



# Dakota Aerial Championship Official Competitor Packet

Current Version: 3.1

Last Updated: 4.16.25

2025 dates, fees and registration updated.

New divisions and level updated. 4.1 – minor edits to restrictions on skill categories

Added about and why sections.

Updated judging scale to be out of 50 points.

In-person Apparatus schedule updated.

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](mailto:info@sdaerialarts.com). Please include “DAC” in the email headline so we can answer your questions appropriately.

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# About Us:

## *About South Dakota Aerial & Arts:*

South Dakota Aerial & Arts was founded in January 2023 by Ashley Premer and Katie Critzer in Sioux Falls, South Dakota. Together, they envisioned a dedicated space for aerial and alternative fitness — one that celebrates students of all backgrounds, skill levels, and genders. Their mission is to provide safe, inclusive, and empowering fitness opportunities for everyone.

In addition to offering a wide range of aerial and bungee fitness classes, Ashley and Katie also established Sioux Falls' first circus performance group. This talented collective brings the wonder of circus arts to the community through public performances, private events, ambient entertainment, and interactive try-it sessions.

At South Dakota Aerial & Arts, our goal is to foster a welcoming community where you feel empowered, motivated, and supported. We believe fitness should be fun, challenging, and accessible to all. Through dynamic classes, open gym sessions, private parties, competitions, and specialty workshops, we aim to create a space where everyone can thrive — both as athletes and as individuals.

Whether you're here to explore a new hobby, advance your skills, or simply have fun, we want you to love aerial arts and bungee fitness as much as we do. This is your space to learn, grow, and be unapologetically yourself.

## *Our Why:*

The Dakota Aerial Championship was established in 2023 alongside the opening of South Dakota Aerial & Arts, an aerial fitness and performance studio based in Sioux Falls, South Dakota.

After participating in various aerial competitions across the region, our founders saw the need for a local event that prioritized community, camaraderie, and meaningful opportunities for growth. The Dakota Aerial Championship was created to offer an inclusive, welcoming competition experience where aerialists of all ages, levels, and backgrounds can showcase their skills, connect with others, and receive expert coaching and constructive feedback.

From its inception, the Dakota Aerial Championship has been committed to accessibility and inclusivity. We believe aerial arts are for everyone, and every ability should be recognized and celebrated. To extend this mission beyond our local community, we introduced virtual competition options, allowing aerialists from anywhere to participate, share their artistry, and benefit from professional evaluations to support their continued growth.

Whether performing in person or virtually, every competitor is an important part of our growing aerial family. We are proud to provide a platform that uplifts, inspires, and connects aerialists across the region and beyond.

# General Competition Information:

## *Important Dates:*

### **2025 Competition Dates:**

**Live:** November 7 - 9, 2025

**Virtual:** October 1 - 31, 2025

#### **Registration:**

- Early Bird Registration: May 1 - August 16, 2025
- Standard Registration: August 17 - October 25, 2025

#### **In-Person Schedule Overview:**

- Friday, November 7 - Free Aerial Open Gym, Early Check-In, Workshops and Overflow Performances (as needed)
- Saturday, November 9 - All Apparatuses Competition Performances and Workshops
- Sunday, November 10 - Awards and Workshop

#### **Virtual Schedule Overview:**

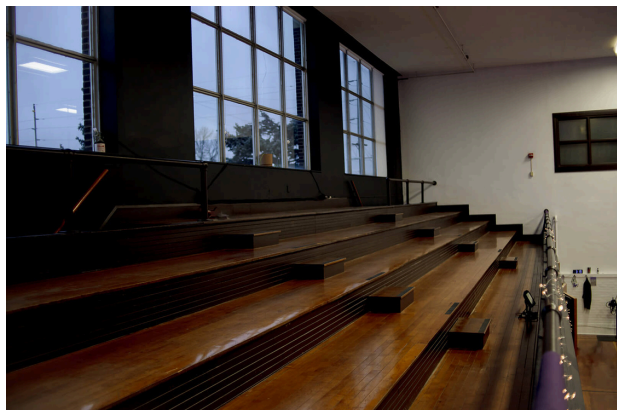
- Virtual Video Submissions Open: October 1, 2025
- Virtual Submission Deadline: October 31, 2025

**Music Submission Deadline:** October 25, 2025

## *In-Person Competition Venue:*

South Dakota Aerial & Arts  
1200 E 3rd Street, Suite 113  
Sioux Falls, SD 57103

South Dakota Aerial & Arts is located in the Global Square building. This building is an old elementary school. To get to the studio, enter through Door F on the south side of the building - additional parking in on the north side.



# General Competition Information:

## *Registration & Fees:*

Once registration is open, you can register 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.

### **Registration Fees:**

- Early Registration Cost (May 1 - August 16, 2025): \$95.00
- Standard Registration Cost (August 17 - October 25, 2025): \$115.00

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

### **Change & Late Fees:**

- Music Change Fee - \$30.00
- Late Music Submission Fee - \$40.00
- Category/Level Change Fee - \$40.00
  - Absolutely no level changes will be honored after November 3, 2025.

## *Event Tickets:*

All spectators to the event are required to purchase a ticket to attend.

- **Kids Under 5: Free**
- **Pre-Sale Online Tickets - Available Through October 31, 2025:**
  - Kids 6-9 Years Old: \$12.00
  - Individuals 10+: \$18.00
- **Tickets at the Door:**
  - Kids 6-9 Years Old: \$18.00
  - Individuals 10+: \$25.00

Tickets are valid for the full length of the event. Accessible seating and entrances are available upon request - request an accessible seat by emailing [info@sdaerialarts.com](mailto:info@sdaerialarts.com).

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 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. Photos can be purchased for each competition performance for \$40.00.
- All routines will be videoed and shared with competitors via YouTube and/or 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 from October 1, 2025 - to October 31, 2025 . 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. 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 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 include, but are not limited to:

- "Best Tail" Award for Best Storytelling
- Harvey's Choice (Judges Pick)
- "The Bold Bandit" Award Celebrating a Bold and Daring Performer
- "Smooth As Butter" Award for Best Transitions and Choreography

## 5. Virtual Rules and Guidelines for Submission:

- All virtual submissions must be recorded in one take. Our goal is to make the competition as fair as possible for all competitors. If we determine that this video does not comply with the rules below, it will be grounds for disqualification.
- Virtual submissions can be submitted by individuals in any country. Note: Awards to non-USA-based performers may be subject to additional shipping and handling fees
- 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 Google Drive [preferred], YouTube, or Vimeo, and the link or folder 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 rules for submission are not followed.
- All Virtual Performers must utilize an 8-inch or taller mat that is at least 4x6 feet. Deductions or disqualifications will occur if this is 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](mailto:info@sdaerialarts.com).
- Awards will be mailed to the competitors post-competition. Feedback will be provided via email from [info@sdaerialarts.com](mailto:info@sdaerialarts.com).

## 6. Divisions:

- Ages 9 & Under
- Ages 10-12
- Ages 13-15
- 16-19
- 20+

These divisions may be combined or segmented into smaller age groups at the discretion of the Dakota Aerial Championship staff. Once a division has more than five registrants, the category will be subject to splitting. If a division split is executed, this will be shown in the Current Competitor List. No splits will be done at random. They will all be split based on the given age and birth date of the competitors, as outlined in their registration.

Standard equipment will be provided for all divisions. 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/Sling
- Lyra
- Specialty (All doubles routines will be judged in the specialty division)
- Group

## 8. Levels & Types

1. Emerging Performer
2. Rising Performer
3. Seasoned Performer
4. Advanced Performer

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 and level upon registration.

No levels will be combined throughout the competition. Individuals with only one participant in their given division and level may be asked, based on the discretion of the DAC team, to compete at the next highest level so they have the opportunity to compete against other competitors. It will be up to the participant at that point to accept or reject the division change.

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



## 9. Division Rules:

- No levels will be combined throughout the competition, unless confirmed by the competitor. Individuals with only one participant in their given division and level may be asked, based on the discretion of the DAC team, to compete at the next highest level or age group so they have the opportunity to compete against other competitors. It will be up to the participant to accept or reject the division change. If you would like to continue to perform in your competition group, this will be permitted.
- Instructors may not compete in any Novice division, even if the apparatus is new to them.
- 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, and a 3-point deduction will be incurred.
- 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](mailto:info@sdaerialarts.com)
- Coaches cannot compete against their students in any division or on any apparatus

## 10. Grip Aids:

Grip aids are permitted for use during workshops and competitions. Below are some approved grip aids. Grip aids will not be permitted if they compromise the apparatus or leave residue that stains or impacts the apparatus.

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

## 11. Wardrobe & Prop Guidelines:

- All costumes and props must be family-friendly and age-appropriate.
- No stripping or removal of clothing with implied sexual intent. Clothing changes are allowed if they support the character/storyline in a family-friendly way.
- Props are any objects used to enhance a performance for part of the routine (e.g. hats, wings) and must be removed before touching the apparatus.
- Appropriate undergarments are required. Tights and aerial socks are permitted.
- Hair may be worn down, but deductions will apply if it gets stuck or disrupts the performance.
- No necklaces, anklets, or bracelets.
- No boots or shoes, as they obscure foot point and control.
- No props on the mat or apparatus at any time.
- No feathers, glitter bombs, confetti, or other items that leave debris in the performance area.

All props must be approved by the Dakota Aerial Championship team - please email [info@sdaerialarts.com](mailto: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. Any non-approved props will be subject to a deduction.

## 12. Music:

- You need to execute your full act (excluding getting off the apparatus) 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, or explicit or suggestive content will be accepted, as this is a family-friendly event.
- All music must be submitted in an Mp3 or M4A format.
- **Maximum Time Allowance:**
  - **Emerging Performer:** 3:00
  - **Rising Performer:** 3:30
  - **Seasoned Performer:** 3:45
  - **Advanced Performer:** 4:15
- Use the following naming convention when submitting your music:
  - **Performer Name\_Song Name\_Apparatus\_Division\_Studio Name**
- Music can be submitted by filling out the following form: <https://www.sdaerialarts.com/dakota-aerial-championship/music-submission>
- Email verification will be sent when your music has been received, confirmed that it works properly and is accepted.
- Virtual Competitors do not need to submit their music for approval, however, if their song does not fit the above criteria, this is grounds for automatic disqualification
- If music needs to be revised, you will receive an email from [info@sdaerialarts.com](mailto:info@sdaerialarts.com). All music revisions must be received by **November 2, 2025**.
- **The Music Submission Deadline is October 25, 2025**
- Any revisions received on or after November 3, 2025 will be subject to a \$30 late fee.
- Any music not submitted/received by October 25, 2025 will be subject to a \$40 late fee, no exceptions.



# 13. Judging:

## 13. 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.

## 13. B: Feedback

- Performance scores will be provided during the award ceremony. Formal feedback will be provided approximately two 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.

## 13. C: Judging Criteria and Points (50 Points Max Per Judge)

- **1). Difficulty (15 Points)**
  - Difficulty of Individual Moves and Combinations (10)
  - Difficulty and Uniqueness of Transitions (5)
- **2). Technical (15 Points)**
  - Intentional and Clean Lines, Including Controlled Toes (10)
    - Approximately 0.5 deducted per broken line or uncontrolled feet
  - Control of Apparatus (5)
- **3). Composition & Artistry (20 Points)**
  - Flow of Performance, Including Floorwork (5)
  - Stage Presence, Storytelling and Musicality (10)
  - 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](mailto:info@sdaerialarts.com).

### 13. D: Score Calculations:

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



# Event Flow and Information:

## *Before the Event:*

- All information is required to be sent according to specified deadlines listed in the competitor packet.
- 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 2025 Performer List is [available here](#)
  - Once registration closes, this link will be updated with the tentative performance schedule
- The Saturday Performance Schedule will go in the following order:
  - a. Hammock
  - b. Lyra
  - c. Specialty Apparatus
  - d. Silks
  - e. Group

## *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.
- Sign the performance waiver online before stage testing: <https://www.sdaerialarts.com/liability-waiver>
- 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 1 minute and 45 seconds per aerial silks performance and 2 minutes and 5 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 after the height has been adjusted.
- 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 1 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 and YouTube pages
  - Livestream links will be shared via email prior to the event
- 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 4 weeks of the live awards.
- Final results and scores will be posted on the Dakota Aerial Championship website within 24 hours of the end of the competition.

# 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*

- Tabless 32", 35" and 36" single point, taped lyra made out of approximately 1" stainless steel will be provided on an 6-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
    - If other spansets are needed or requested day-of the competition other than a 6 foot spanset, the performer will receive an automatic 3 point deduction
- 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 DAC 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](mailto:info@sdaerialarts.com) if your studio or group would like to perform a group routine.





# Hammock - Division Rules

Category	Emerging Performer	Rising Performer	Seasoned Performer	Advanced Performer
<b>Performer Description</b>	An Emerging 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 show awareness of the audience and match their skills to music.	A Rising Hammock Performer is one who is comfortable with a basic level of inversions. They do not need to show that they have any experience performing. Rising Performers are expected to show level appropriate strength, flexibility, and flow. Rising Performers are expected to interact with the audience and show awareness of the crowd.	A Seasoned Hammock Performer has a solid command of intermediate-level aerial hammock skills, with moderate performance experience and prior competition participation. They should demonstrate level-appropriate strength, flexibility, flow, and create a clear, engaging character or story within their routine.	An Advanced Hammock Performer has a comprehensive command of aerial hammock skills, often with teaching and significant performance experience. They are expected to demonstrate dynamic movement, strong flow, level-appropriate strength and flexibility, and present a well-developed, clear character or storyline.
<b>Required Skills</b>	<ul style="list-style-type: none"> <li>-Routine must start with at least one body part touching the ground</li> <li>-Floorwork must not surpass more than 30% of the routine</li> <li>-Performers may come down within their routine</li> <li>- Demonstrate proficiency in the bottom of the hammock</li> </ul>	<ul style="list-style-type: none"> <li>-Routine must start with at least one body part touching the ground</li> <li>-Floorwork must not surpass more than 25% of the routine</li> <li>-Performers may come down within their routine</li> <li>-Demonstrate at least one drop, no more than two drops permitted</li> <li>- Demonstrate proficiency in bottom and middle of hammock</li> <li>-Inversion from the floor is required</li> </ul>	<ul style="list-style-type: none"> <li>-Routine must start with at least one body part touching the ground</li> <li>-Floorwork must not surpass more than 15% of routine</li> <li>-Performers may come down within their routine</li> <li>-Demonstrate at least one drop</li> <li>-Demonstrate at least one aerial, straight leg invert</li> <li>- Demonstrate proficiency in bottom of hammock, standing in hammock</li> <li>- Spinning is required</li> </ul>	<ul style="list-style-type: none"> <li>-Routine must start with at least one body part touching the ground</li> <li>-Floorwork must not be more than 15% of routine</li> <li>-Performers may come down within their routine</li> <li>-Demonstrate at least two drops from different drop families</li> <li>-Demonstrate at least one aerial, straight arm and straight leg invert</li> <li>-Must use full height of the hammock</li> <li>-Spinning is required</li> <li>-Must demonstrate at least one dynamic skill</li> </ul>
<b>Music Length</b>	3:00	3:30	3:45	4:15
<b>Notes</b>	<ul style="list-style-type: none"> <li>-Single drops permitted</li> <li>-No aerial inverts</li> <li>-No neck or ankle hangs</li> <li>-No ankle hangs</li> <li>-No open wrap drops</li> <li>-No kamikaze drops</li> <li>-No beats permitted</li> </ul>	<ul style="list-style-type: none"> <li>-No open wrap drops</li> <li>-No kamikaze drops</li> <li>-No ankle drops permitted</li> <li>-No more than two rotations in a drop are permitted</li> <li>-No more than one aerial invert permitted</li> <li>-No beats permitted</li> <li>-Only bent arm inversions permitted</li> </ul>	<ul style="list-style-type: none"> <li>-No open wrap drops</li> <li>-No kamikaze drops</li> <li>-Only bent arm inversions permitted</li> </ul>	<ul style="list-style-type: none"> <li>-No kamikaze drops</li> </ul>

# Silks - Division Rules

Category	Emerging Performer	Rising Performer	Seasoned Performer	Advanced Performer
<b>Performer Description</b>	An Emerging Silks Performer is considered beginner level in both skill and performing. Instructors may not perform at this level. Performers should show awareness of the audience and match their skills to music.	A Rising Silks Performer is one who is comfortable with a basic level of inversions. They do not need performance experience. Rising Performers are expected to show level appropriate strength, flexibility, and flow. Rising Performers are expected to interact with the audience and show awareness of the crowd.	A Seasoned Silks Performer has a solid command of intermediate-level aerial silks skills, with moderate performance experience and prior competition participation. They should demonstrate level-appropriate strength, flexibility, flow, and create a clear, engaging character or story within their routine.	An Advanced Silks Performer has a comprehensive command of aerial silks skills, often with teaching and significant performance experience. They are expected to demonstrate a variety of different movement types and wraps, including dynamic movement, strong flow, level-appropriate strength and flexibility, and present a well-developed, clear character or storyline.
<b>Required Skills</b>	<ul style="list-style-type: none"> <li>-Climbing is not required, but is encouraged</li> <li>-Performance must include a footlock or a footlock variation</li> <li>-Demonstrate proficiency in the lower half of the height of the silks - must not go higher than 50% up the fabric</li> <li>-Single drops are permitted, but not required</li> <li>-Must start on the ground</li> <li>-May utilize a knot</li> </ul>	<ul style="list-style-type: none"> <li>-Only single drops, wrapped double drops and single slack drops permitted.</li> <li>-Demonstrate at least 1 aerial invert</li> <li>-Demonstrate more than 1 type of climb</li> <li>-Demonstrate at least 1 footlock skill</li> <li>-Demonstrate at least 1 non-footlock skill</li> <li>-Proficiency in the lower <math>\frac{2}{3}</math> of the silks - May use the full length for the routine</li> <li>-Must start on the ground</li> </ul>	<ul style="list-style-type: none"> <li>-At least 1 drop is required</li> <li>-Demonstrate at least 2 straight leg aerial inverts</li> <li>-Demonstrate at least 2 climbs, including at least one inverted climb</li> <li>-Demonstrate at least 1 non-footlock skill</li> <li>-Proficiency in at least <math>\frac{3}{4}</math> of the silks</li> <li>-Must include a moderate to fast spin</li> </ul>	<ul style="list-style-type: none"> <li>-At least 1 drop is required</li> <li>- Demonstrate a minimum of 1 straight, straight arm invert is required</li> <li>-Demonstrate at least 2 distinct inverted climbs</li> <li>-Demonstrate proficiency in full length of silk</li> <li>-Must include a moderate to fast spin</li> <li>-Must demonstrate at least one dynamic skill during the routine</li> <li>-Must start on the ground</li> </ul>
<b>Music Length</b>	3:00	3:30	3:45	4:15
<b>Notes</b>	<ul style="list-style-type: none"> <li>-No aerial inverts permitted</li> <li>-No inverted climbs</li> <li>-No double drops</li> <li>-No ankle drops</li> </ul>	<ul style="list-style-type: none"> <li>-No open wrap drops</li> <li>-No neck hangs</li> <li>-No wrist-lock drops</li> <li>-No Kamikaze drops</li> <li>-No wheeldowns</li> <li>-No straight arm inverts</li> <li>-No handstands</li> </ul>	<ul style="list-style-type: none"> <li>-No open wrap drops</li> <li>-No single point neck hangs</li> <li>-No one-arm hangs</li> <li>-No straight arm inversions</li> </ul>	<ul style="list-style-type: none"> <li>-No kamikaze drops</li> </ul>

# Lyra - Division Rules

Category	Emerging Performer	Rising Performer	Seasoned Performer	Advanced Performer
<b>Performer Description</b>	An Emerging Lyra Performer is considered beginner level in both skill and performing. Instructors may not perform at this level. Performers should show awareness of the audience and match their skills to music.	A Rising Lyra Performer is one who is comfortable with inverting to enter the hoop and with skills on or above the top bar. They do not need performance experience. Rising Performers are expected to show level appropriate strength, flexibility, and flow. Rising Performers are expected to interact with the audience and show crowd awareness.	A Seasoned Lyra Performer has a solid command of intermediate-level lyra skills, with moderate performance experience and prior competition participation. They should demonstrate level-appropriate strength, flexibility, flow, and create a clear, engaging character or story within their routine.	An Advanced Lyra Performer has a comprehensive command of aerial lyra skills, often with teaching and significant performance experience. They are expected to demonstrate a variety of movements and skill types, including dynamic movement, strong flow, level-appropriate strength and flexibility, and present a well-developed, clear character or storyline.
<b>Required Skills</b>	<ul style="list-style-type: none"> <li>-Routine must start with at least one body part touching the ground</li> <li>- Must use bottom bar and show use on middle and side bars of the hoop</li> <li>- May come down and re-enter the apparatus as appropriate</li> <li>- Floorwork is recommended, but not required. - Floorwork must not exceed 25% of the routine</li> </ul>	<ul style="list-style-type: none"> <li>-Routine must start with at least one body part touching the ground</li> <li>-Proficiency in and under lyra</li> <li>- Demonstration of one drop is acceptable, but not required</li> <li>- Demonstrate at least one type of invert</li> <li>- Expected to demonstrate at least one move with only 2 points of contact</li> </ul>	<ul style="list-style-type: none"> <li>-Routine must start with at least one body part touching the ground</li> <li>-Proficiency on top, in and under lyra</li> <li>-Must use the spanset for at least one move</li> <li>-Demonstrate a minimum of one drop</li> <li>-Demonstrate at least one straight leg invert</li> <li>- Expected to demonstrate at least one move with only 2 points of contact</li> <li>- A spin is required</li> </ul>	<ul style="list-style-type: none"> <li>-Routine must start with at least one body part touching the ground</li> <li>-Proficiency on full lyra and spanset</li> <li>-Demonstrate a minimum of two drops</li> <li>-Demonstrate at least one roll</li> <li>-Demonstrate at least one straight arm invert</li> <li>- A spin is required</li> </ul>
<b>Music Length</b>	3:00	3:30	3:45	4:15
<b>Notes</b>	<ul style="list-style-type: none"> <li>- No drops</li> <li>- No use spanset allowed</li> <li>- No beats</li> <li>- No inverts on the top of the apparatus - inverts to the top bar from a seated position are permitted</li> <li>- No standing or sitting on top bar</li> <li>- No ankle, foot, toe or heel hangs</li> </ul>	<ul style="list-style-type: none"> <li>- No no-handed foot, toe or heel hangs</li> <li>-Inverts in the spanset are only permitted if there are executed within the middle of the spanset</li> <li>-No catch and release moves permitted</li> <li>-No rolls other than beauty, glamour, Russian/monkey or birdie rolls are permitted.</li> </ul>	<ul style="list-style-type: none"> <li>- No single point neck hangs</li> <li>-No open drops are permitted (top bar salto drops are permitted)</li> <li>-Drops must not surpass a single rotation</li> <li>-No more than one rotation in rolls of any variety.</li> </ul>	-No restrictions

# Specialty - Division Rules

Category	Emerging Performer	Rising Performer	Seasoned Performer	Advanced Performer
<b>Performer Description</b>	An Emerging Specialty Performer is considered beginner level in both skill and performing. Instructors may not perform at this level. Performers should show awareness of the audience and match their skills to music.	A Rising Specialty Performer is comfortable with basic skills on their chosen apparatus. They do not need performance experience. Rising Performers are expected to show level appropriate strength, flexibility, and flow. Rising Performers are expected to interact with the audience and show crowd awareness.	A Seasoned Specialty Performer has a solid command of intermediate-level specialty skills, with moderate performance experience and prior competition participation. They should demonstrate level-appropriate strength, flexibility, flow, and create a clear, engaging character or story within their routine.	An Advanced Specialty Performer has a comprehensive command of aerial specialty skills, often with teaching and significant performance experience. They are expected to demonstrate dynamic movement, strong flow, level-appropriate strength and flexibility, and present a well-developed, clear character or storyline.
<b>Required Skills</b>	<ul style="list-style-type: none"> <li>-Routine must start with at least one body part touching the ground</li> <li>-No free-hanging inverts are allowed on the apparatus, unless required for mounting the apparatus</li> <li>-Only single drops are permitted</li> </ul>	<ul style="list-style-type: none"> <li>-Routine must start with at least one body part touching the ground</li> <li>-One aerial invert is required</li> <li>-Single drops are permitted</li> <li>-Spinning is required, unless not applicable on the apparatus</li> </ul>	<ul style="list-style-type: none"> <li>-Routine must start with at least one body part touching the ground</li> <li>-One aerial invert is required</li> <li>-Single and double drops are permitted</li> <li>-Spinning is required, unless not applicable on the apparatus</li> </ul>	<ul style="list-style-type: none"> <li>-Routine must start with at least one body part touching the ground</li> <li>-Full height of the apparatus must be utilized</li> <li>-At least one drop is required, unless not applicable to the apparatus</li> <li>-Spinning is required, unless not applicable on the apparatus</li> <li>-Must demonstrate dynamic movement and balance</li> </ul>
<b>Music Length</b>	3:00	3:30	3:45	4:15
<b>Notes</b>	<ul style="list-style-type: none"> <li>-No open drops</li> <li>-No ankle, heel, foot, toe or heel hangs</li> <li>-Must not be higher than 16 feet in the air</li> </ul>	<ul style="list-style-type: none"> <li>- No ankle, heel, foot, toe or heel hangs</li> <li>- No single point neck hangs</li> <li>-No open drops</li> </ul>	<ul style="list-style-type: none"> <li>- No single point neck hangs</li> <li>-No open drops (unless approved by DAC staff)</li> </ul>	<ul style="list-style-type: none"> <li>-No kamikaze drops</li> </ul>

Thank you for reviewing the Dakota Aerial Championship Competitor Packet. Have any remaining questions? Email [info@sdaerialarts.com](mailto:info@sdaerialarts.com).