aerial cube	sports discipline	(AC)
Aerial loop	sports discipline	(AL)
Aerial pole	sports discipline	(AP)
Aerial silk	sports discipline	(AS)
Aerial straps	sports discipline	(ASt)
Pole sport	sports discipline	(PS)

Part I
COMPETITION RULES
IN AERIAL GYMNASTICS

1. GENERAL PROVISIONS ABOUT COMPETITIONS

2.

2.1 Characteristics of the competition

Aerial gymnastics competitions are held in the following sports categories:

- triathlon;
- pentathlon;
- team standings.
- freestyle program

1.1.1 According to the nature of the competition, they are divided into:

- a) personal, when the results are counted only for each athlete separately;
- b) team, when the results of individual athletes are counted only to teams;

2.2 Competition program

1.2.1. The competition program consists of two stages:

- * qualification (short exercise)
- final (long exercise)

1.2.2 All exercises are compiled taking into account the requirements set out in these competition regulations.

1.3. Regulations on competitions

Regulations on competitions are drawn up by the organization conducting competitions according to the Rules. The regulations determine the nature, goals and objectives of the competition, the place and timing of the competition, the organizers of the competition, the requirements for competition participants, the conditions for their admission, competition program, conditions for summing up results, procedure for awarding winners, funding conditions.

1.3.1. The regulations may provide for:

- a) Age categories of participants in all disciplines: C, D, E.
 - «E» – this, the participant trains/takes part in various competitions for less than one year.
 - C – This means that the participant trains/takes part in various competitions for over one year.
 - D – this, the participant has been training/taking part in various competitions for over one year and has won a competition organized by GAPAF, in category C.

1.4. Age of participants

1.4.1. Official sports competitions can be held in the following age groups (the specified number of years must be reached by the athlete in the calendar year of the competition):

- women – 18+ years;
- juniors – 15 – 17 years;
- girls – 10 – 14 years;
- girls – 7 – 9 years;

1.5. Admission of participants to competitions

Athletes are allowed to participate in competitions at the request of organizations, in accordance with the qualification requirements specified in the Regulations.

1.5.1. Athletes can perform according to the classification program established for them.

1.5.2. All athletes from all countries can participate in the competition.

1.5.3. The competition is open to athletes who are members of GAPAF or members of any GAPAF affiliated organization, as well as individual competitors. Competitors from any GAPAF member organization must be represented in the competition by that organization.

1.6. Duration of official sports competitions

Women's competitions must end no later than 11:00 pm, and the rest - no later than 9:00 pm.

Competitions include:

Day 1 – day of arrival, information meeting of representatives and coaches, general meeting of judges and their draw;

Days 2 – 3 – qualifying and final competitions in accordance with the schedule;

In some cases, by decision of the organizers, depending on the number of declared participants and judges, qualifying and final competitions may be held on the same day, and the duration of the competition may be reduced to one day.

1.7. Determination of the winners

1.7.1. The team championship is determined by the sum of the results of team members in each type of program. The composition of the team and the number of team members is determined by the Regulations.

1.7.2. The procedure for determining the winners in the individual championship is established by the Regulations.

1.8. Applications for participation in competitions

1.8.1. The coach or representative of the organization must be sent to the organizer's email address specified in the competition regulations. The application must contain the following data specified in Appendix 1 (see Appendix):

1.8.2. The application must be completed completely and keep accurate information. If the applicant provides false information about himself, the Organizer has the right to refuse him to participate in the competition. In case of repeated violation of these rules, the Organizer has the right to refuse the applicant from participation for up to 3 years.

1.8.3. To participate in competitions in several categories, you must fill out a separate application for each discipline and send them in one letter.

1.8.4. Participants determine the discipline in accordance with these Rules (see Appendix 3).

1.8.5. After accepting the application, the Participant must pay the Organizer's participation fee specified in the regulations. The entry fee is non-refundable.

1.8.6. In case of refusal to participate in the competition, the Participant must send an email to the Organizer at least 30 days before the start of the Competition. If the Participant does not send a cancellation letter to the Organizer, he will not be admitted to the next stage of the Competition during the competition season or to the next competition (in the case of 1-2 competitions per year). In case of cancellation less than 30 days before the start of the Competition due to medical contraindications or other proven and valid reason, the Participant must send an email to the Organizer with all necessary medical or other relevant documents.

1.8.7. If an athlete is injured or ill during the period between payment of the entry fee and the start date of the competition, he can be replaced by another athlete. Changes in the team composition can be made no later than 24 hours before the start of the performance of the replaced participants in the qualifications. When changing the composition of the team, you cannot change the gender of the participant, the discipline and the age group in which the replaced participant was declared. Changes in the composition of the team less than 24 hours and no later than 1 hour before the start of the competition in the same discipline are allowed only if there is written confirmation from a doctor (on the form approved by the competition organizers) that the athlete is not allowed to compete medical prescription (see also Appendix 8).

1.9. Rights and obligations of participants

1.9.1. Participants have the right:

- a) provided with safe competition and training equipment;
- b) receive information from the coach and team representative about the schedule of training and competitions and their changes;
- c) receive information from the coach and team representative about the schedule of training and competitions and their changes; d) check the venue before the performance;
- e) repeat the performance in case of technical problems arising due to the

Organizer's fault, for example, malfunction of sports or musical equipment. The performance may not be repeated for any other reason;

1.9.2. Competition participants are required to:

- a) comply with the standards of behavior and ethics of an athlete as at competition venues;
- b) know the rules and regulations of competitions;
- c) be polite to the judges, competitors and spectators, representatives and guests, the Organizer, the team, sponsors, the results of the Competition, GAPAF, its members and management before and after the Competition;
- d) be prepared to pay all travel expenses, including tickets and accommodation for competitions;
- e) know and adhere to the training and competition schedule;
- f) be ready for the competition in 15 minutes. before the start and be there;
- g) remain in the sports arena waiting after the performance and until the results are announced;
- h) be in a specially designated area no later than five minutes before the opening and closing ceremonies. Form groups with other members from the same country. Enter the stage after a special country announcement and remain in the same line with other participants from other countries;
- i) participate in the opening and closing ceremonies in a tracksuit and sports shoes;
- j) be available for photographers and promotions during the entire duration of the Competition; give permission to use all materials for television, print and online publications related to sports and APA (if the participant disagrees with the use of photo and video materials of his performance, he must inform about this during registration);

1.9.3 Participants may be disqualified from the competition by the chief judge for indiscipline or violation of standards of conduct.

1.10. Trainers and representatives

1.10.1. The organization applying to participate in the competition must have a representative at the event site. The organization needs to announce it along with the list of participants.

1.10.2. A representative is an official. He must know these Regulations and constantly comply with them, obey the orders of the Chief Judge and the panel of judges.

1.10.3. The representative is responsible for completing registration at the competition, checking and submitting, in full accordance with the rules, the technical card (together with the application for the competition).

1.11. Competition registration process

1.11.1. each Participant on this day must be present in person and have an identity card (for children's categories - a birth certificate);

1.11.2. Each Participant is registered. When registering, each Participant is required to familiarize himself with the competition rules, safety rules and sign the familiarization sheets;

1.11.3. The participant must show an insurance policy for the entire duration of the Competition.

1.11.4. During registration, the Participant must obtain permission:

- costume bones in accordance with these Rules

1.11.5. Only athletes who have had their costume approved and approved by a Doctor will be able to compete;

2. ORGANIZATION AND MANAGEMENT OF COMPETITIONS

2.1. Composition of the panel of judges

The appointment of judges to the panel of judges is carried out in accordance with the qualification requirements for sports judges in the sport "Aerial Gymnastics".

2.1.1 The competition is led by the main panel of judges (MPJ).

The MPJ includes: the chief judge and his deputies, the chief secretary and his deputy. Athletes, coaches and officials may not serve on the judging panel.

2.1.2 The main panel of judges is formed by the organization conducting the competition.

2.1.3 The composition of the MPJ is approved by the Organization hosting the competition, in accordance with GAPAF accreditation.

2.1.4. The main panel of judges has certified teams of judges at their disposal.

2.1.5. The minimum number of judges in a panel is three (3).

2.1.6. The competition organizer is prohibited from being a member of the panel of judges.

2.2. Main judge

2.2.1 The chief judge heads the panel of judges and directs the competition. Responsible for the preparation and conduct of competitions in accordance with the Rules and Regulations of the competition.

2.2.2 The chief judge, in accordance with the Competition Rules, is obliged to:

- sign the certificate of readiness of the sports facility to host the event;
- organize preparation of competition sites and equipment;
- hold an organizational meeting of judges;
- stop competitions if force majeure circumstances interfere with their normal conduct;

- remove judges who have committed bias or gross mistakes independently;
- upon completion, holding a final meeting;
- submit reports to the organization within ten days;
- know and comply with these Rules and Regulations on the Competition;

The chief judge has the right to delegate his powers to the deputy chief judges.

2.3. Chief Secretary

Reports to the chief judge of the competition and is responsible for organizing the work of the secretariat:

- manages the work of the secretariat;
- knows and is guided by these Rules and Regulations on the Competition;
- prepares documents for judges and registration managers;
- manages the registration process for the admission of participants;
- communicates with judges-informants and judges with participants, and secretaries of judge teams;
- monitors the progress tables of the competition, posts lists of finalists;
- two hours before the start of the competition, transfers the participants' material to the judging panel (timing of participants, technical card);
- prepares diplomas for awarding athletes;
- is responsible for the correctness of the total scores; - communicates with the press center.

2.4. Deputy Chief Judge and Chief Secretary

2.4.1. Deputy Chief Judge Reports

to the chief judge.

In the absence of the chief judge, performs the powers of the chief judge. Deputy Chief Judge:

- They do all the work that the chief judge does;
- strictly complies with the Judge's Code GAPAF;

In the absence of the chief judge, the deputy performs the duties of the chief judge, using all his powers.

2.5. Judge - informant

All information is provided only with the permission of the chief judge, his deputies or the chief secretary. At competitions, the judge-informant may be the chairman of the jury or the secretary-registrar. During competitions, reports on the order and progress of the competition, current and final results, and announces scores.

Responsibilities:

- get information about teams;
- have information on the Regulations on competitions, determination of winners, etc.;

2.6. Technical group

Submits to the chief judge and organizers.

- is responsible for preparing equipment and inventory for the start of the competition that meet technical standards and requirements;
- communicates with the administration of the sports facility in order to ensure normal operation;

2.7. Judge timekeeper (L / R) Set

by the chief judge.

2.7.1. L – records the start time of the performance, on the floor, transitions and the end of the ground floor performance.

2.7.2 R – captures general music. Протоколы нарушения передают судье по сбавкам.

2.8. Judicial

The panel of judges for the Competition is appointed by the organization conducting the Competition.

The panel of judges includes:

Main panel of judges:

- main judge;
 - chief secretary; • deputy chief judges
- Judging panel:
- Judging panel:
 - judge-informant;
 - music judge;
 - timekeepers (L/R)

2.8.1. The judge is obliged:

- strictly comply with the GAPAF Judge Code;
- arrive at the venue on time;
- not to disclose information obtained in the performance of their duties;
- check the availability and completeness of the judge's folder;
- be at all meetings of the judges before, on time, and at the end of the competition;

2.8.2. Each judge receives a serial number in the team.

2.8.3. Judges are not allowed to talk with participants, representatives and coaches during breaks and are not allowed to be in the rooms allocated to participants.

2.8.4. Judges are not allowed to record the scores of other judges of any category of participants.

2.9. Judge in front of participants

Submits to the chief judge and organizer.

- Monitors athletes' participation in competitions.
- Must have a schedule and order of competitions.
- Supervises the workouts and movements of athletes in the competition zones.
- Prepares teams to enter competitions.
- Warns participants about upcoming awards.

3. REQUIREMENTS FOR SPORTS ARENAS FOR COMPETITIONS

The requirements of the “Sports Equipment Standards for Competitions” approved by GAPAF must be met.

The sports arena must be available at least one day before the start of the competition.

4. Competition venue and equipment

4.1. Pole sport

The platform with measurement 8 by 8 meters and springy tatami cover should be equipped by two pole. One pole should be static and other should be dynamic. The height of each pole is 4.2 meters, the diameter of the pole is 42 millimetres. The distance between poles is 3 meters. The poles are made of steel. The cover of the poles should be non-sliding, painted and vanished, waterproof. The colour of the cover is recommended to be yellow.

The platform for kids categories (under 18 y.o) for any tournaments should be equipped with two poles. The height of each pole is 3.2 meters (or has a limitation mark at that level), the diameter of the pole is 38-42 millimetres. In case of availability of only one platform during the tournament the regular pole can have a limitation mark at the height of 3.2 meters. The cover of the platform for kids categories (under 18 y.o) is the mats that cover the surface around the pole with the area no less than 1.5 meters. The thickness of the mats is no less than 5 millimeters.

4.1.1. Flying pole

The height of the pole is 4.2 meters, the diameter of the pole is 42 millimeters. Pole is made from the steel. The cover of the pole is black fabric tape. Rotation machine.

The platform for the kids categories (for kids under 18 y.o.) should be equipped with 3.2 meters high pole (or has a limitation mark at that level).

4.1.2. Aerial silk

The length of the silks is 8 meters, working height is 6 meters. The fabric has a moderate level of stretching. Fabric structure is jersey 97% polyester 3%. The color of fabric should be white. Rotation machine. The use of the personal equipment of the participant is not allowed.

4.1.3. Aerial hoop

The outer diameter of the hoop is 100 centimeters. The diameter of the tube of the hoop is 25 millimeters. - The cover is a white fabric tape.

- One central sling with height of 1.5 meters and width of 20 millimeters, fastens to a ring without additional connections (carbines and so forth). - Height of a suspension of a hoop is regulated at arm's length the participant from the lower arch.
- Rotation machine.
- The height of the sling of the hoop from the floor cover is 1.7 meters. The height is changing only for category children's 7-9 years.
- The cover of the platform is high and springy tatami and mats.
- For participants in the children's category Hoop should have a diameter of 80 centimeters 7-9 years.
- Category 10-13 years, height sling wrap adjustable size arm's length party.
- In some special cases is admitted the change of the height of the sling. This change has to be approved by Organizer of the tournament in advance.
- There is no crossbar nether the loop 22
- The use of the personal equipment of the participant is not allowed.(can be changed by Organizer)

4.1.4. **Aerial straps**

The total height of the straps is 3.0 m. The width is 38 millimeters. Fabric base of the sling. The equipment has a suspension and a rotation machine.

4.1.5. **Aerial cube**

Aerial cube consist from 8 similar metal tubes. The height of each tube is 80 cm (can be changed by Organizer for duo and group) The diameter of each tube is 32 millimeters. Material of cube is steel, cover is fabric tape. The cube is hanged by one corner. One central sling with height of 1.5 meters and width of 20 millimeters. Rotation machine. The height of the sling of the cube from the floor cover is 1.7 meters. The cover of the platform for every aerial equipment is high and springy tatami and mats.

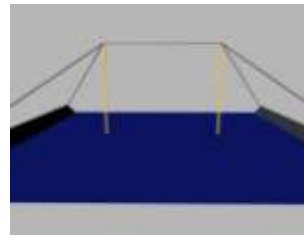
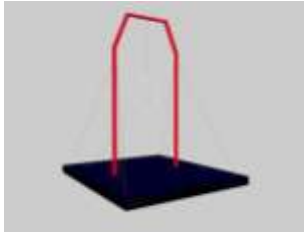
4.1.6. **Aerial loop**

Loop length 3 meters, working height 1.7 meters. The fabric has a medium stretch. Fabric structure jersey 97% polyester 3%. The fabric color should be white. Rotation machine. The use of personal equipment of the participant is not allowed.

4.1.7. **Aerial double ropes**

Working height 6 meters. The fabric base has a rigid degree of stretching. The structure of the projectile is two ropes. Spinning cars, figure eight, carabiners. The use of personal equipment of the participant is not allowed.

4.1.8. The intensity of the court lighting is determined by the senior referee. It is not allowed to change the established lighting intensity during performances in the same category. 4.1.7. The Competition venue must be equipped with the necessary electrical equipment to play music.



5. COMPETITION PROCEDURE

5.1. Participants' equipment and appearance

- 5.1.1. The participant's equipment must comply with the requirements of these Rules. Violation may result in disqualification from the Competition.
- 5.1.2. The participant must perform in a clean suit of appropriate size.
- 5.1.3. Participant's clothing may not contain advertising information of any kind throughout the Competition. The equipment may bear the symbols of GAPAF, its official sponsors and partners, as well as partners accredited at competitions.
- 5.1.4. Sports suits are worn when going out.

Pole Sport:

Women's sports uniform must consist of a sports swimsuit (not a jumpsuit) with a stand-up collar and must meet the following requirements:

- The height of the stand-up collar must be at least 4 cm and no more than 6 cm;
- the neckline area should be completely covered;
- The seam area of the upper and lower parts of the suit must be at least 5 cm wide. Parts can be connected from the front to the side; joining at the back is not necessary. The joint area should not have rings, hooks, clamps, etc.
- The width of the sides of the suit (shorts-swimsuit) must be at least 10 cm.
- The lower part of the suit should not have laces, rings, etc.
- The strip between the legs should be at least 10 cm.
- The buttock area should be 90% covered, and when performing exercises, no more than 10% of the skin should be exposed. **Aerial Sport:**

Women sport outfit must consist from sport overall that completely covers the legs till the feet, with stand-up collar, and has to correspond the following requirements:

- Height of the stand-up collar must be at least 4 cm and no more than 6 cm;
- Neckline zone has to be completely covered; - Sleeves are not obligatory but recommended.

5.1.5. It is forbidden to use any decoration for the outfit of the participant that is not a necessary part of leotard. For example is permitted to have fabric incuts into the leotard but it is forbidden to have any details that go apart from the leotard, like wings, bows, ruffles, skirts and etc.

5.1.6. The costume must have lining or be made from thick fabric covering the private parts.

5.1.7. The costume must cover the underwear. The use of underwear is obligatory 5.1.8. It is forbidden to use costume or/and details that are made from transparent/semitransparent materials, lacquer, leather, rubber and latex materials, is forbidden to use decorations as feathers, thorns or other sharp objects.

5.1.9. The use of grid is permitted only if it has a non-transparent backing. Without backing the grid can be used only in the sleeves.

5.1.10. The use/partial use of beige color fabric is totally forbidden.

5.1.11. For the opening ceremony (parade) of the Tournament

5.1.12. At the opening ceremony and award ceremony (parade) of the Competition, participants must wear tracksuits with the logo of the national federation of the country they represent.

Example of a tracksuit



5.1.13. The coach must be on the court in a tracksuit on the court with his athlete.

5.2. HAIRSTYLE, MAKE UP AND FINERY

5.2.1. The hair must be completely collected so that the neck area stays entirely open. It is forbidden to let loose hair, wear a ponytail, loose tress, Iroquois

5.2.2. It is permitted to have hair accessories but with very small size (for example small hair clips, rubber bands, etc.). All the accessories must be well secured.

5.2.3. Hats of any form, type, size are not allowed

5.2.4. The make-up must be moderate and look tidy. It is allowed to have patterns or rhinestones on the face but it should cover no more than 30% of the face. Bodyart of other parts of the body is forbidden

5.2.5. Make-up for children ages 6-9 Children/ Children 10-13 prohibited.

5.2.6. The tattoo that is exposed and not covered with sport costume must not contain profanity, obscenity, racial and sexual insults, incitement to racial and national hatred, references to acts of terrorism, drugs and unhealthy lifestyles propaganda, hints of a sexual nature. In case of.

5.3. Equipment

5.3.1. The use of special protective gloves is permitted and recommended for APA from GAPAF.



It is prohibited to use gloves of any other brand, company or manufacturer.

5.3.2. It is allowed to perform barefoot or in special shoes for APA from GAPAF.



The use of any other shoes, boots or any accessories on arms, hands, legs or feet is prohibited.

5.3.3. It is allowed to use sport wristbands only if it is a necessary part of the costume.

5.3.4 It is forbidden to use any additional accessory (hand fans, ribbons, chains, balloons, plush toys, etc). It is not allowed to decorate the stage.

5.3.5. It is forbidden to use earrings, rings, bracelets, watches, chains, piercing, pins, etc.

5.3.6. It is forbidden to use an open fire on the stage as well as any kind of pyrotechnics

5.3.7. It is not allowed to use any liquids nether friable materials on the stage (water, colored liquids, liquid paints, confetti, friable tinsel and etc.)

5.3.8. It is forbidden to use animals, birds, reptiles, insects on the stage

5.3.9. 24 hours before the competition and during the tournament is forbidden to use moisteners, lotions, bronzers, creams etc.

5.4. MUSICAL ACCOMPANIMENT

5.4.1. The music composition has to start from special a warning sound that indicates the beginning of the performance.

5.4.2. The duration of a musical composition, together with the sound signal: For all the categories beside kids categories: The duration of performance is from 3 min 05 sec For kids categories: The duration of performance is from 2 min 30sec

5.4.3. Music can be performed with one or few musical instruments as well as with a voice that is used as an instrument. All the music instruments are allowed on condition that the music sounds bright and clear helping to the rhythmic execution of the exercises.









5.4.4. The musical accompaniment can contain echoes that are used as instrument. It is allowed a choral accompaniment but without lyrics.

5.4.5. The music must have whole structure and inner logic. Adaptation is allowed. It is possible to mix 2 or more music compositions, the fragments need to be well linked and have harmonious transition. It is not allowed to use randomly mixed fragments.

5.4.6. It is forbidden to use the music/sounds that are not appropriate or typical for sport events (for example, animal sounds, sirens, the noise of the car engine, etc)

5.5. Competition structure

5.5.1. The participant performs to musical accompaniment and performs sports-themed exercises that meet the following APA requirements:

	AERIAL STRAPS		AERIAL ROPES
	AERIAL HOOP		AERIAL POLE
	AERIAL SILKS		AERIAL CUBE
	AERIAL LOOP		POLE SPORT

5.5.2. Requirements for the competition program

Discipline	Beginning of the performance	End of performance	Use of dynamic equipment or rotating elements	Descending from equipment (touching the floor)	Floor	Transition between equipment and on the site
Aerial loop	Work on the floor for no more than 10 seconds.	Work on the floor for no more than 5 seconds.	Necessarily	No more than 2 times	Only at the beginning and end of the performance	-
Aerial silks	Work on the floor for no more than 10 seconds.	Work on the floor for no more than 5 seconds.	Necessarily	No more than 2 times	Only at the beginning and end of the performance	-
Aerial straps	Work on the floor for no more than 10 seconds.	Work on the floor for no more than 5 seconds.	Necessarily	No more than 2 times	Only at the beginning and end of the performance	-
Aerial hoop	Work on the floor for no more than 10 seconds.	Work on the floor for no more than 5 seconds.	Necessarily	No more than 2 times	Only at the beginning and end of the performance	-
Aerial cube	Work on the floor for no more than 10 seconds.	Work on the floor for no more than 5 seconds.	Necessarily	No more than 2 times	Only at the beginning and end of the performance	-
Aerial pole	Work on the floor for no more than 10 seconds.	Work on the floor for no more than 5 seconds.	Necessarily	No more than 2 times	Only at the beginning and end of the performance	-
Double rope	Work on the floor for no more than 10 seconds.	Work on the floor for no more than 5 seconds.	Necessarily	No more than 2 times	Only at the beginning and end of the performance	-
Pole sport	Work on the floor for no more than 10 seconds.	Work on the floor for no more than 5 seconds.	Necessarily	No more than 2 times	Only at the beginning and end of the performance	Only one transition

5.5.3. Work on the ground is a combination of various elements, logically interconnected by one composition and performed on the floor without the use of sports equipment.

Floor work in APA is a set of acrobatic elements and combinations, jumps, balance, rotations, leg swings, choreographic movements, basic body movements and poses performed on the floor, as well as any other rhythmically executed related elements.

This definition allows you to perform any elements and compositions in floor exercises (not necessarily gymnastics or acrobatic) and will be assessed by judges based on the coherence and rhythm of these elements.

5.5.4. The transition between sports equipment is used only in the “Pole Sport” category. Transition includes any exercises and combinations of different elements that an athlete performs to move from one piece of equipment to another. Only 1 transition is allowed.

5.5.5. In all programs with upper age restrictions and in category “E” with aerial hoop, only somersaults from the bottom of the hoop to the floor with holding the ring are allowed and somersaults from the top of the hoop to the bottom are prohibited. You can perform swings from the floor to the bottom of the hoop, but it is prohibited to perform swings while hanging on the top of the hoop.

5.5.6. For everyone junior and adults are allowed to perform exercises with rapid rotation, but only in the lower part of the ring.

5.5.7. At all ages of category “E” on aerial silks, elements of jumping and sliding must be performed only at a safe height, which is exactly 5 m.

5.5.8. For all children of all ages, only simple exercises are required with aerial belts. (1.2.7 of the safety judges’ protocol “Dangerous elements and spectacular stunts”; this type of exercise is not evaluated).

5.6. The order of exit of competition participants

5.6.1. The order of the participant's performance is determined by drawing lots.

5.6.2. Each participant will have time to warm up on the site before the Competition.

5.6.3. The informant judge forms a panel of judges, after which the participants begin to exit in accordance with the received serial number. If the participant does not appear within 40 (forty) seconds after the announcement, he will be awarded a technical loss.

5.6.4. In case of a temporary break (more than 30 (thirty) minutes) due to unforeseen circumstances, the participants of the event are provided with a new warm-up for 8 minutes.

5.7. End of speech

5.7.1. The participant must complete the performance in the event of circumstances threatening safety or unexpected damage to the costume affecting the performance. The participant must stop at the sign of the senior judge of the panel. A clear sign of the end of the performance is a pause in the musical accompaniment. In this case, the performance is not counted.

5.7.2. The same condition applies when a participant independently stops his performance without any sign from the senior panel judge. The participant stops the performance if circumstances arise that threaten his safety, or unexpected damage to the costume affects the

performance. In this case, the participant leaves the site without explaining the reasons and the performance cannot be counted.

5.7.3. The doctor has the right to stop the performance with the help of the senior judge of the team if the doctor sees circumstances that threaten the safety of the performer.

5.7.4. If the groups have already started their performance, then substitution of participants is not allowed. Official replacement athletes must be registered in advance. An official substitution can only be made if the performance is stopped by the senior judge of the panel due to an injury to a participant.

5.8. Awards, opening and closing of competitions

5.8.1. The announcement of winners and awards are carried out in accordance with the Regulations of the competition and on the basis of the final distribution of places.

5.8.2. Winners and teams are awarded after completion of all other stages of the Competition. The team prize is awarded to the team leader.

5.9. Photography & Filming

5.9.1. All photo and video materials belongs to the Organizer

5.9.2. The participant has no rights to ask any type of compensation or rewards for the photos, videos or negative pictures that are made before, during and after the tournament.

5.9.3. The participant has right to have a copy of his photo and video materials for personal use but has no right to use those materials for commercial purposes.

5.9.4. The participant unconditionally agrees that all negative pictures, photography and video can and will be used by Organizer for promotional and commercial purposes.

6. PARTICIPANT RATING SYSTEM

6.1. The following system is used to evaluate work:

0.4 points - bad

0.5 points - satisfactorily

0.6 points - average

0.7 points - fine

0.8 points - great

6.2. After each performance in any category, each judge submits the following protocol through the secretary or using computer technology to the counting commission

6.3. A general protocol with the scoring of all judges is given to the participant during the award ceremony. The general protocol may be issued to the participant before the end of the Competition.

6.4. Regulations of the evaluation system

Judging protocol for difficulty and technique

№	Names	Maximum points	Comments
1.	Difficulty and technique		
1.1.	The level of possession of the projectile (difficulty of the selected elements and abilities to complete them)	0.8	
1.2.	Stands from the floor and climbs	0.8	
1.3.	Climbing in the air (including wrap and swing)	0.8	
1.4.	Original transition (including, floor/ equipment, equipment/ floor)	0.8	
1.5.	Originality of the combination	0.8	
1.6.	Rest (stance) , hangs and wrap (for arial silk)	0.8	
1.7.	Flexibility and split	0.8	
1.8.	Spectacular and dangerous elements (combination of two or three rotations)**	0.8	
1.9.	Level (difficulty of elements and their performing)	0.8	

Evaluation of Execution, Choreography , Artistic skills

№	Names	Maximum points	Comments
2.	Execution		
2.1	Choreography		
2.1.1	Beginning of the performance	0.8	
2.1.2	Dynamic and flow (amplitude)	0.8	
2.1.3	Grace and posture	0.8	

2.1.4	Performance on the floor	0.8	
2.1.5	Waves and steps - On the pole with the body and arms - On the air silk with the arms, legs and body	0.8	It is not used for scoring all mixed categories
2.1.6	End of the performance	0.8	
2.2	Artistic skills	0.8	
2.2.1	Facial expressions (matching to the music and the idea of the performance)	0.8	
2.2.2	Music (number of using combinations, according to costume and movement of the music)	0.8	
2.2.3.	Music performance (измеряет соответствие между элементами и музыкой)	0.8	

Referee protocol for demotion

№	Name	Points	
3.	Deductions		
3.1.	Head position, straightened legs and lifts, the knees and toes alignment.	Each time	0.1
	The direction of the elements (angles)		0.1-0.7
3.4.	Slip	Each time	0.2
3.5.	Control of movements (by gender, by discipline, violation of the transition between pole) Violation of the limit on the number of transitions between pole/discipline Exit from the marked area, mark the height on the pole and silks, mark the marked area on the floor.	Each time	0.2
3.6.	Movement control. Leaving the marked area on the floor. Height marks on canvases in the children's category.	Each time	0.2

3.7.	Costume and items (inconsistency Rules)	for each case of violation of the rules (in accessories, makeup, attire, costume of the insurer	0.1
		due to the lack of lining of sports equipment	0.2
		visible contours of intimate parts of the bod	0.1
		Visibility of underwear	0.3
		Lack of underwear	0.4
3.8.	Continuation of the performance after the end of the musical accompaniment (including cases of rotations and termination of performance before the end of the musical accompaniment	lack of underwear/use of nude (beige) fabric	0,1
3.9.	Wiping hands or other body parts (e.g. legs) with sports equipment	Each time	0.2
3.10	Erotic movements or position	Each time	0.5
3.11	Singing, pronouncing words or sounds, communicating with the audience or judges during a performance, whether by a participant or his coach (representative	Each time	0.3
3.12	Visible repetition of the same elements, except for ascents and visits to the exercise	Each time	0.1
3.13	violation of the time limit	Each second	0.1

Protocol of the technical judge.

Protocol of the technical arbitrator "Technical card of the participant" (Appendix No. 2).

The technical judge has his own personal protocol. During the competition, the technical judge evaluates only the implementation of mandatory elements and difficulties determined by the technical judge's protocol for each category.

If the participant did not provide a "Technical Card" (Appendix No. 2) during registration, a dash (or 0 points) is entered in the technical judge's column in the general protocol. The technical referee deducts 0.1 points from the nominated participant if:






- the element is held for less than 4 seconds;
- If the item is not completed at the stated cost;

The technical arbitrator may not include this element if:

- The variation in the execution of the element in relation to the discipline differs significantly from the rules, which reduced the complexity of the execution.

- The element is made with a gross error, such as: no clarity; a fall; loss of control. Mandatory elements can be completed if the participant wishes.

Completing the required element adds points to the final grade. Failure to complete required elements will not deduct points or affect the final grade.

Required element	Complexity	Required element	Complexity	Required element	Complexity
Handstand		Flag		Balance	
	0.5 – 0.8		0.5 – 0.8		0.5 – 0.8
Backbent		Spin			
	0.5 – 0.8		0.5 – 0.8		

6.5. Instructions and conditions for filling out the technical card (Appendix No. 2)

6.5.1. The participant independently determines the elements to fill out the technical card, in accordance with the permissible value of the item - quantity, difficulty group, maximum score.

6.5.2. When filling out the technical card, the participant indicates:

- Category (according to 2.1.); Last name First name; Has copies of images of used elements from the rules on the card, in chronological order, according to numbering, declared cost, invoice.

6.6. Disqualification

A participant may be disqualified during the Competition only by decision of the Senior Judge. Notice of disqualification must be given to the participant or representative.

Breaking the rules	Period of disqualification
Political and religious insults	From 1 to 5 years
Removing some parts of the costume on stage intentionally or accidentally	From 1 to 5 years
Insulting other participants, judges, organizers, members of the organizing committee, misconduct of a participant, his representatives or guests during the Competition	From 1 to 5 years
The use of prohibited materials for better adhesion to equipment	One competition

Disclosure of negative information about others participants, representatives and guests, disclosure of the results of the Competition, information about the judges, the competition process and equipment, about the Organizer or his team, sponsors, their products/gifts, GAPAF, its members and the administration of the participant or his representative, guests, friends or relatives. (verbally or via Internet Resources, social networks, before, during or after the Competition	Forever
Positive results of medical tests and analyses before and during the Competition	Forever

6.7. Summary results

6.7.1. The points scored by the participants and/ or teams are entered into the evaluation tables from which the final protocol of the competition is formed.

The Competition protocol shows the final scores of each team, triathlon, all-around.

6.7.2. After the end of each performance of the team, triathlon, all-around and after scoring by the secretaries of the counting commission or using computers, the judges' scores are reflected on the electronic information board or announced.

6.8. Determination of winners

6.8.1. The participants of the team, triathlon, all-around, who scored the most points, are awarded the first place. Team members, triathlon, all-around with the second result in points takes second place, etc.

6.8.2. If teams and more team members, triathlon, all-around have the same final score, then the teams, triathlon, all-around share places. If the teams, triathlon, all-around share the first place, the next participant in this case gets the third place, etc.

6.9. Announcement of results

6.9.1. The final results of the Competition will be announced immediately after the performance of all participants of all categories, after scoring and determining places in the competition.

6.9.2. The Competition report should contain the following information: Name and status

- the place and date of the Competition.
- dimensions and technical characteristics of the site and equipment
- weather conditions (in case of outdoor Competitions).
- the number of participants in each discipline and in each category.

- the composition of the judicial team, the names of the chief secretary, the secretaries of the commission and the doctor.
- the names of the participants, their age, the composition of the teams,
- the results of each participant and the final results of the Competition.
- team results.
- The names of the participants who took the first 3 places.

6.9.3. The Competition Report must be submitted within 10 (ten) calendar days after the Competition, signed by the Chief Judge and handed over or sent to the Organizer of the Competition and all organizations participating in the Competition.

6.9.4. The Competition report should be available to all interested members of the competition if they are interested.

6.10. The report of the Head Judge (SUPERIOR JURY)

6.10.1. The report of the Head Judge must be submitted to the organization that conducted the competition no later than 10 (ten) calendar days after the end of the competition.

6.10.2. The report should contain:

- name of the Competition, place, dates, composition of the judging panel, total number of participants, number of participants in each category, compliance with the requirements of the classified program, characteristics of the Competition conditions (stage area, equipment, organization, medical care, etc.), assessment of the level of skill in each discipline and in each category, general remarks about competitions, an explanation of possible differences between judges' scores and their opinions, protests and decisions. - comments about each judge, about possible violations of the Rules by participants or judges and punishments applied by the chief judge to violators.

6.10.3. The report should contain tables of the distribution of places between the teams, triathlon, all-around, reflecting also the quality of refereeing in each sport and category. These tables must be provided by the senior referees of the teams. The senior referee of the team makes remarks and comments in the tables in case of disagreement in the opinions of the judges of the team. The following symbols are used for this: - The judge's scores are underlined (dotted line) if the senior judge of the brigade believes that the judge made a mistake.

Judges' scores are circled with a dotted line in a circle if the senior judge of the team believes that the judge was a little biased - The judge's scores are drawn in a square if the senior judge of the team agrees with the judge's opinion, even if this opinion is radically different from the opinion of the rest of the judicial team.

Part II.

DISCIPLINES

Basic rules

1. TRIATHLON

1.1. Competitions in the discipline of Triathlon are held as follows:

- 1.1.1. The organizer must inform in advance which projectiles will be presented at the competition (approximately at the same time along with musical accompaniment).
- 1.1.2. One (1) round of competitions is the number of stages according to the number of equipments in a given discipline, in each stage an equipment and musical accompaniment are replaced.
- 1.1.3. In each round of competitions, five (5) identical projectiles are installed on the site, for each participant a separate projectile.
- 1.1.4. After completing one stage, the equipment is replaced with the next (the sequence of which is prescribed in the regulations for these competitions). After the substitution, the athletes begin performing in the next stage.
- 1.1.5. In each circle, the order of equipments s and musical accompaniment on it remains unchanged.
- 1.1.6. The sum of the points of each individual participant is summed up for each stage of the competition (the sum of three (3) equipments).
- 1.1.7. The competitions are held in two (2) rounds: Qualification and Final.
- 1.1.8. Three (3) athletes in each category and age group qualify for the finals. The finalists are determined by the best result for the previous stage.
- 1.1.9. In case of equality of results, participants who have scored the same amount of points share one place for two. The decision on determining the places of participants remains with the chief judge of the competition.
- 1.1.10. The competitions in the Finals round are held in the same format as the qualification.
- 1.1.11. The winners are determined by the sum of the points received in the Final.
- 1.1.12. In case of equality of results, the rules for determining places apply.

2. PENTATHLON

2.1. Competitions in the All-around discipline are held as follows:

- 2.1.1. Competitors must perform on five (5) different projectiles.
- 2.1.2. The organizer must inform in advance which projectiles will be presented at the competition (approximately at the same time along with musical accompaniment).

- 2.1.3. One (1) round of competitions is the number of stages according to the number of equipments in a given discipline, in each stage an equipment and musical accompaniment are replaced.
- 2.1.4. In each round of competitions, five (5) identical projectiles are installed on the site, for each participant a separate projectile.
- 2.1.5. After completing one stage, the projectile is replaced with the next one (the sequence of which is prescribed in the regulations for these competitions). After the substitution, the athletes begin performing in the next stage.
- 2.1.6. In each circle, the order of equipments and musical accompaniment on it remains unchanged.
- 2.1.7. The sum of the points of each individual participant is summed up for each stage of the competition (the sum of five (5) equipments).
- 2.1.8. The competitions are held in two (2) rounds: Qualification and Final
- 2.1.9. Three (3) athletes in each category and age group qualify for the finals. The finalists are determined by the best result for the previous stage.
- 2.1.10. In case of equality of results, the participants who scored the same amount of points share one place for two. The decision on determining the places of participants remains with the chief judge of the competition.
- 2.1.11. The competitions in the Finals round are held in the same format as the qualification.
- 2.1.12. The winners are determined by the sum of the points received in the Final.
- 2.1.13. In case of equality of results, the rules for determining places apply.

3. TEAM STANDING

- 3.1. The team consists of five (5) athletes, of which one (1) person is a reserve.
- 3.2. The team must perform on four (4) Aerial gymnasts' equipment. Each team member can only perform on one (1) equipment.
 - 3.2.1. The organizer must inform in advance which projectiles will be presented at the competition (approximately at the same time along with musical accompaniment).
 - 3.2.2. One (1) round of competitions is four (4) stages, according to the number of participants in the team, in each stage the equipment and musical accompaniment are replaced.
 - 3.2.3. After completing one stage, the projectile is replaced with the next one (the sequence of which is prescribed in the regulations for these competitions). After the substitution, other athletes start performing in the next stage.
 - 3.2.4. In each circle, the order of equipments and musical accompaniment on it remains unchanged.

- 3.2.5. The sum of points of each participant is summed up with other participants of the same team (the sum of four (4) participants in one team).
- 3.2.6. The competitions are held in two (2) rounds: Qualification and Final.
- 3.2.7. Three (3) teams in each category and age group qualify for the finals. The finalists are determined by the best result for the previous stage.
- 3.2.8. In case of equality of results, the teams with the same amount of points divide one place into two. The decision on determining the places of participants remains with the senior judge of the competition.
- 3.2.9. The competitions in the Finals round are held in the same format as the qualification.
- 3.2.10. The winners are determined by the sum of the points received in the Final.
- 3.2.11. In case of equality of results, the rules for determining places apply.

4. FREE PROGRAM

- 4.1. The competitor must perform on one of (1) disciplines. (Aerial Pole-Cube-Double Rapes-Hoop)
- 4.2. The participant puts on his own music.
 - 4.2.1. After completing one stage, the apparatus is replaced with the next one (the sequence of which is prescribed in the regulations for these competitions). After the substitution, another athlete begins the performance.
 - 4.2.2. The competition takes place in one (1) round: Final
 - 4.2.3. Competitions in the Final round follow the same format.
 - 4.2.4. The winners are determined by the points received in the Final.
 - 4.2.5. In case of equality of results, the rules for determining places apply.

Application 1

Application for participation in sports competitions in the sport of "air power athletics"

TEAM STANDING

No	Full name	Year of birth	City, country	Discipline	Subcategory	Full years
1						
2						
3						
4						
5						

TRIATHLON

No	Full name	Year of birth	City, country	Discipline	Subcategory	Full years
1						

PENTATHLON

No	Full name	Year of birth	City, country	Discipline	Subcategory	Full years
1						

FREE PROGRAM

No	Full name	Year of birth	City, country	Discipline	Subcategory	Full years
1						

Participant's technical card № _____							
Category							
Full name							
№	Photo of the element	Specify points	Judge	№	Photo of the element	Specify points	Judge
1				7			
2				8			
3				9			
4				10			
5				11			
6				12			
Sum of points declared				Judge's points			
Signature				Judge's signature			
Judge's comment							

Types and categories of competitions

Competitions in aerial gymnastics are held according to the following abbreviations.

View	Categories	Designation abbreviation							
		Aerial straps	Aerial silk	Aerial hoop	Aerial rope	Aerial pole	Aerial loop	Aerial cube	Pole sport
Team event 4		AStG	ASG	AHG	ARG	APG	ALG	ACG	PSS
Children 10-14		AStGC	ASGC	AHGC	ARGC	APGC	ALGC	ACGC	
C	Women	AStGC-C	ASGC-C	AHGC-C	ARGC-C	APGC-C	ALGC-C	ACGC-C	
D	Women	AStGC-D	ASGC-D	AHGC-D	ARGC-D	APGC-D	ALGC-D	ACGC-D	
Juniors 15-17		AStGU	ASGU	AHGU	ARGU	APGU	ALGU	ACGU	
C	Women	AStGU-C	ASGU-C	AHGU-C	ARGU-C	APGU-C	ALGU-C	ACGU-C	
D	Women	AStGU-D	ASGU-D	AHGU-D	ARGU-D	APGU-D	ALGU-D	ACGU-D	
18 +		AStGW	ASGW	AHGW	ARGW	APGW	ALGW	ACGW	
C	Women	AStGW-C	ASGW-C	AHGW-C	ARGW-C	APGW-C	ALGW-C	ACGW-C	
D	Women	AStGW-D	ASGW-D	AHGW- D	ARGW- D	APGW-D	ALGW-D	ACGW- D	
Triathlon		AStG	ASG	AHG	ARG	APG	ALG	ACG	
Juniors 15-17 Children 10-14 Children 9-13		AStGU	ASGU	AHGU	ARGU	APGU	ALGU	ACGU	
C	Women	AStGU-C	ASGU-C	AHGU-C	ARGU-C	APGU-C	ALGU-C	ACGU-C	
D	Women	AStGU-D	ASGU-D	AHGU-D	ARGU-D	APGU-D	ALGU-D	ACGU-D	
18 +		AStGW	ASGW	AHGW	ARGW	APGW	ALGW	ACGW	
C	Women	AStGW-C	ASGW- C	AHGW-C	ARGW-C	APGW-C	ALGW-C	ACGW-C	
D	Women	AStGW-D	ASGW- D	AHGW- D	ARGW- D	APGW- D	ALGW-D	ACGW- D	
Pentathlon		AStG	ASG	AHG	ARG	APG	ALG	ACG	
Juniors 15-17 Children 10-14 Children 9-13		AStGU	ASGU	AHGU	ARGU	APGU	ALGU	ACGU	
C	Women	AStGU-C	ASGU-C	AHGU-C	ARGU-C	APGU-C	ALGU-C	ACGU-C	
D	Women	AStGU-D	ASGU-D	AHGU-D	ARGU-D	APGU-D	ALGU-D	ACGU-D	
18 +		AStGW	ASGW	AHGW	ARGW	APGW	ALGW	ACGW	
C	Women	AStGW-C	ASGW-C	AHGW-C	ARGW-C	APGW-C	ALGW-C	ACGW-C	
D	Women	AStGW-D	ASGW- D	AHGW- D	ARGW- D	APGW- D	ALGW- D	ACGW- D	

Sports equipment standards.

Report

on holding (name of competitions) in air power athletics



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