



AIRBOURNE AND AERIAL ADDICTION TRICKS

BEGINNER LYRA CATEGORY (Beg)

BEGINNER TRICKS ALLOWED	NOT ALLOWED IN BEGINNERS FROM INTER
• Compass spin • Stag>Straddle>Swap Stag • Pirouette • Wagon Wheel • Two Arm Teacup • Single Knee Hook • Fishhook • Flag • Elbow Flag • Elbow Martini • Supported Elbow Hang • Plank • Reverse Flag • Double Knee Arch • Double Knee Hang • Foreign Flag • Cross • C-Swing • Single Knee Mount • Straddle Fold Out • Jump Straddle (can add spin) • Cookie Monster • Lady in the Moon • Man in the Moon • Glamazon (top hand may come off, bottom hand must stay on) • Smokey Joe • Cross Over to Smokey Joe • Arabesque • Aerial Diva Pose • Toe Splits • Air Walking • Half Bluebird • Bluebird	• Straddle from a full hang • Cross Switch to Tweety • Diva Sit to Fan Kick • Mermaid • Open Arabesque • Starfish/Starfish No Hands • Angel • Hip Hold • Pivot Spin • Splits Under the Bar • Twisted Splits • Twisted Splits Variation • Fang • Pencil • Anchored Scorpion • Contortion Split • Egyptian Clix • Jester • Diamond Hang • Figure Head • Gazelle • Scorpion • Hip Balance • Drop to Flag/Reverse Flag • Dami Im • Tipped Gazelle • Single Elow Hang • Double Elow Hang • Knee Switches • Hula Stall • Stalk Spin • One Handed Tea Cup • Damsel • Peekaboo

• Amazon (top hand must stay on) • Dragonfly • Pullover Floor acro work ALLOWED	• Star Balance • Happy Hour • French gazelle • La Bouche • Any additional moves deemed unsafe by the judges (if in doubt ask!) All tricks listed in higher categories are also NOT allowed
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INTERMEDIATE LYRA CATEGORY (Inter)

INTER TRICKS ALLOWED All tricks from lower categories are also allowed • Straddle from a full hang • Cross Switch to Tweety • Diva Sit to Fan Kick • Full Hangs from Top Bar (low hoop only) • Mermaid • Open Arabesque • Starfish/Starfish No Hands • Angel • Hip Hold • Pivot Spin • Splits Under the Bar • Twisted Splits • Twisted Splits Variation • Fang • Pencil • Anchored Scorpion • Contortion Split • Egyptian Clix • Jester • Diamond Hang • Figure Head • Gazelle • Scorpion • Hip Balance • Arabesque Split • Cross Over to Smokey Joe • Drop to Flag • Drop to Reverse Flag • Dami Im	NOT ALLOWED IN INTER FROM ADV • Candlestick/Broomstick • Leaf Split • Prowl (Cobra) • Monkey Tumble • Splits Under Top Bar • Reverse Waterfalls • Cradle>Arabesque Fold Over • Spinning Pullover • Inverted Stag • Front Balance • Side Splits/Trapped Side Splits • Y-Hang • Tear Drop • Cradle • Fan Kick to Full Hang (on high hoop) • Crucifix Hold • Single Arm Inception • Back Balance • Beats (of any kind) • Peekaboo>Vertical Split • Peekaboo>Drop to Smokey Joe • Peekaboo>Drop to Pike • Horizon Split • Mermaid>Crank Splits>Egyptian Clix • Mermaid Spiral • Amazon Spiral • Man In The Moon Invert • Drill Spin • Around The Worlds • Swan • Vertical Stag (Top Bar)
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• Tipped Gazelle • Single Elow Hang (tuck or hang only) • Double Elow Hang • Knee Switches • Hula Stall • Wavy Leg Straddle • Spinning Straddle • Stalk Spin • One Handed Tea Cup • Skater Grab • Tuck (Emo Ball) • Damsel • Peekaboo/Contortion Peekaboo • Swim Through Exit/Pretzel Exit • Star Balance • Happy Hour • Sliding Crucifix • French gazelle • La Bouche • Single Knee Hang • Talon Hang • Double Ankle Grab • Two Arm Inception Floor acro work ALLOWED	• Toe & Heel Hangs • Chest Stand Variations • Drops from Y-Hang • Pike Roll • Star Balance Flip to Flag • Thigh Splits • Amazon Leg Mount • Arrow Drop • Tricks Using the Strap • Russian Splits • Pullover Top Bar>Fruit Bat>Drop to Swan • Tripod>Roly Poly • Enigma • Zig Zag Split • Elbow Hang Splits • Any additional moves deemed unsafe by the judges (if in doubt ask!) All tricks listed in higher categories are also NOT allowed
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ADVANCED LYRA CATEGORY (A prep/Adv)

ADV TRICKS ALLOWED All tricks from lower categories are also allowed • Candlestick/Broomstick • Leaf Split • Prowl (Cobra) • Monkey Tumble • Splits Under Top Bar • Reverse Waterfalls • Cradle>Arabesque Fold Over • Spinning Pullover • Inverted Stag • Front Balance • Side Splits/Trapped Side Splits • Y-Hang • Tear Drop	NOT ALLOWED IN ADV FROM ELITE • Twisted Grip Full Hangs/Splits/Swan • Helix/Helix Arabesque • Flares • Ninja Straddle • Clothesline • F18 Split • Figurehead Roll • Smokey Joe Roll • Barrel Rolls • Elbow Rolls • Lion Rolls • Snake Rolls • Labyrinth • Double Mermaid Roll • Armpit Hangs
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• Cradle • Fan Kick to Full Hang • Crucifix Hold • Single Arm Inception/Reverse Inception • Back Balance • Beats (planche, pike and bell only) • Beat to Straddle Thread Through • Peekaboo>Vertical Split • Peekaboo>Drop to Smokey Joe • Peekaboo>Drop to Pike • Horizon Split • Mermaid>Crank Splits>Egyptian Clix • Mermaid Spiral • Amazon Spiral • Man In The Moon Invert • Drill Spin • Around The Worlds • Swan • Vertical Stag (Top Bar) • Toe & Heel Hangs • Chest Stand Variations • Drops from Y-Hang • Pike Rolls • Dami Im Rolls • Star Balance Flip to Flag • Thigh Splits • Amazon Leg Mount • Arrow Drop • Staggered Swan • Russian Splits • Russian Roulette • Russian>Arabesque>Bicep Hold • Pullover Top Bar>Fruit Bat>Drop to Swan • Tripod>Roly Poly • Enigma • Zig Zag Split • Elbow Hang Split • Elbow Hang Bird of Paradise • Paddle Pivot Spin • Jack Knife • Baseball Grip Reverse Spin • Entries to Sitting on Hoop • Starship Enterprise • Shooting Star	• Amazon Shoulder Mount • Outside Leg Ballerina • Twizzle Drop • Maverick Drop • Twisted Diamond Drop • Salto Drop • Front Balance Drop to Straddle • Hip Catch • Pullover to Amazon • Pullover>Straddle • Elbow Hang Straddles • One Arm Straddles • One Arm Pike/Scissor • Bow & Arrow (variations of) • Elbow Hang Swim Through • Elbow Hang Swish Split • Crocs of any variation • Meathooks of any variation • Deathstar • Deathly Hallows (horizontal/vertical) • Machine Gun • Gatsby • Handstands on bottom bar (any kind) • Dorito Split • Reverse Around the Worlds • Outside Leg Gazelle • Bird of Paradise (inside hoop) • Hip Hang Switch • Iguana (variations of) • Single Arm Scorpions • Twisted Grip Inception • Spatchcock • Wishbone • Single foot or heel hangs NOTE: while tricks on the strap are allowed in Adv the following restrictions are enforced: • No inverting on the strap • No going through the strap or pulling it down Additional Restrictions include:
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• Satellite • Meteor • Elbow Cross switch • Flarey Spice • Chocker Split • Pin Wheels • Phoenix • Zephyr • Paradox • Alchemy • Floating Cloud • Diving Bird Floor arco work ALLOWED	• Any release and re catch tricks (tricks where the entire body release contact from the lyra) • Any tricks that flip the hoop past horizontal • Any additional moves deemed unsafe by the judges (if in doubt ask!) Any tricks NOT allowed in Elite are also NOT allowed in Adv
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ELITE LYRA CATEGORY (Elite prep/Elite)

ELITE TRICKS ALLOWED No restrictions but must stay within the guidelines of what is NOT ALLOWED Floor acro work ALLOWED	NOT ALLOWED IN ELITE • Any drops to the floor (flips/dismounts) • Neck Hangs • Single Foot/Heel Hangs • Reverse Meathooks • Double Foot Hang on Top Bar • Double Heel Hang from Top Bar • Any additional moves deemed unsafe by the judges (if in doubt ask!)
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BEGINNER SILKS CATEGORY (Beg)

BEGINNER SILKS TRICKS ALLOWED • French/Russian Climbs • Step Up Balance • Birdie • Cocoon • Man In The Moon • Remi Sit • Angel Pose • Girl In The Moon • Back Brace • Flip To Flash Dance • Supported Bridge • Zig Zag Pose • Side Lean	NOT ALLOWED IN BEGINNERS FROM INTER • Inside/Outside Knee Climb • Cross Back Straddle • Remi Sit Layback • Single Foot Hand (with hands on) • Thigh Lock Double Knee Hang/Jester • Aerial Hip Lock/Superman • Roll To Cradle • Tip Back Split • Pony • Key • Tick Tock • Pike • Catcher's Arabesque
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• Floor Thigh Lock • Thigh Lock Gazelle • Thigh Lock Crank Split • Hip Locks • Double Foot Birds Nest • Flamingo/Split/Layback • Aerial Foot Locks • Inverts from the floor • Double Foot Lock Splits • Fruit Bat • Splits Roll-Ups • Superman • Smokey Joe • Roll To Rest Pose • Mermaid • Safety Lock Splits • Virgin Airlines • Floor Belay • Throne Pose (No Drop) • Russian Flirt Climb Floor acro work ALLOWED	• Wheeldowns • Flamingo Roll to Belay • Signature/False Foot Locks • Aerial Belays • Wishbone (any variation) • Penche Split • Flowers • Egg Beater Splits • Hangman • Sailor Pose • Angel entry To Catchers • Split Tail Twisty Climb • Front Hip Balance • Jade Split • Rond De Jambe • Pegasus • Split Tail Pike Climb • Hip Lock Pin Spin • Sailboat • Split Roll Up Layback • Seatbelt Wrap • Catcher's Twist To Sit • Infinity Rolls • Infinity Cartwheels • Back Cross Triangle Split • Drops of any kind • Any additional moves deemed unsafe by the judges (if in doubt ask) All tricks listed in higher categories are also NOT allowed
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INTERMEDIATE SILKS CATEGORY (Inter prep/Inter)

INTER SILKS TRICKS ALLOWED All tricks from lower categories are also allowed • Inside/Outside Knee Climb • Cross Back Straddle • Cross Back Straddle to Belay • Mermaid Entry to Cross back Straddle • Remi Sit Layback • Single Foot Hand (with hands on) • Thigh Lock Double Knee Hang/Jester	NOT ALLOWED IN INTER FROM ADV • Back Balances • Elbow Balance • Handstand Balance • Bat Hang • Step Through to S-Wrap • Double Fan Kick to S-Wrap • Flares (Hip Swivels) • Meat Hooks • Skin The Cats
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• Aerial Hip Lock/Superman • Roll To Cradle • Tip Back Split • Pony • Key • Tick Tock • Pike • Catcher's Arabesque • Wheeldowns • Flamingo Roll To Belay • Signature/False Foot Locks • Aerial Belays • Wishbone (any variation) • Penche Split • Ball Drop • J Drop • Flowers • Egg Beater Splits • Hangman • Sailor Pose/Drop • Throne Pose/Drop • Flamingo Front Dive • Pirouette Drop • Hip Lock Front Dive • Fallen Angel • Angel entry To Catchers • Split Tail Twisty Climb • Single Pole Russian Twisty Climb • Front Hip Balance • Jade Split • Rond De Jambe • Pegasus • Split Tail Pike Climb • Hip Lock Pin Spin • Sailboat • Split Roll Up Layback • Stag balance (NOT Split Balance) • Seatbelt Wrap • Catcher's Twist To Sit • Infinity Rolls • Infinity Cartwheels • Back Cross Triangle Split	• Long Arm Straddles/Hip Locks • Russian Flamingo Split • Hip Lock Roll Ups • Around The World to S-Wrap • Knee Switches • Straddle Swaps • Beats (of any kind) • Girl In The Moon Drop • Slack Drop • Cockscrew Drop • Parachute Drop • Cleopatra Drop • Star Drops (any variation) • 720 drop • Loop Split • Half/Full Creature • Pinocchio/Back Cross/Ballerina • Sous-Sus Climb • Crochet Cash Cash Climb • Marionette Climb • Bicycle Climb • Shoulder Mount • Back Dives • Flags • Thigh Lock Pin Spin • Cupid Entry to Belay • Crocs (of any variation) • Cat's Cradle • Peter Pan Pirouette • Cross Back Straddle to Wishbone • Split Balance • Any skills where hands release contact from the silks to re catch • Drops that involve more than 1.5 rotations • Any additional moves deemed unsafe by the judges (if in doubt ask) Any tricks NOT allowed in ADV are also NOT allowed in INTER
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Floor acro work ALLOWED

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ADVANCED SILKS CATEGORY (A prep/Adv)

ADV SILKS TRICKS ALLOWED No restrictions but must stay within the guidelines of what is NOT ALLOWED Floor acro work ALLOWED	NOT ALLOWED IN ADV • Neck Hangs (or any kind) • Handstand Balance • Open Wrap Drops • Beat and Release moves • Head First Drops with single or double ankles catches • Drops that involve more than 2.5 rotations • Any additional moves deemed unsafe by the judges (if in doubt ask)
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AERIAL DOUBLES CATEGORY (Lyra or Silks-All levels)

No Level Restrictions but must stay within guidelines of what is NOT ALLOWED Floor acro work ALLOWED	NOT ALLOWED IN DOUBLES • Full Neck Hangs (Knee hook version is ALLOWED) • Drops with single or double ankle catches • Any release and re catch tricks (tricks where the entire body release contact from apparatus or partner) • Any drops to the floor (flips/dismounts) • Any additional moves deemed unsafe by the judges (if in doubt ask)
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NOTE: Safety mat is mandatory for all categories