



## **AIRBORNE AND AERIAL ADDICTION TRICKS**

### **BEGINNER LYRA CATEGORY (Beg)**

<b>BEGINNER TRICKS ALLOWED</b>	<b>NOT ALLOWED IN BEGINNERS FROM INTER</b>
<ul style="list-style-type: none"> <li>• Compass spin</li> <li>• Stag&gt;Straddle&gt;Swap Stag</li> <li>• Pirouette</li> <li>• Wagon Wheel</li> <li>• Two Arm Teacup</li> <li>• Single Knee Hook</li> <li>• Fishhook</li> <li>• Flag</li> <li>• Elbow Flag</li> <li>• Elbow Martini</li> <li>• Supported Elbow Hang</li> <li>• Plank</li> <li>• Reverse Flag</li> <li>• Double Knee Arch</li> <li>• Double Knee Hang</li> <li>• Foreign Flag</li> <li>• Cross</li> <li>• C-Swing</li> <li>• Single Knee Mount</li> <li>• Straddle Fold Out</li> <li>• Jump Straddle (can add spin)</li> <li>• Cookie Monster</li> <li>• Lady in the Moon</li> <li>• Man in the Moon</li> <li>• Glamazon (top hand may come off, bottom hand must stay on)</li> <li>• Smokey Joe</li> <li>• Cross Over to Smokey Joe</li> <li>• Arabesque</li> <li>• Aerial Diva Pose</li> <li>• Toe Splits</li> <li>• Air Walking</li> <li>• Half Bluebird</li> </ul>	<ul style="list-style-type: none"> <li>• Straddle from a full hang</li> <li>• Cross Switch to Tweety</li> <li>• Diva Sit to Fan Kick</li> <li>• Mermaid</li> <li>• Open Arabesque</li> <li>• Starfish/Starfish No Hands</li> <li>• Angel</li> <li>• Hip Hold</li> <li>• Pivot Spin</li> <li>• Splits Under the Bar</li> <li>• Twisted Splits</li> <li>• Twisted Splits Variation</li> <li>• Fang</li> <li>• Pencil</li> <li>• Anchored Scorpion</li> <li>• Contortion Split</li> <li>• Egyptian Clix</li> <li>• Jester</li> <li>• Diamond Hang</li> <li>• Figure Head</li> <li>• Gazelle</li> <li>• Scorpion</li> <li>• Hip Balance</li> <li>• Drop to Flag/Reverse Flag</li> <li>• Dami Im</li> <li>• Tipped Gazelle</li> <li>• Single Elow Hang</li> <li>• Double Elow Hang</li> <li>• Knee Switches</li> <li>• Hula Stall</li> <li>• Stalk Spin</li> <li>• One Handed Tea Cup</li> <li>• Damsel</li> </ul>

<ul style="list-style-type: none"> <li>• Bluebird</li> <li>• Amazon (top hand must stay on)</li> <li>• Dragonfly</li> <li>• Pullover</li> </ul> <p><b>Floor acro work ALLOWED</b></p>	<ul style="list-style-type: none"> <li>• Peekaboo</li> <li>• Star Balance</li> <li>• Happy Hour</li> <li>• French gazelle</li> <li>• La Bouche</li> <li>• Any additional moves deemed unsafe by the judges (if in doubt ask!)</li> </ul> <p><b>All tricks listed in higher categories are also NOT allowed</b></p>
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### **INTERMEDIATE LYRA CATEGORY (Inter)**

<p><b>INTER TRICKS ALLOWED</b></p> <p><b>All tricks from lower categories are also allowed</b></p> <ul style="list-style-type: none"> <li>• Straddle from a full hang</li> <li>• Cross Switch to Tweety</li> <li>• Diva Sit to Fan Kick</li> <li>• Full Hangs from Top Bar (low hoop only)</li> <li>• Mermaid</li> <li>• Open Arabesque</li> <li>• Starfish/Starfish No Hands</li> <li>• Angel</li> <li>• Hip Hold</li> <li>• Pivot Spin</li> <li>• Splits Under the Bar</li> <li>• Twisted Splits</li> <li>• Twisted Splits Variation</li> <li>• Fang</li> <li>• Pencil</li> <li>• Anchored Scorpion</li> <li>• Contortion Split</li> <li>• Egyptian Clix</li> <li>• Jester</li> <li>• Diamond Hang</li> <li>• Figure Head</li> <li>• Gazelle</li> <li>• Scorpion</li> <li>• Hip Balance</li> <li>• Arabesque Split</li> <li>• Cross Over to Smokey Joe</li> <li>• Drop to Flag</li> <li>• Drop to Reverse Flag</li> </ul>	<p><b>NOT ALLOWED IN INTER FROM ADV</b></p> <ul style="list-style-type: none"> <li>• Candlestick/Broomstick</li> <li>• Leaf Split</li> <li>• Prowl (Cobra)</li> <li>• Monkey Tumble</li> <li>• Splits Under Top Bar</li> <li>• Reverse Waterfalls</li> <li>• Cradle&gt;Arabesque Fold Over</li> <li>• Spinning Pullover</li> <li>• Inverted Stag</li> <li>• Front Balance</li> <li>• Side Splits/Trapped Side Splits</li> <li>• Y-Hang</li> <li>• Tear Drop</li> <li>• Cradle</li> <li>• Fan Kick to Full Hang (on high hoop)</li> <li>• Crucifix Hold</li> <li>• Single Arm Inception</li> <li>• Back Balance</li> <li>• Beats (of any kind)</li> <li>• Peekaboo&gt;Vertical Split</li> <li>• Peekaboo&gt;Drop to Smokey Joe</li> <li>• Peekaboo&gt;Drop to Pike</li> <li>• Horizon Split</li> <li>• Mermaid&gt;Crank Splits&gt;Egyptian Clix</li> <li>• Mermaid Spiral</li> <li>• Amazon Spiral</li> <li>• Man In The Moon Invert</li> <li>• Drill Spin</li> <li>• Around The Worlds</li> <li>• Swan</li> </ul>
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<ul style="list-style-type: none"> <li>• Dami Im</li> <li>• Tipped Gazelle</li> <li>• Single Elow Hang (tuck or hang only)</li> <li>• Double Elow Hang</li> <li>• Knee Switches</li> <li>• Hula Stall</li> <li>• Wavy Leg Straddle</li> <li>• Spinning Straddle</li> <li>• Stalk Spin</li> <li>• One Handed Tea Cup</li> <li>• Skater Grab</li> <li>• Tuck (Emo Ball)</li> <li>• Damsel</li> <li>• Peekaboo/Contortion Peekaboo</li> <li>• Swim Through Exit/Pretzel Exit</li> <li>• Star Balance</li> <li>• Happy Hour</li> <li>• Sliding Crucifix</li> <li>• French gazelle</li> <li>• La Bouche</li> <li>• Single Knee Hang</li> <li>• Talon Hang</li> <li>• Double Ankle Grab</li> <li>• Two Arm Inception</li> </ul> <p><b>Floor acro work ALLOWED</b></p>	<ul style="list-style-type: none"> <li>• Vertical Stag (Top Bar)</li> <li>• Toe &amp; Heel Hangs</li> <li>• Chest Stand Variations</li> <li>• Drops from Y-Hang</li> <li>• Pike Roll</li> <li>• Star Balance Flip to Flag</li> <li>• Thigh Splits</li> <li>• Amazon Leg Mount</li> <li>• Arrow Drop</li> <li>• Tricks Using the Strap</li> <li>• Russian Splits</li> <li>• Pullover Top Bar&gt;Fruit Bat&gt;Drop to Swan</li> <li>• Tripod&gt;Roly Poly</li> <li>• Enigma</li> <li>• Zig Zag Split</li> <li>• Elbow Hang Splits</li> <li>• Any additional moves deemed unsafe by the judges (if in doubt ask!)</li> </ul> <p><b>All tricks listed in higher categories are also NOT allowed</b></p>
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### **ADVANCED LYRA CATEGORY (A prep/Adv)**

<p><b>ADV TRICKS ALLOWED</b></p> <p><b>All tricks from lower categories are also allowed</b></p> <ul style="list-style-type: none"> <li>• Candlestick/Broomstick</li> <li>• Leaf Split</li> <li>• Prowl (Cobra)</li> <li>• Monkey Tumble</li> <li>• Splits Under Top Bar</li> <li>• Reverse Waterfalls</li> <li>• Cradle&gt;Arabesque Fold Over</li> <li>• Spinning Pullover</li> <li>• Inverted Stag</li> <li>• Front Balance</li> <li>• Side Splits/Trapped Side Splits</li> <li>• Y-Hang</li> </ul>	<p><b>NOT ALLOWED IN ADV FROM ELITE</b></p> <ul style="list-style-type: none"> <li>• Twisted Grip Full Hangs/Splits/Swan</li> <li>• Helix/Helix Arabesque</li> <li>• Flares</li> <li>• Ninja Straddle</li> <li>• Clothesline</li> <li>• F18 Split</li> <li>• Figurehead Roll</li> <li>• Smokey Joe Roll</li> <li>• Barrel Rolls</li> <li>• Elbow Rolls</li> <li>• Lion Rolls</li> <li>• Snake Rolls</li> <li>• Pin Wheels</li> <li>• Dami Im Rolls</li> </ul>
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<ul style="list-style-type: none"> <li>• Tear Drop</li> <li>• Cradle</li> <li>• Fan Kick to Full Hang</li> <li>• Crucifix Hold</li> <li>• Single Arm Inception/Reverse Inception</li> <li>• Back Balance</li> <li>• Beats (planche, pike and bell only)</li> <li>• Beat to Straddle Thread Through</li> <li>• Peekaboo&gt;Vertical Split</li> <li>• Peekaboo&gt;Drop to Smokey Joe</li> <li>• Peekaboo&gt;Drop to Pike</li> <li>• Horizon Split</li> <li>• Mermaid&gt;Crank Splits&gt;Egypian Clix</li> <li>• Mermaid Spiral</li> <li>• Amazon Spiral</li> <li>• Man In The Moon Invert</li> <li>• Drill Spin</li> <li>• Around The Worlds</li> <li>• Swan</li> <li>• Vertical Stag (Top Bar)</li> <li>• Toe &amp; Heel Hangs</li> <li>• Chest Stand Variations</li> <li>• Drops from Y-Hang</li> <li>• Pike Roll</li> <li>• Star Balance Flip to Flag</li> <li>• Thigh Splits</li> <li>• Amazon Leg Mount</li> <li>• Arrow Drop</li> <li>• Staggered Swan</li> <li>• Russian Splits (skin the cat entry only)</li> <li>• Russian Roulette</li> <li>• Russian&gt;Arabesque&gt;Bicep Hold</li> <li>• Pullover Top Bar&gt;Fruit Bat&gt;Drop to Swan</li> <li>• Tripod&gt;Roly Poly</li> <li>• Enigma</li> <li>• Zig Zag Split</li> <li>• Elbow Hang Splits</li> <li>• Elbow Hang Bird of Paradise</li> <li>• Paddle Pivot Spin</li> <li>• Jack Knife</li> <li>• Baseball Grip Reverse Spin</li> <li>• Entries to Sitting on Hoop</li> <li>• Starship Enterprise</li> <li>• Shooting Star</li> </ul>	<ul style="list-style-type: none"> <li>• Labyrinth</li> <li>• Double Mermaid Roll</li> <li>• Armpit Hangs</li> <li>• Amazon Shoulder Mount</li> <li>• Outside Leg Ballerina</li> <li>• Twizzle Drop</li> <li>• Maverick Drop</li> <li>• Twisted Diamond Drop</li> <li>• Saulto Drop</li> <li>• Front Balance Drop to Straddle</li> <li>• Hip Catch</li> <li>• Pullover to Amazon</li> <li>• Pullover&gt;Straddle</li> <li>• Elbow Hang Straddles</li> <li>• One Arm Straddles</li> <li>• One Arm Pike/Scissor</li> <li>• Bow &amp; Arrow (variations of)</li> <li>• Elbow Hang Swim Through</li> <li>• Elbow Hang Split</li> <li>• Alternate Entries to Russian</li> <li>• Crocs of any variation</li> <li>• Meathooks of any variation</li> <li>• Deathstar</li> <li>• Deathly Hallows (horizontal/vertical)</li> <li>• Machine Gun</li> <li>• Gatsby</li> <li>• Handstands on bottom bar (any kind)</li> <li>• Dorito Split</li> <li>• Reverse Around the Worlds</li> <li>• Outside Leg Gazelle</li> <li>• Bird of Paradise (inside hoop)</li> <li>• Hip Hang Switch</li> <li>• Diving Bird</li> <li>• Iguana (variations of)</li> <li>• Single Arm Scorpions</li> <li>• Floating Cloud</li> <li>• Twisted Grip Inception</li> <li>• Spatchcock</li> <li>• Wishbone</li> <li>• Single foot or heel hangs</li> </ul> <p><b>NOTE: while tricks on the strap are allowed in Adv the following restrictions are enforced:</b></p> <ul style="list-style-type: none"> <li>• No inverting on the strap</li> </ul>
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<ul style="list-style-type: none"> <li>• Satellite</li> <li>• Meteor</li> <li>• Elbow Cross switch</li> <li>• Flarey Spice</li> <li>• Chocker Split</li> <li>• Phoenix</li> <li>• Zephyr</li> <li>• Paradox</li> <li>• Alchemy</li> </ul> <p><b>Floor arco work ALLOWED</b></p>	<ul style="list-style-type: none"> <li>• No going through the strap or pulling it down</li> </ul> <p><b>Additional Restrictions include:</b></p> <ul style="list-style-type: none"> <li>• Any release and re catch tricks (tricks where the entire body release contact from the lyra)</li> <li>• Any tricks that flip the hoop past horizontal</li> <li>• Any additional moves deemed unsafe by the judges (if in doubt ask!)</li> </ul> <p><b>Any tricks NOT allowed in Elite are also NOT allowed in Adv</b></p>
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### **ELITE LYRA CATEGORY (Elite prep/Elite)**

<p><b>ELITE TRICKS ALLOWED</b></p> <p><b>No restrictions but must stay within the guidelines of what is NOT ALLOWED</b></p> <p><b>Floor acro work ALLOWED</b></p>	<p><b>NOT ALLOWED IN ELITE</b></p> <ul style="list-style-type: none"> <li>• Any drops to the floor (flips/dismounts)</li> <li>• Neck Hangs</li> <li>• Single Foot/Heel Hangs</li> <li>• Reverse Meathooks</li> <li>• Double Foot Hang on Top Bar</li> <li>• Double Heel Hang from Top Bar</li> <li>• Any additional moves deemed unsafe by the judges (if in doubt ask!)</li> </ul>
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### **BEGINNER SILKS CATEGORY (Beg)**

<p><b>BEGINNER SILKS TRICKS ALLOWED</b></p> <ul style="list-style-type: none"> <li>• French/Russian Climbs</li> <li>• Step Up Balance</li> <li>• Birdie</li> <li>• Cocoon</li> <li>• Man In The Moon</li> <li>• Remi Sit</li> <li>• Angel Pose</li> <li>• Girl In The Moon</li> <li>• Back Brace</li> <li>• Flip To Flash Dance</li> <li>• Supported Bridge</li> <li>• Zig Zag Pose</li> </ul>	<p><b>NOT ALLOWED IN BEGINNERS FROM INTER</b></p> <ul style="list-style-type: none"> <li>• Inside/Outside Knee Climb</li> <li>• Cross Back Straddle</li> <li>• Remi Sit Layback</li> <li>• Single Foot Hand (with hands on)</li> <li>• Thigh Lock Double Knee Hang/Jester</li> <li>• Aerial Hip Lock/Superman</li> <li>• Roll To Cradle</li> <li>• Tip Back Split</li> <li>• Pony</li> <li>• Key</li> <li>• Tick Tock</li> <li>• Pike</li> </ul>
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<ul style="list-style-type: none"> <li>• Side Lean</li> <li>• Floor Thigh Lock</li> <li>• Thigh Lock Gazelle</li> <li>• Thigh Lock Crank Split</li> <li>• Hip Locks</li> <li>• Double Foot Birds Nest</li> <li>• Flamingo/Split/Layback</li> <li>• Aerial Foot Locks</li> <li>• Inverts from the floor</li> <li>• Double Foot Lock Splits</li> <li>• Fruit Bat</li> <li>• Splits Roll-Ups</li> <li>• Superman</li> <li>• Smokey Joe</li> <li>• Roll To Rest Pose</li> <li>• Mermaid</li> <li>• Safety Lock Splits</li> <li>• Virgin Airlines</li> <li>• Floor Belay</li> <li>• Throne Pose (No Drop)</li> <li>• Russian Flirt Climb</li> </ul> <p><b>Floor acro work ALLOWED</b></p>	<ul style="list-style-type: none"> <li>• Catcher's Arabesque</li> <li>• Wheeldowns</li> <li>• Flamingo Roll to Belay</li> <li>• Signature/False Foot Locks</li> <li>• Aerial Belays</li> <li>• Wishbone (any variation)</li> <li>• Penche Split</li> <li>• Flowers</li> <li>• Egg Beater Splits</li> <li>• Hangman</li> <li>• Sailor Pose</li> <li>• Angel entry To Catchers</li> <li>• Split Tail Twisty Climb</li> <li>• Front Hip Balance</li> <li>• Jade Split</li> <li>• Rond De Jambe</li> <li>• Pegasus</li> <li>• Split Tail Pike Climb</li> <li>• Hip Lock Pin Spin</li> <li>• Sailboat</li> <li>• Split Roll Up Layback</li> <li>• Seatbelt Wrap</li> <li>• Catcher's Twist To Sit</li> <li>• Infinity Rolls</li> <li>• Infinity Cartwheels</li> <li>• Back Cross Triangle Split</li> <li>• Drops of any kind</li> <li>• Any additional moves deemed unsafe by the judges (if in doubt ask)</li> </ul> <p><b>All tricks listed in higher categories are also NOT allowed</b></p>
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### **INTERMEDIATE SILKS CATEGORY (Inter prep/Inter)**

<p><b>INTER SILKS TRICKS ALLOWED</b></p> <p><b>All tricks from lower categories are also allowed</b></p> <ul style="list-style-type: none"> <li>• Inside/Outside Knee Climb</li> <li>• Cross Back Straddle</li> <li>• Cross Back Straddle to Belay</li> <li>• Mermaid Entry to Cross back Straddle</li> <li>• Remi Sit Layback</li> <li>• Single Foot Hand (with hands on)</li> </ul>	<p><b>NOT ALLOWED IN INTER FROM ADV</b></p> <ul style="list-style-type: none"> <li>• Back Balances</li> <li>• Elbow Balance</li> <li>• Handstand Balance</li> <li>• Bat Hang</li> <li>• Step Through to S-Wrap</li> <li>• Double Fan Kick to S-Wrap</li> <li>• Flares (Hip Swivels)</li> </ul>
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<ul style="list-style-type: none"> <li>• Thigh Lock Double Knee Hang/Jester</li> <li>• Aerial Hip Lock/Superman</li> <li>• Roll To Cradle</li> <li>• Tip Back Split</li> <li>• Pony</li> <li>• Key</li> <li>• Tick Tock</li> <li>• Pike</li> <li>• Catcher's Arabesque</li> <li>• Wheeldowns</li> <li>• Flamingo Roll To Belay</li> <li>• Signature/False Foot Locks</li> <li>• Aerial Belays</li> <li>• Wishbone (any variation)</li> <li>• Penche Split</li> <li>• Ball Drop</li> <li>• J Drop</li> <li>• Flowers</li> <li>• Egg Beater Splits</li> <li>• Hangman</li> <li>• Sailor Pose/Drop</li> <li>• Throne Pose/Drop</li> <li>• Flamingo Front Dive</li> <li>• Pirouette Drop</li> <li>• Hip Lock Front Dive</li> <li>• Fallen Angel</li> <li>• Angel entry To Catchers</li> <li>• Split Tail Twisty Climb</li> <li>• Single Pole Russian Twisty Climb</li> <li>• Front Hip Balance</li> <li>• Jade Split</li> <li>• Rond De Jambe</li> <li>• Pegasus</li> <li>• Split Tail Pike Climb</li> <li>• Hip Lock Pin Spin</li> <li>• Sailboat</li> <li>• Split Roll Up Layback</li> <li>• Stag balance (NOT Split Balance)</li> <li>• Seatbelt Wrap</li> <li>• Catcher's Twist To Sit</li> <li>• Infinity Rolls</li> <li>• Infinity Cartwheels</li> <li>• Back Cross Triangle Split</li> </ul>	<ul style="list-style-type: none"> <li>• Meat Hooks</li> <li>• Skin The Cats</li> <li>• Long Arm Straddles/Hip Locks</li> <li>• Russian Flamingo Split</li> <li>• Hip Lock Roll Ups</li> <li>• Around The World to S-Wrap</li> <li>• Knee Switches</li> <li>• Straddle Swaps</li> <li>• Beats (of any kind)</li> <li>• Girl In The Moon Drop</li> <li>• Slack Drop</li> <li>• Cockscrew Drop</li> <li>• Parachute Drop</li> <li>• Cleopatra Drop</li> <li>• Star Drops (any variation)</li> <li>• 720 drop</li> <li>• Loop Split</li> <li>• Half/Full Creature</li> <li>• Pinocchio/Back Cross/Ballerina</li> <li>• Sous-Sus Climb</li> <li>• Crochet Cash Cash Climb</li> <li>• Marionette Climb</li> <li>• Bicycle Climb</li> <li>• Shoulder Mount</li> <li>• Back Dives</li> <li>• Flags</li> <li>• Thigh Lock Pin Spin</li> <li>• Cupid Entry to Belay</li> <li>• Crocs (of any variation)</li> <li>• Cat's Cradle</li> <li>• Peter Pan Pirouette</li> <li>• Cross Back Straddle to Wishbone</li> <li>• Split Balance</li> <li>• Any skills where hands release contact from the silks to re catch</li> <li>• Drops that involve <b>more than 1.5</b> rotations</li> <li>• Any additional moves deemed unsafe by the judges (if in doubt ask)</li> </ul> <p><b>Any tricks NOT allowed in ADV are also NOT allowed in INTER</b></p>
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<b>Floor acro work ALLOWED</b>	
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### **ADVANCED SILKS CATEGORY (A prep/Adv)**

<b>ADV SILKS TRICKS ALLOWED</b> <b>No restrictions but must stay within the guidelines of what is NOT ALLOWED</b>  <b>Floor acro work ALLOWED</b>	<b>NOT ALLOWED IN ADV</b> <ul style="list-style-type: none"> <li>• Neck Hangs (or any kind)</li> <li>• Handstand Balance</li> <li>• Open Wrap Drops</li> <li>• Beat and Release moves</li> <li>• Head First Drops with single or double ankles catches</li> <li>• Drops that involve <b>more than 2.5</b> rotations</li> <li>• Any additional moves deemed unsafe by the judges (if in doubt ask)</li> </ul>
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### **AERIAL DOUBLES CATEGORY (Lyra or Silks-All levels)**

<b>No Level Restrictions but must stay within guidelines of what is NOT ALLOWED</b>  <b>Floor acro work ALLOWED</b>	<b>NOT ALLOWED IN DOUBLES</b> <ul style="list-style-type: none"> <li>• Full Neck Hangs (Knee hook version is ALLOWED)</li> <li>• Drops with single or double ankle catches</li> <li>• Any release and re catch tricks (tricks where the entire body release contact from apparatus or partner)</li> <li>• Any drops to the floor (flips/dismounts)</li> <li>• Any additional moves deemed unsafe by the judges (if in doubt ask)</li> </ul>
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***NOTE: Safety mat is mandatory for all categories***