



DAKOTA AERIAL CHAMPIONSHIP OFFICIAL COMPETITOR PACKET

CURRENT VERSION: 2.0

Edits:

Rules and division updated and consolidated for the 2024 competition. Updated dates and rules for different divisions. Additional information about prop rules and submission. Aerialists must start on the ground for their performances. The all star division was removed and group routines were added.

LAST UPDATED: 7.25.24

This packet outlines all of the information you will need to know to compete in the Dakota Aerial Competition hosted by South Dakota Aerial & Arts. Have questions about the packet or the event? Email info@sdaerialarts.com. Please include "DAC" in the email headline so we can answer your questions appropriately.

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GENERAL COMPETITION INFORMATION:

Dates:

Competition Dates: November 8 - 10, 2024

- Friday, November 8 - Free Aerial Open Gym, Early Check-In, and Workshops
- Saturday, November 9 - Competition Performances and Workshops
- Sunday, November 10 - Awards

In-Person and Virtual Registration Opens: August 1, 2024

- Registration Link: <https://www.sdaerialarts.com/dakota-aerial-championship>

Registration Deadline (Music Included): November 1, 2024

Virtual Submission Deadline: November 5, 2024

Location:

South Dakota Aerial & Arts

1200 E 3rd Street, Suite 113 - Enter on the South side of the building

Sioux Falls, SD 57103

Registration:

Registration is available online at <https://www.sdaerialarts.com/dakota-aerial-championship>.

You must pay a registration fee for each apparatus you wish to compete in. Registration must be completed before submitting any virtual entries.

Participation Fee:

Each competitive or showcase performance is subject to a participation fee. This fee covers all costs to perform in the competition, awards, judging fees, etc.

- Early Registration Cost (August 1 - September 14, 2024): \$70.00
- Standard Registration Cost: \$82.00

Please register for each different performance separately. No refunds will be issued after sign-up. You may not transfer your registration to another category.

Event Tickets:

All spectators to the event are required to purchase a ticket to attend. Kids under 5 are free, 5-10 years old are \$10.00 and all tickets for individuals 11+ are \$16.00 if purchased online before November 7, 2024. In-person tickets can be purchased for \$20.00 for individuals 11+ and \$15.00 for all kids 5-10. Tickets are good for the full length of the event.

Coaches are eligible for a free pass, if and only if they are listed by a competitor as their coach. Each gym is limited to three free coach passes (one per primary apparatus). All coaches who are not listed by a student in their registration will need to purchase a spectator ticket.

RULES AND GUIDELINES:

1. Waivers:

All competitors, workshop participants, coaches, and assistants are required to read and sign a waiver provided by South Dakota Aerial & Arts. All minors are required to have their parent/legal guardian fill out and confirm their waiver. The waiver can be found here: <https://www.sdaerialarts.com/liability-waiver>.

2. Code of Conduct:

1. **Drugs and Alcohol:** Competitors and workshop participants are not allowed to consume any alcohol, illegal drugs, or medical drugs that impair their function to perform. If an individual is displaying indications of alcohol or drug consumption, you will be asked to leave the event.
2. **Treatment of Others:** No bullying, harassment, or other threats of competitors, competition attendees, coaches, judges, staff, workshop participants, or others related to this event will be tolerated. This includes in-person and online behaviors, including emails, text messages, phone calls, in-person comments, social media posts or messaging, etc.
3. **Safety:** All rules must be followed below throughout the course of the event
 1. All competitors and workshop participants are required to sign a waiver.
 2. All participants are required to use a crash pad/mat. The stage area is covered by ½ inch foam.
 3. No participants or coaches should touch rigging throughout the course of the event.
 4. No additional people are permitted on stage with competitors from the time the music starts until it ends, except for approved human props.
 5. No additional people are permitted on stage with competitors during performance.
4. **Level:** Competitors are expected to be honest in representing their competitive level and abilities. We reserve the right to switch competitor categories depending on their presented skills based on the performance requirements.
5. **Photography/Videos:** No flash photography is permitted during the event.

3. Photography/Videography:

- Photos will be taken over the course of the event, but no photography packages will be available for purchase.
- All routines will be videoed and shared with competitors via YouTube and Google Drive after the event.
- Photos and videos are permitted by the crowd at the event as long as they do not impede judging, the performer or staff.

4. Ways to Compete

Individuals can compete in the DAC in person or virtually. Virtual submissions open on August 1, 2024, and are open through November 1, 2024. In-person and virtual competitors will compete in the same divisions and categories and will be judged alongside one another. Awards will not be separated based on how a competitor chooses to compete in the DAC.

All virtual competitors agree to submit a one-take video of their performance they chose to submit to the competition. The DAC staff will be reviewing all videos to make sure that they were taken within the designated submission period, and were recorded specifically for the DAC.

In-person competitors will receive a 20% discount on all of the workshops held at the Dakota Aerial Championship. They also have a chance to win a "Golden Raccoon" award. These awards are not based on points and can be won by a competitor in any division, apparatus or level. Award categories will be disclosed before the event.

5. Virtual Rules and Guidelines for Submission:

- All virtual submissions should be recorded in one take. Our goal is to make the competition as fair as possible for all competitors. If we find that this video does not follow the rules below, this is grounds for disqualification.
- Virtual submissions can be submitted by individuals in any country.
- You must announce your routine on camera before the competitor performs. The competitor or spectator must introduce the performer using the following script: "Presenting [Performer Name] on [Apparatus Name] Performing to the song [Song Name] on [Date]". This will allow us to identify the performer and confirm this entry was created specifically for the Dakota Aerial Championship. This must be done on camera, not as a voiceover. This ensures the video was created specifically for use in the DAC.
- Videos can be submitted via the Virtual Submission Form (<https://www.sdaerialarts.com/dakota-aerial-championship/virtual-entry>). The video should be uploaded to a public-facing video platform like Vimeo or YouTube, and the link should be recorded in the Virtual Submission Form.
- Once a virtual submission is submitted, you will not be able to resubmit your entry for that apparatus. If there are any issues with viewing the video, a member of the DAC team will reach out via email. Deductions may be recorded if the above rules for submission are not followed.
- As long as the routine follows the division and apparatus rules listed below, the apparatus set-up and height do not need to match the specific criteria of the in-person competitors. If you have a concern about your aerial set-up, please contact the DAC team at info@sdaerialarts.com.
- Awards will be mailed to the competitors post-competition. Feedback will be provided via email from info@sdaerialarts.com.
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6. Divisions:

- Pre-Junior: Ages 8 and under
- Junior: 9-17 years old
- Adult: Ages 18+

These divisions may be combined at the discretion of the Dakota Aerial Championship staff. Standard equipment will be provided for all divisions. All competitors are welcome to bring and perform on their own equipment as long as it is approved and deemed safe by the Dakota Aerial Championship staff.

7. Apparatus:

- Silks
- Hammock
- Lyra
- Specialty (All doubles routines will be judged in the specialty division)
- Group

8. Levels & Types

- Novice
- Intermediate
- Advanced

Please choose the level that most closely matches your abilities, skills, and aerial experience. Consult your coach if you are uncertain which level is best for you. All solo routines must be submitted under the correct apparatus upon registration.

All doubles routines will compete under the specialty category. If there are at least three competitors on a given apparatus in the specialty category, we will create a separate judging category for those individuals.

9. Grip Aids:

Approved grip aids are permitted for use during workshops and competitions. Below are some approved grip aids. Please request permission from info@sdaerialarts.com if you have other grip aids you would like approved before the competition.

Natural Rosin Powder, Firm Grip Spray/Powder, Grip-IT Hand Spray, Tuf-Skin Grip Spray, Better Grip and Mueller Grip Spray

10. Music:

- Your full act (excluding getting off the apparatus) must be executed in the time allotted. This includes any performance before or after your music plays. You are not required to use the full time allotted for your routine. All requirements must be executed within the time allotted.
- If your music exceeds the maximum length allotted for your division, your music will not be accepted or reserved.
- All music must be a clean/radio version. No profanity, derogatory language, explicit or suggestive content will be accepted, as this is a family-friendly event.
- All music must be submitted as an Mp3 or M4A format.
- **Maximum Time Allowance:**
 - **Novice:** 3:00
 - **Intermediate:** 3:30
 - **Advanced:** 4:15
- Use the following naming convention when submitting your music:
 - Performer Name_Song Name_Apparatus_Division_Studio Name
- Email verification will be sent when your music has been received, confirmed that it works properly and is accepted.

11. Wardrobe & Props:

All wardrobe and props must be family-friendly. All costumes must be age-appropriate. No stripping or removal of clothing with any sexual implied intent is permitted. Removal of clothing may be permitted if it is not sexual or if it is supportive of the character/storyline in a family-friendly way.

Props are defined as any object that is used to enhance the performance that is used only during a portion of the performance. This includes items of clothing like hats or wings that may be removed before touching the apparatus.

- Appropriate undergarments are required. Tights and aerial socks are permitted.
- Hair can be worn down during performances, but deductions will be incurred if it gets stuck or disrupts a performance
- No necklaces, anklets, or bracelets are permitted.
- No boots or shoes are allowed during any performance, as this makes it hard to judge foot point and control
- No props are allowed on the mat or the apparatus
- No feathers, glitter bombs, confetti, or other items that leave a mess in the performance area

All props must be approved by the Dakota Aerial Championship team - please email info@sdaerialarts.com with the title "Prop Approval Request_Competitor Name_Apparatus_Division". Please provide a description of the prop and a picture, if applicable.

12. Judging:

12. A: PROCESS

- There will be a minimum of three judges for each competitive performance. All competition and showcase pieces will receive feedback for their performance. All competition routines will be evaluated based on the criteria outlined below. Judges may judge performances both in-person and virtually.
- Judging is final. No discussion of judges' decisions will be permitted.

12. B: FEEDBACK

- Performance scores will be provided during the award ceremony. Formal feedback will be provided no later than 2 weeks (14 days) after the date of performance. Feedback will be provided in PDF format and the name of the judge that provided each piece of feedback will not be specified.
- Scores and results will be posted online after the event, but feedback will only be sent to individual performers
- The Dakota Aerial Championship team and judges will not respond to any specific questions, feedback, or criticism received in any form.

12. C: JUDGING CRITERIA AND POINTS (45 POINTS MAX PER JUDGE)

- **1). Difficulty (15 Points)**
 - Difficulty of Individual Moves & Combinations (10)
 - Difficulty and Uniqueness of Transitions (5)
- **2). Technical (15 Points)**
 - Intentional and Clean Lines, Including Controlled Toes (10)
 - 0.5 deducted per broken line or uncontrolled feet
 - Control of Apparatus (5)
- **3). Composition & Artistry (15 Points)**
 - Floorwork Flow (if applicable) and Flow of Performance (5)
 - Stage Presence and Musicality (5)
 - Variety of Movements/Balance of Performance (5)
- **Deductions (1 Point Per)**
 - Not meeting the criteria for a specific division
 - Inappropriate or unsafe use of rigging or touching rigging throughout the performance
 - Exceeding maximum performance time
 - Slips, locks, or falls (depending on severity - judges may stop performance)
 - Non-approved props
 - Performing a restricted move

- **Ground For Disqualification**

- Plagiarism of choreography
- Use of explicit or inappropriate music
- Disrespectful language or actions towards or about judges, competitors, coaches, staff, volunteers, or schools
- Use of equipment in a virtual performance that is markedly different from the standards set out by this packet
- Intentional stripping

Please be mindful when putting your routines together and if you are uncertain about any of the deductions and disqualifications listed, please meet with your coach to discuss. If they continue to be uncertain, please reach out to info@sdaerialarts.com.

12.D: SCORE CALCULATIONS:

- Sum of all Judges Scores Divided by Total Number of Judges
- Final Score cannot surpass 50 points

13. *Division Rules:*

- Divisions will be combined if there is only one performer in your division. If you have any concerns about combining divisions, please reach out to info@sdaerialarts.com
- Instructors may not compete in any Novice division, even if the apparatus is new to you.
- If you compete in a level that is lower than your apparent ability or the skills you display, judges may move you to another division or may incur deductions accordingly.
- If you are impacted by injuries, illness, pregnancy, or other life events that reduce your skill level, you may be granted entry in a less advanced division. This request should be made in writing via email to info@sdaerialarts.com
- Coaches cannot compete against their students in any division

EVENT FLOW AND INFORMATION:

Before the Event:

- All information is required to be sent according to specified deadlines
- The Dakota Aerial Championship staff will review all music files upon submission and confirm that they meet the division criteria and that the file plays properly.
- The competition performance schedule will be shared at least 1-week before the event.

Day of Event - Check-in:

- Please arrive early for stage testing based on the provided schedule. If your stage testing is missed, no additional time will be permitted. You must complete your stage testing during your allotted time, additional time will not be given for any reason.
- Sign the performance waiver online before stage testing.\
- If you are the guardian of a minor, you are responsible for checking them in and signing all their waivers. A legal guardian is required to sign all forms for competitors under 18 years old.

Day of Event - Stage Testing:

- Stage testing will be a maximum of 2 minutes per aerial silks performance and 2 minutes and 15 seconds for all other apparatuses. Please plan in advance. You will be asked to leave the apparatus once your stage testing time is completed.
- Your stage testing will include setting your height (if applicable) and familiarizing yourself with the apparatus and stage. You will not have enough time to go through your full routine.
- Coaches are permitted to accompany competitors for stage testing but are not permitted to touch the apparatus
- No competitors will be given additional time for stage testing, time will be taken away from your apparatus time for setting your height - no exceptions.

Day of Event - Competition:

- Arrive at least one hour before your scheduled performance time. Schedules may be running early if participants do not show up at the event.
- If you miss your performance time, no additional time will be given
- Before performing, please check that the stage manager sets your apparatus. If it is not set properly, please let the stage manager know before starting your performance.
- If the wrong music plays during your routine or if there is a disruption in your performance due to a technical difficulty - you will be allowed to stop the performance and re-do your routine or you can let the stage manager know of the mishap before performing.

Day of Event - Awards:

- All virtual and in-person awards will be presented during the Sunday morning awards ceremony.
- Awards will be streamed live on the South Dakota Aerial & Arts Facebook page ([HERE](#))
- For in-person performers: If you place and cannot stay for the awards ceremony - you must arrange someone who is staying to pick up your awards for you. If you do not arrange for someone to pick up your award, the Dakota Aerial Championship staff can ship them at an additional cost.
- All virtual awards will be shipped within two weeks of the live awards.

LEVEL CRITERIA AND RULES PER APPARATUS:

Hammock

- A hammock is provided by the competition.
- Outside hammocks are permitted if approved by the competition staff and rigging team.
- Hammocks are approximately 8-10 feet and are tied on a single rescue 8 into a sling.
- Hammock competitors may specify the height from the stage of the lowest point of the hammock either at stage testing or before the event via email
- If the height is not specified via email or at stage testing it will automatically be set to approximately 60 inches from the ground
- Use of motors is not permitted

Silks

- Silks are provided by the competition
- Silks will be approximately 24 feet tall with a two-foot tail. If you require a different tail length or height, please specify at stage testing. Note: silks cannot go above 24 feet based on the performance venue.
- Low-to-medium stretch Nylon tricot fabric, approx 108 inches wide
- Silks are tied to a stainless-steel rescue 8 and hung from a single swivel, attached to a single rig point
- Use of motors is not permitted. The use of pulleys to modify rig point height during performance is not permitted.

Lyra

- A tabless 36" single point, taped lyra made out of 1" stainless steel will be provided on an 8-foot spanset
 - All other lyra sizes must be provided by the competitor and approved by the competition rigging team during or before stage testing.
 - No other lyras will be provided by the competition.
 - All other spanset lengths and variations must be provided by the competitor and will not be provided by the Dakota Aerial Championship rigging team
- Lyra heights will be set during stage testing and marked by the stage manager in charge of rigging.
- If height is not specified or the standard height is requested, the apparatus will be set to 60 inches from the ground
- Use of motors is not permitted. The use of pulleys to modify rig point height during performance is not permitted.

Specialty

Specialty apparatuses include any apparatus that is not listed in the above categories and all doubles performances.

- Competitors must bring their own unique apparatus to use for specialty performances. If a doubles performance is selected for a specialty routine, the standard equipment list above can be used for the performance.
- Each apparatus is subject to safety and integrity testing by the Dakota Aerial Competition team.
- No refunds will be given due to faulty or un-riggable apparatuses
- Specialty performer MUST attend stage testing
- If a specialty division contains a minimum of 3 performers on the same apparatus, that apparatus will be listed as its own separate division

Group

Group performances are routines that contain 3 or more performers. These routines may utilize multiple different apparatuses and may use other props or flow arts to enhance this performance. Due to the unique nature of these performances, We will not be publishing established criteria for each division. All groups will be judged against each other to the best of our judges' abilities.

- The studio performing the group routine must supply all apparatuses and additional rigging equipment needed to enable their performance
- 15 minutes of stage testing and rigging will be permitted for each group routine
- Please contact info@sdaerialarts.com if your studio or group would like to perform a group routine.

Hammock - Division Rules

Category	Novice	Intermediate	Advanced
Performer Description	A Novice Hammock performer is considered beginner level in both skill and performing. Instructors may not perform at this level. Use of the full hammock length is not required. Performers should 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 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.
Required Skills	<ul style="list-style-type: none"> -Routine must start with at least one body part touching the ground -Floorwork must not surpass more than 30% of the routine -Performers may come down within their routine - Demonstrate proficiency in the bottom of the hammock 	<ul style="list-style-type: none"> -Routine must start with at least one body part touching the ground -Floorwork must not surpass more than 25% of the routine -Performers may come down within their routine -Demonstrate at least one drop -Demonstrate at least one aerial invert - Demonstrate proficiency in bottom of hammock and standing in hammock 	<ul style="list-style-type: none"> -Routine must start with at least one body part touching the ground -Floorwork must not surpass more than 15% of routine -Performers may come down within their routine -Demonstrate at least one-to-two drops -Demonstrate at least one aerial, straight leg invert -Open drops are permitted - Demonstrate proficiency in bottom of hammock, standing in hammock and aerial in hammock - Spinning is required
Music Length	3:00	3:30	4:15
Notes	<ul style="list-style-type: none"> -No drops of any kind -No aerial inverts - No neck or ankle hangs 	<ul style="list-style-type: none"> -No ankle hangs -No open wrap drops -No kamikaze drops 	<ul style="list-style-type: none"> -No kamikaze drops

Silks - Division Rules

Category	Novice	Intermediate	Advanced
Performer Description	A Novice Silks performer is considered at a beginner level in silks and performing. Instructors may not perform in the novice level. Use of the full lengths of silks is not required. Novice performers are expected to show level appropriate strength, flexibility, and dynamic movement and flow. Novice performers are encouraged to establish a character or storyline.	An Intermediate Silks performer is one who is comfortable with a basic level of inverted moves. They do not need to show they have performing experience. 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 Silks performer is someone may be a teacher 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
Required Skills	<ul style="list-style-type: none"> -Performance must include at least one level-appropriate climb -Performance must include a footlock or a footlock variation -Demonstrate proficiency in the lower half of the height of the silks - full silk can be used during the routine -Single drops are permitted, but not required -No climbing is allowed before the start of the routine, must start on the ground 	<ul style="list-style-type: none"> -At least 1 drop is required -Only single drops, wrapped double drops and single slack drops permitted. -Demonstrate at least 1 aerial invert -Demonstrate more than 1 type of climb -Demonstrate 1 non-basic climb -Demonstrate at least 1 footlock skill -Demonstrate at least 1 non-footlock skill -Proficiency in the lower $\frac{2}{3}$ of the silks - May use the full length for the routine -No climbing is allowed before the start of the routine, must start on the ground 	<ul style="list-style-type: none"> -At least 1 drop is required - open drops are permitted - Demonstrate a minimum of 1 straight leg aerial invert, straight arm inverts recommended -Demonstrate at least 1 inverted climb -Demonstrate proficiency in full length of silk -Demonstrate at least 1 non-footlock skill -Spinning is required at some point throughout the routine -Demonstrate balance or strength and flexibility -Must demonstrate at least one dynamic movement during the routine -No climbing is allowed before the start of the routine, must start on the ground
Music Length	3:00	3:30	4:15
Notes	<ul style="list-style-type: none"> -Routine may not contain more than one drop -No aerial inverts permitted 	<ul style="list-style-type: none"> -No open wrap drops -No single point neck hangs -No drops to wrist-locks permitted -No ankle drops -No Kamikaze drops 	<ul style="list-style-type: none"> -No Kamikaze drops

Lyra - Division Rules

Category	Novice	Intermediate	Advanced
Performer Description	A Novice Lyra performer is considered a beginner level lyra performer. Instructors may not perform at the novice level. Use of all parts and surfaces of the lyra is not required. Novice performers are expected to show level-appropriate strength, flexibility, dynamic movements and flow based on their level.	An Intermediate Lyra performer is comfortable with basic inversions, drops and skills. They do not need to have previous performance experience. Intermediate performers are expected to show level-appropriate strength, flexibility, dynamic movement and flow.	An Advanced Lyra performer has a firm grasp on many lyra skills and techniques. They may be instructors or have some experience performing. Advanced performers are expected to demonstrate dynamic movement, flow, strength, and flexibility appropriate for this level. Performers are expected to have a well-developed character.
Required Skills	<ul style="list-style-type: none"> -Routine must start with at least one body part touching the ground - Must use bottom bar and show use on middle and side bars of the hoop - May come down and re-enter the apparatus as appropriate - Floorwork is recommended, but not required. - Floorwork must not exceed 25% of the routine 	<ul style="list-style-type: none"> -Routine must start with at least one body part touching the ground -Proficiency in and under lyra - Demonstration of one drop is acceptable, but not required - Demonstrate at least one type of invert - Expected to demonstrate at least one move with only 2 points of contact - A spin is required 	<ul style="list-style-type: none"> -Routine must start with at least one body part touching the ground -Proficiency on top, in and under lyra -Must use the spanset for a minimum of one move -Demonstrate a minimum of one drop -Demonstrate at least two types of inverts -Demonstrate at least one straight leg invert - Expected to demonstrate at least one move with only 2 points of contact - A spin is required
Music Length	3:00	3:30	4:15
Notes	<ul style="list-style-type: none"> - No drops - No use of middle-to-upper spanset - No inverts on the top of the apparatus - No standing on top bar - No ankle, heel, foot, toe or heel hangs 	<ul style="list-style-type: none"> - No ankle, heel, foot, toe or heel hangs 	<ul style="list-style-type: none"> - No single point neck hangs

Specialty - Division Rules

Category	Novice	Intermediate	Advanced
Performer Description	A Novice Specialty performer is considered a beginner level performer. Instructors may not perform at the novice level. Use of all parts and surfaces of the apparatus are not required. Novice performers are expected to show level-appropriate strength, flexibility, dynamic movements and flow based on their level.	An Intermediate Specialty performer is comfortable with basic inversions, drops and skills. They do not need to have previous performance experience. Intermediate performers are expected to show level-appropriate strength, flexibility, dynamic movement and flow.	An Advanced Specialty performer has a firm grasp on many lyra skills and techniques. They may be instructors or have some experience performing. Advanced performers are expected to demonstrate dynamic movement, flow, strength, and flexibility appropriate for this level. Performers are expected to have a well-developed character.
Required Skills	<ul style="list-style-type: none"> -Routine must start with at least one body part touching the ground -No free-hanging inverts are allowed on the apparatus, unless required for mounting the apparatus -Only single drops are permitted 	<ul style="list-style-type: none"> -Routine must start with at least one body part touching the ground -One aerial invert is required -Single and double drops are permitted -Spinning is required, unless not applicable on the apparatus 	<ul style="list-style-type: none"> -Routine must start with at least one body part touching the ground -Full height of the apparatus must be utilized -At least one drop is required, unless not applicable to the apparatus -Spinning is required, unless not applicable on the apparatus -Must demonstrate dynamic movement and balance
Music Length	3:00	3:30	4:15
Notes	<ul style="list-style-type: none"> -No open drops -No ankle, heel, foot, toe or heel hangs 	<ul style="list-style-type: none"> - No ankle, heel, foot, toe or heel hangs - No single point neck hangs 	<ul style="list-style-type: none"> - No single point neck hangs

Thank you for reviewing the Dakota Aerial Championship Competitor Packet. Have any remaining questions? Email info@sdaerialarts.com.