



**bend the air**  
CIRCUS EVOLVED

**THE ULTIMATE AERIAL,  
ACROBATICS & CIRCUS  
COMPETITION**

**2026**

**AERIAL  
COMPETITION  
INFORMATION**





## BEND THE AIR 2026 AERIAL COMPETITION KIT

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## 2026 COMPETITION KEY DATES

EVENT	VENUE	EVENT DATE	ENTRIES CLOSE
Sunshine Coast, <b>QLD</b>	Matthew Flinders, Buderim	<b>April 9 - 12</b>	March 8
Sydney, <b>NSW</b>	The Governors Centre, Moore Park	<b>TBC</b>	
Melbourne, <b>VIC</b>	NICA, Prahran	<b>July 2 - 5</b>	May 31
Perth, <b>WA</b>	All Saints' College Bull Creek	<b>July 8 - 11</b>	June 7
Adelaide, <b>SA</b>	The Parks Theatre, Angle Park	<b>TBC</b>	
Brisbane, <b>QLD</b>	The Draney Theatre, Ashgrove	<b>September 22-26</b>	August 16
Newcastle, <b>NSW</b>	The Factory, Adamstown	<b>October 8-11</b>	August 30
<b>NATIONAL FINALS SUNSHINE COAST, QLD</b>	Matthew Flinders, Buderim	<b>January 11 - 17 2027</b>	

## ENTRY FEES

CATEGORY	Fee	Inclusions
<b>Competitor Registration</b> (Paid once per regional event)	<b>\$50.00</b>	<ul style="list-style-type: none"> <li>• Video audition review</li> <li>• Access to competition entries if successful</li> </ul>
<b>Aerial Solo Entry</b> (Paid once per routine entry)	<b>\$99.00</b>	<ul style="list-style-type: none"> <li>• <b>Competitor Pass</b> - (audience entry for all sessions at your regional event.)</li> <li>• Digital Program</li> <li>• Rigging &amp; tech check</li> <li>• Expert judges</li> <li>• Judges audio critique &amp; score</li> <li>• Qualified rigger</li> <li>• Professional stage lighting &amp; sound</li> <li>• Trophies &amp; Prizes</li> </ul>
<b>Aerial Duo Entry</b> (Paid once per routine entry)	<b>\$129.00</b>	

## ENTRY GUIDELINES

- Minimum age for aerial competitors is 7 years old. Ages are taken from competitors' age as at January 01, 2026. All Duo & Group ages are taken as of the oldest competitor.
- Performers may enter up to **one solo per category, per competition** (i.e. 1xSilks, 1xLyra, 1xOpen Apparatus Solo, 1xOpen Apparatus Performance Solo).
- Routines are to be performed once per competition. If a routine is repeated in the same competition, an automatic disqualification will apply to the second performance.

- Competitors who place 1st at the National Finals must move up a Skill Level Category, where applicable. (i.e. Intermediate to Advanced etc.) This does not apply where categories are determined by age group.
- Performers are permitted to compete in multiple regional events throughout the year if they wish. If they place at multiple events, a 'Wild Card' may be awarded to the next highest point scorer, to allow the top three highest scoring acts to qualify for the National Finals (this may be done either at the event, or in the 'Wild Card' round, presented online at the conclusion of regional events for the year).
- All entries fees are non refundable and non transferable. If you are no longer able to attend an event, it is a courtesy to inform event organisers by emailing [contact@bendtheair.com.au](mailto:contact@bendtheair.com.au)

## ENTRY PROCESS

All Bend The Air entries are submitted via the online portal. Use the following link and set up your account to commence the entry process. <https://bendtheair.dancecompgenie.com/>

For a step by step on how to use the entry system, please see our website.

### STEP 1: AUDITION SUBMISSION

- Complete the online form, pay your competitor registration fee and submit your audition video.
- The review panel reserves the right to move your entry to a different section than what you originally entered, if they deem it to be more appropriate based on your audition submission.
- You will be notified via email within 7 days of the closing date on the outcome of your audition.
- **PLEASE NOTE:** Your routine will be approved based on your skill level demonstrated - **it is your responsibility** to ensure your routine meets the requirements of the approved category to avoid losing technical points at the competition.
- Auditions past the closing date may be accepted, up to the discretion of event organisers, and will incur a **\$30 late submission fee per routine.**

#### VIDEO AUDITION REQUIREMENTS:

- Your audition video does not have to be exactly the same as your final routine but must be a true and accurate reflection and meet the time length requirements. Videos must have been filmed no more than 6 months prior to the submission. Auditions may be rejected on the basis that they do not meet the section requirements, so it is best to submit a routine that is close to your intended final piece.
- You must show all drops and high-level manoeuvres that will be executed at the competition.
- The recorded video is to be one continuous recording to demonstrate the duration of your routine with music.
- Costumes are not required for your audition video, however are recommended to enhance the quality of your audition performance.

### STEP 2: ROUTINE ENTRY

If you are successful, you will then be required to complete the following by the due date given in your audition results email.

- Complete the entry form for each routine
- Pay the routine entry fee for each routine
- Upload music file

All late entries will incur a **\$30 late submission fee per routine.**

## PRIZES & NATIONAL FINALS

At our regional events, places are awarded for **1st, 2nd and 3rd place** in each section - all of which will also receive a 'Gold Pass' to qualify for the National Finals in January. Other awards include;

- **Wild Card:** Competitors who the judge would like to see at the National Finals, but may have not placed.
- **Emerging Talent:** Competitors who the judge would like to acknowledge for outstanding performance and potential (Emerging Talent award does not qualify for the National Finals)

## RIGGING, APPARATUS & SAFETY

### RIGGING

The safety of our competitors at Bend the Air is our number one priority. Due to the diversity of personalised equipment available in Australia the following standards will be implemented at all Bend the Air events.

- Standard rigging supplied by Bend the Air includes a rigged single point with a swivel and carabiner.
- Rigging may be hard rigging in the venue, or a free standing rig. For specific rigging details for each event (including height etc.) - please visit the event page on our website.
- A qualified rigger is hired to oversee all rigging equipment and processes for each event.
- There is no height changes permitted during performances or use of the riggers after the beginning of the routine.
- A safety mat is required for ALL routines and cannot be moved during your performance.
- For more information regarding rigging, please see the Bend The Air Rigging Standards document, available for download via our website.

### IN HOUSE APPARATUS

All categories have the option of using the following IN HOUSE apparatus for their routine.

LYRA	75cm Hollow   85cm Hollow   90cm Hollow   90cm Solid All lyras are fully taped and rigged with a certified & tagged 2m spanset.
SILKS	Tricot 7.5m Silk, Rigged with a rescue eight. Colour: Red or White
HAMMOCK	3m Tricot Hammock, Rigged with a triangle spreader plate Colour: Navy

**Note:** Lyra Solo - Aerial Minis Juniors, Intermediate & Advanced are required to use in house lyras - please see routine criteria for more information.

### BYO APPARATUS

All BYO gear will be inspected by the qualified rigger to ensure it meets the set standards. Please adhere to the following list below.

- Equipment must be purchased from a certified Aerial Arts supplier - purchase information is to be supplied.
- Spansets and slings must have a valid certification tag and date of purchase.
- Silks & hammocks etc. should be free from any holes, tears.
- No taping or coverings over soft rope/silk/straps will be allowed **prior** to inspection.
- Changing/sharing of equipment to other competitors apparatus during sessions is not permitted (e.g. one spanset cannot be moved to multiple hoops in one session).
- Must be rigged in a **ready for use** format to be presented for inspection and cannot be altered after it has been checked in.

Should your equipment fail the rigging inspection onsite at the event you will be required to replace the failed equipment yourself prior to your performance. If this is not possible then you will be unable to perform. **Competitors will have the option of using the in house equipment to replace their BYO where applicable.** Rigging inspection decisions are final and will not be reversed in any circumstances.

### **SAFETY MAT**

**ALL** Bend the Air competitors in the aerial arts sections are required to use the safety mat and this cannot be moved during your performance. This includes the 6m x 6m carpeted mat floor + round crash mat. Please design routines to allow for this in your choreography.

## **MUSIC**

- Music is to be submitted online with your entry form by the routine entry due date (after the audition process).
- Music file is to be provided as an MP3 or WAV file only. **Spotify, YouTube and Itunes links or screen recordings cannot not be accepted.**
- Songs are to be acquired legally and not converted from YouTube videos etc.
- Songs are not to include any explicit language or profanity.
- All music must be cut to the length of your routine – our event staff are not able to fade the music at a requested time. Routine lengths are listed with the routine criteria.
- Please have a **backup copy of your music on a USB** with you on the day, should there be any technical issues.

### **LATE MUSIC SUBMISSION & CHANGES:**

- **Submission of your music after the deadline will incur a \$50 late submission fee.**
- **Any changes to your music file after the deadline closes will incur a \$50 change fee.**
- **NO music changes will be accepted within 7 days of the competition.**

## **COSTUMES & PROPS**

- All costumes worn by competitors must be appropriate in regard to suitability for use on apparatus and meeting expected performance standards (e.g. no loose or ill-fitting and no nudity).
- Due to the matted floor **no hard shoes or heels** are permitted to be worn.
- All props for intended use on the matted floor, must be submitted for approval to ensure they will not damage the mats.
- Glitter, confetti, pyrotechnics, fire, explosives or any props that will require cleaning up after a performance are **NOT** permitted. The use of graphite or other substances **which may mark or stain the mats is also NOT permitted.**
- The use of **HUMAN PROPS** is **NOT** permitted - with the exception of the Open Apparatus Performance Solo section.
- The performance area is restricted to the stage space (i.e. no running into the audience by the performer or human props).
- A maximum of 30 seconds will be allocated per performer to set up any pre-approved props.

## JUDGING CRITERIA & SCORING

The head judge will provide a score out of 75 based on the below judging criteria (i.e. 25 points - Difficulty, 25 points - Execution, 25 points - Artistry). The technical judge will give a 25 point score which is based on routine criteria, giving the competitor a total score out of 100 for regional events.

DIFFICULTY 25 POINTS	EXECUTION 25 POINTS	ARTISTRY 25 POINTS
<b>DIFFICULTY</b> Difficulty level of individual skills performed, appropriate to age, skill level and the set routine criteria.	<b>EXECUTION</b> Completion of skills with technical quality including correct alignment and aesthetic technique.	<b>STAGE PRESENCE</b> Performing with intention and the use of eye contact, facial expressions and body language to create entertainment value and audience engagement.
<b>STRENGTH</b> Demonstration of strength and control to completed required skills safely.	<b>LINES &amp; TECHNIQUE</b> Active use of poise and posture to achieve extension in lines throughout the entire body.	<b>MUSICALITY</b> Timing and use of music in conjunction with choreography to deliver a dynamic routine.
<b>FLEXIBILITY</b> Demonstration of flexibility whilst maintaining active control through shoulders, back and/or legs.	<b>CONTROL OF APPARATUS</b> Demonstration of control of apparatus throughout performance (including spins, transitions and dismounts).	<b>CHOREOGRAPHY</b> Uniqueness and individuality of choreography to suit performer, music and routine.
<b>ENDURANCE</b> Ability to complete routine maintaining stamina and safety.	<b>TRANSITIONS</b> Demonstration of unique flow and control of pathways between skills on apparatus.	<b>STAGE USE</b> Use of stage space & the ability to seamlessly transition from floor to apparatus during routine.
<b>COMBINATIONS</b> Ability to integrate a balance of skills utilising flexibility and strength elements into sequences.	<b>COMPLETION</b> Executing individual moves to completion while maintaining proper form and performance.	<b>COSTUME &amp; PROPS</b> Use of appropriate costumes to enhance the performance. Use of props to enhance routine (where applicable - props are not essential)

**PLUS 25 POINT TECHNICAL SCORE BASED ON ROUTINE CRITERIA & DEDUCTIONS**

## DEDUCTIONS

The following deductions may be taken from your technical score in line with the other guidelines set out within this competition kit.

COSTUME, PROPS & MUSIC		
Use of <b>inappropriate costume</b> including intention partial or full nudity		<b>5 Points</b>
<b>Explicit language</b> in music		<b>5 Points</b>
<b>Routine length:</b> If routine is more than 10 seconds longer than the stated maximum routine length for your category.		<b>5 Points</b>
<b>Use of human props</b> (except for Open Apparatus Performance Solo)		<b>5 Points</b>
<b>Leaving the allocated performance space</b> (i.e. running into the audience etc.)		<b>5 Points</b>
<b>Use of restricted props</b> or those that require a clean up process		<b>5 Points</b>
<b>Prop set up/pack up time</b> longer than the allotted 30 seconds		<b>5 Points</b>
FALLS		
<b>Falls with no re-catch</b> (to the mat/floor)	Fall from your apparatus to the mat/floor.	<b>5 Points</b>
<b>Falls with catch</b> (recovery).	Fall from your apparatus but are able to recover by re-catching.	<b>2 Points</b>

## COMPETITION CATEGORIES

AERIAL MINIS	AERIAL TEEN	AERIAL ADULT
<b>SILKS SOLO</b>		
Aerial Minis - Juniors	7 - 9 Years	
Aerial Minis - Intermediate	12 Years & Under	
Aerial Minis - Advanced	12 Years & Under	
Aerial Minis - MiniStars	12 Years & Under	
Aerial Teen - Tween	13 - 14 Years	
Aerial Teen - Intermediate	15 -17 Years	
Aerial Teen - Advanced	13 -17 Years	
Aerial Teen - All Stars	13 -17 Years	
Aerial Adult - Amateur	18 Years +	
Aerial Adult - Advanced	18 Years +	
Aerial Adult - Elite	18 Years +	
<b>LYRA SOLO</b>		
Aerial Minis - Juniors	7 - 9 Years	
Aerial Minis - Intermediate	12 Years & Under	
Aerial Minis - Advanced	12 Years & Under	
Aerial Minis - MiniStars	12 Years & Under	
Aerial Teen - Tween	13 - 14 Years	
Aerial Teen - Intermediate	15 -17 Years	
Aerial Teen - Advanced	13 - 17 Years	
Aerial Teen - All Stars	13 - 17 Years	
Aerial Adult - Amateur	18 Years +	
Aerial Adult - Advanced	18 Years +	
Aerial Adult - Elite	18 Years +	
<b>OPEN APPARATUS</b>		
Aerial Minis - Solo	12 Years & Under	
Aerial Teen - Solo	13 - 17 Years	
Aerial Adult - Solo	18 Years +	
Aerial Minis - Duo	12 Years & Under	
Aerial Teen - Duo	13 - 17 Years	
Aerial Adult - Duo	18 Years +	
Aerial Teen - Aerial Performance Solo	17 Years & Under	
Aerial Adult - Performance Solo	18 Years +	
Aerial Adult - Masters	30 Years +	

## ROUTINE CRITERIA

Your technical score starts at 25 points with deductions being made for both restricted moves being included and required moves being missed. It is the responsibility of the competitor to ensure that their routines adhere to these requirements to avoid losing technical points.



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# SILKS

## SILKS SOLO CATEGORIES

**ALL SILKS SOLOS MUST BE PERFORMED ON A STANDARD SILK WITH NO MODIFICATIONS (Including Knots)**

**SILKS SOLO: AERIAL MINIS - JUNIORS (7-9 Years)**  
**SILKS SOLO: AERIAL MINIS - INTERMEDIATE (12 Years & Under)**

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:00	IN HOUSE or BYO	REQUIRED

ROUTINE CRITERIA			
REQUIREMENTS		RESTRICTIONS	
If you do not include the requirements the following deductions apply:			If restricted skills are included, the following deductions apply:
<b>One</b> drop. Drops can include: - One full rotation.	- 2	Head First Drops with single or double <b>ankle catches</b> .	- 10
An intentional spin component.	- 2	Drops that involve <b>more than one</b> full rotation in the same direction.	- 5
One flexibility based skill to demonstrate active flexibility through shoulders, back or legs.	- 2	Dynamic beat and release moves, open wrap drops or skills where the hands release contact from the silks to re-catch.	- 5
		Neck hangs, in a manual loop or within a Belay Knot.	- 5
		Any additional moves that are deemed to be unsafe by the technical judge.	- 5

**SILKS SOLO: AERIAL MINIS - ADVANCED (12 Years & Under)**

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:00	IN HOUSE or BYO	REQUIRED

ROUTINE CRITERIA			
REQUIREMENTS		RESTRICTIONS	
If you do not include the requirements the following deductions apply:			If restricted skills are included, the following deductions apply:
<b>One</b> drop. Drops can include: - Maximum <b>1.5</b> rotations.	- 2	Head First Drops with single or double <b>ankle catches</b> .	- 10
<b>One</b> , non-basic climb.	- 2	Drops that involve <b>more than 1.5</b> rotations.	- 5
An intentional spin component.	- 2	Dynamic beat and release moves, open wrap drops or skills where the hands release contact from the silks to re-catch.	- 5
Integration of floor work.	- 2	Neck hangs, in a manual loop or within a Belay Knot.	- 5
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2	Any additional moves that are deemed to be unsafe by the technical judge.	- 5

## SILKS SOLO: AERIAL MINISTARS (12 Years & Under)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:30	IN HOUSE or BYO	REQUIRED

### ROUTINE CRITERIA

REQUIREMENTS	RESTRICTIONS
If you do not include the requirements the following deductions apply:	
<b>Two</b> drops. Drops can include: - Maximum <b>2.5</b> rotations.	- 2 per skill
<b>One, straight leg and arm inversion.</b>	- 2
<b>One</b> , non-basic climb.	- 2
An intentional spin component	- 2
Integration of floor work.	- 2
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2
One <b>strength</b> based skill to demonstrate control and stamina.	- 2
If restrictions are included, the following deductions apply:	
Head First Drops with single or double <b>ankle catches</b> .	- 10
Drops that involve <b>more than 2.5</b> rotations.	- 5
Dynamic beat and release moves, open wrap drops or skills where the hands release contact from the silks to re-catch.	- 5
Neck hangs, in a manual loop or within a Belay Knot.	- 5
Any additional moves that are deemed to be unsafe by the technical judge.	- 5

## SILKS SOLO: AERIAL TEEN - TWEEN (13 - 14 Years) SILKS SOLO: AERIAL TEEN - INTERMEDIATE (15 - 17 Years)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:00	IN HOUSE or BYO	REQUIRED

### ROUTINE CRITERIA

REQUIREMENTS	RESTRICTIONS
If you do not include the requirements the following deductions apply:	
<b>One</b> drop. Drops can include: - Maximum <b>1.5</b> rotations.	- 2
<b>One inversion.</b>	- 2
<b>One</b> , non-basic climb.	- 2
An intentional spin component.	- 2
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2
If restrictions are included, the following deductions apply:	
Head First Drops with single or double <b>ankle catches</b> .	- 10
Drops that involve <b>more than 1.5</b> rotations.	- 5
Dynamic beat and release moves, open wrap drops or skills where the hands release contact from the silks to re-catch.	- 5
Neck hangs, in a manual loop or within a Belay Knot.	- 5
Any additional moves that are deemed to be unsafe by the technical judge.	- 5

## SILKS SOLO: AERIAL TEEN - ADVANCED (13 - 17 Years)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:30	IN HOUSE or BYO	REQUIRED

ROUTINE CRITERIA			
REQUIREMENTS		RESTRICTIONS	
If you do not include the requirements the following deductions apply:			If restrictions are included, the following deductions apply:
<b>Two</b> drops. Drops can include: - Maximum <b>2.5</b> rotations.	- 2 per skill	Head First Drops with single or double <b>ankle catches</b> .	<b>- 10</b>
<b>One</b> , straight leg inversion.	- 2	Drops that involve <b>more than 2.5</b> rotations.	- 5
<b>One</b> , non-basic climb.	- 2	Dynamic beat and release moves or open wrap drops.	- 5
An intentional spin component	- 2	Any additional moves that are deemed to be unsafe by the technical judge.	- 5
Integration of floor work.	- 2		
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2		
One <b>strength</b> based skill to demonstrate body control and stamina.	- 2		

## SILKS SOLO: AERIAL TEEN - ALL STARS (13 - 17 Years)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	4:00	IN HOUSE or BYO	REQUIRED

ROUTINE CRITERIA			
REQUIREMENTS		RESTRICTIONS	
If you do not include the requirements the following deductions apply:			If restrictions are included, the following deductions apply:
<b>Two high level</b> drops. (i.e. Drops with more than 1.5 rotations, directional changes or dynamic and open wrap drops.)	- 2 per skill	Head First Drops with single or double <b>ankle catches</b> .	<b>- 10</b>
<b>One</b> , straight arm and leg inversion.	- 2	Any additional moves that are deemed to be unsafe by the technical judge.	- 5
<b>Two</b> separate, non-basic climbs.	- 2 per skill		
An intentional spin component.	- 2		
Integration of floor work.	- 2		
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2		
One <b>strength</b> based skill to demonstrate body control and stamina.	- 2		

## SILKS SOLO: AERIAL ADULT - AMATEUR (18 Years +)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:00	IN HOUSE or BYO	REQUIRED

### ROUTINE CRITERIA

REQUIREMENTS	RESTRICTIONS
If you do not include the requirements the following deductions apply:	
<b>One</b> drop. Drops can include: - Maximum 1.5 rotations.	- 2 Head First Drops with single or double <b>ankle catches</b> . - 10
<b>One</b> inversion.	- 2 Drops that involve <b>more than 1.5</b> rotations. - 5
<b>One</b> , non-basic climb.	- 2 Dynamic beat and release moves, open wrap drops or skills where the hands release contact from the silks to re-catch. - 5
An intentional spin component.	- 2 Neck hangs, in a manual loop or within a Belay Knot. - 5
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2 Any additional moves that are deemed to be unsafe by the technical judge. - 5

## SILKS SOLO: AERIAL ADULT - ADVANCED (18 Years +)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:30	IN HOUSE or BYO	REQUIRED

### ROUTINE CRITERIA

REQUIREMENTS	RESTRICTIONS
If you do not include the requirements the following deductions apply:	
<b>Two</b> drops. Drops can include: - Maximum 2.5 rotations.	- 2 Head First Drops with single or double <b>ankle catches</b> . - 10
<b>One</b> , straight leg inversion.	- 2 Drops that involve <b>more than 2.5</b> rotations. - 5
<b>One</b> , non-basic climb.	- 2 Dynamic beat and release moves or open wrap drops. - 5
An intentional spin component	- 2 Any additional moves that are deemed to be unsafe by the technical judge. - 5
Integration of floor work.	- 2
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2
One <b>strength</b> based skill to demonstrate body control and stamina.	- 2

## SILKS SOLO: AERIAL ADULT - ELITE (18 Years +)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	4:00	IN HOUSE or BYO	REQUIRED

ROUTINE CRITERIA			
REQUIREMENTS		RESTRICTIONS	
If you do not include the requirements the following deductions apply:			If restrictions are included, the following deductions apply:
<b>Two high level</b> drops. (i.e. Drops with more than 1.5 rotations, directional changes or dynamic and open wrap drops.)	- 2 per skill	Head First Drops with single or double <b>ankle catches</b> .	- 10
<b>One, straight arm and leg inversion.</b>	- 2	Any additional moves that are deemed to be unsafe by the technical judge.	- 5
<b>Two</b> separate, non-basic climbs.	- 2 per skill		
An intentional spin component.	- 2		
Integration of floor work.	- 2		
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2		
One <b>strength</b> based skill to demonstrate body control and stamina.	- 2		



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CIRCUS EVOLVED



# LYRA

## LYRA SOLO CATEGORIES

All Lyra Solos are to be performed on a standard lyra with no modifications - including the use of foot/hand loops, silks or other attachments etc. Lyras can be single or double point and rigged to the tab or with a strap (e.g. spanset, corde lisse lyra rope, silk sling etc.)

All Lyra Solo - Aerial Minis (Juniors, Intermediate & Advanced) will use an IN HOUSE hoop supplied by Bend The Air and can choose a size option. If there are particular circumstances where performers require their own hoop this must be approved by BTA staff via email at least 7 days prior to the competition.

### LYRA SOLO: AERIAL MINIS - JUNIORS (7 - 9 Years) LYRA SOLO: AERIAL MINIS - INTERMEDIATE (12 Years & Under)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:00	IN HOUSE	REQUIRED

#### ROUTINE CRITERIA

##### REQUIREMENTS

If you do not include the requirements the following deductions apply:

##### RESTRICTIONS

If restrictions are included, the following deductions apply:

One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2	Skills where the entire body is above the top of the hoop.	- 5
An intentional spin component.	- 2	Skills that flip the hoop up using the top bar and/or spanset (rope/strap).	- 5
		Dynamic release skills or drops where the entire body releases contact from the lyra.	- 5
		Single Foot or Heel hangs with or without an overlock (On hoop or in the spanset.)	- 5
		Neck hangs on hoop or in spanset.	- 5
		Continuous rolls: more than one rotation of the same roll.	- 5
		Any additional moves that are deemed to be unsafe by the technical judge.	- 5

### LYRA SOLO: AERIAL MINIS - ADVANCED (10 - 12 Years)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:00	IN HOUSE	REQUIRED

#### ROUTINE CRITERIA

##### REQUIREMENTS

If you do not include the requirements the following deductions apply:

##### RESTRICTIONS

If restrictions are included, the following deductions apply:

One skill that incorporates the use of the <b>top bar and/or spanset</b> .	- 2	Dynamic release skills or drops where the <b>entire body</b> releases contact from the lyra.	- 5
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2	Skills that flip the hoop up using the top bar and/or spanset (rope/strap).	- 5
One <b>strength</b> based skill to demonstrate control and stamina.	- 2	Single Foot or Heel hangs on hoop or in the spanset. (Single heel or foot hangs on hoop with hand overlock are acceptable).	- 5
An intentional spin component.	- 2	Neck hangs on hoop or in spanset.	- 5
Integration of floor work.	- 2	Continuous rolls - <b>more than two</b> rotations of the same roll.	- 5
		Any additional moves that are deemed to be unsafe by the technical judge.	- 5

## LYRA SOLO: AERIAL MINIS - MINISTARS (10 - 12 Years)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:30	IN HOUSE or BYO	REQUIRED

### ROUTINE CRITERIA

#### REQUIREMENTS

If you do not include the requirements the following deductions apply:

One skill that incorporates the use of the <b>top bar and/or spanset</b> , where the <b>majority</b> of the body is above the <b>top bar of the hoop</b> .	- 2	Single Foot or Heel hangs on hoop or in the spanset. (Single heel or foot hangs on hoop with hand overlock are acceptable).	- 5
One set of <b>continuous rolls</b> (i.e. two rotations of the same roll)	- 2	Neck hangs on hoop or in spanset.	- 5
One straight leg and arm inversion.	- 2	Any additional moves that are deemed to be unsafe by the technical judge.	- 5
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2		
One <b>strength</b> based skill to demonstrate control and stamina.	- 2		
An intentional spin component.	- 2		
Integration of floor work.	- 2		

## LYRA SOLO: AERIAL TEEN - TWEEN (13 - 14 Years) LYRA SOLO: AERIAL TEEN - INTERMEDIATE (15 - 17 Years)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:00	IN HOUSE or BYO	REQUIRED

### ROUTINE CRITERIA

#### REQUIREMENTS

If you do not include the requirements the following deductions apply:

One skill that incorporates the use of the <b>top bar</b> , where the <b>majority</b> of the body is above the <b>center of the hoop</b> .	- 2	Skills where the <b>entire</b> body is above the <b>top of the hoop</b> .	- 5
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2	Skills that flip the hoop up using the top bar and/or spanset (rope/strap).	- 5
An intentional spin component.	- 2	Dynamic release skills or drops where the <b>entire body</b> releases contact from the lyra.	- 5
		Neck hangs on hoop or in spanset.	- 5
		Single Foot or Heel hangs with or without an overlock (On hoop or in the spanset.)	- 5
		Continuous rolls - <b>more than two</b> rotations of the same roll.	- 5
		Any additional moves that are deemed to be unsafe by the technical judge.	- 5

## LYRA SOLO: AERIAL TEEN - ADVANCED (13 - 17 Years)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:30	IN HOUSE or BYO	REQUIRED

### ROUTINE CRITERIA

#### REQUIREMENTS

If you do not include the requirements the following deductions apply:

One drop.	- 2	Single Foot or Heel hangs. (Double Foot/Heel hangs are acceptable, single heel or foot hang with hand overlock is acceptable).	- 5
One skill that incorporates the use of the <b>top bar and/or spanset</b> , where the <b>entire</b> body is above the <b>top bar of the hoop</b> .	- 2	Neck hangs on hoop or in spanset	- 5
One set of <b>continuous rolls</b> (i.e. two rotations of the same roll).	- 2	Any additional moves that are deemed to be unsafe by the technical judge.	- 5
At least <b>one</b> straight leg inversion.	- 2		
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2		
One <b>strength</b> based skill to demonstrate control and stamina.	- 2		
An intentional spin component.	- 2		
Integration of floor work.	- 2		

## LYRA SOLO: AERIAL TEEN - ALL STARS (13 - 17 Years)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	4:00	IN HOUSE or BYO	REQUIRED

### ROUTINE CRITERIA

#### REQUIREMENTS

If you do not include the requirements the following deductions apply:

One advanced level drop.	- 2 per skill	Any additional moves that are deemed to be unsafe by the technical judge.	- 5
Inclusion of a skill where the <b>entire</b> body is above the top of the hoop using the top bar and or spanset (rope/strap).	- 2		
One set of <b>continuous rolls</b> (i.e. two rotations of the same roll).	- 2		
<b>One</b> straight leg and arm inversion.	- 2		
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2		
One <b>strength</b> based skill to demonstrate control and stamina	- 2		
An intentional spin component.	- 2		
Integration of floor work.	- 2		

## LYRA SOLO: AERIAL ADULT - AMATEUR (18 Years +)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:00	IN HOUSE or BYO	REQUIRED

### ROUTINE CRITERIA

REQUIREMENTS		RESTRICTIONS	
If you do not include the requirements the following deductions apply:		If restrictions are included, the following deductions apply:	
One skill that incorporates the use of the <b>top bar</b> , where the <b>majority</b> of the body is above the <b>center of the hoop</b> .	- 2	Skills where the <b>entire body</b> is above the <b>top of the hoop</b> .	- 5
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2	Skills that lift or flip the hoop up using the top bar and/or spanset (rope/strap).	- 5
An intentional spin component.	- 2	Dynamic release skills or drops where the <b>entire body</b> releases contact from the lyra.	- 5
		Neck hangs on hoop or in spanset.	- 5
		Single Foot or Heel hangs with or without an overlock (On hoop or in the spanset.)	- 5
		Continuous rolls - <b>more than two</b> rotations of the same roll.	- 5
		Any additional moves that are deemed to be unsafe by the technical judge.	- 5

## LYRA SOLO: AERIAL ADULT - ADVANCED (18 Years +)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	3:30	IN HOUSE or BYO	REQUIRED

### ROUTINE CRITERIA

REQUIREMENTS		RESTRICTIONS	
If you do not include the requirements the following deductions apply:		If restrictions are included, the following deductions apply:	
One drop.	- 2	Single Foot or Heel hangs. (Double Foot/Heel hangs are acceptable, single heel or foot hang with hand overlock is acceptable).	- 5
One skill that incorporates the use of the <b>top bar and/or spanset</b> , where the <b>entire body</b> is above the <b>top bar of the hoop</b> .	- 2	Neck hangs on hoop or in spanset	- 5
One set of <b>continuous rolls</b> (i.e. two rotations of the same roll).	- 2	Any additional moves that are deemed to be unsafe by the technical judge.	- 5
One straight leg inversion.	- 2		
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2		
One <b>strength</b> based skill to demonstrate control and stamina.	- 2		
An intentional spin component.	- 2		
Integration of floor work.	- 2		

## LYRA SOLO: AERIAL ADULT - ELITE (18 Years +)

Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
2:00	4:00	IN HOUSE or BYO	REQUIRED

ROUTINE CRITERIA			
REQUIREMENTS		RESTRICTIONS	
If you do not include the requirements the following deductions apply:			If restrictions are included, the following deductions apply:
<b>One</b> , high level drop.	- 2 per skill	Any additional moves that are deemed to be unsafe by the technical judge.	- 5
Inclusion of a skill where the <b>entire</b> body is above the top of the hoop using the top bar and or spanset (rope/strap).	- 2		
One set of <b>continuous rolls</b> (i.e. two rotations of the same roll).	- 2		
<b>One</b> straight leg and arm inversion.	- 2		
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2		
One <b>strength</b> based skill to demonstrate control and stamina	- 2		
An intentional spin component.	- 2		
Integration of floor work.	- 2		



# OPEN APPARATUS

## OPEN APPARATUS

### OPEN APPARATUS SOLO

**This category is for all specialty apparatus (e.g. hammock, trapeze, cube, straps etc.) Routines on a generic Silks or Lyra apparatus cannot be performed in this section unless it is with a speciality adaptations or integrated hand or foot loops etc.**

Age Category	Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
12 Years & Under	2:00	3:00	BYO *	REQUIRED
13 - 17 Years	2:00	3:30	BYO *	REQUIRED
18 Years +	2:00	3:30	BYO *	REQUIRED

\*An In House Hammock is available for use. All other specialty apparatus must be BYO.

#### Routine Criteria

REQUIREMENTS		RESTRICTIONS	
If you do not include the requirements the following deductions apply:		If restrictions are included, the following deductions apply:	
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2	Head First Drops with single or double <b>ankle catches</b> . (Hammock only)	- 10
One <b>strength</b> based skill to demonstrate control and stamina.	- 2	Dynamic release skills or drops where the <b>entire body</b> releases contact from the apparatus.	- 5
An intentional spin component.	- 2	Neck hangs	- 5
Integration of floor work.	- 2	Single Foot or Heel hangs. (Double Foot/Heel hangs are acceptable, single heel or foot hang with hand overlock is acceptable).	- 5
		Any additional moves that are deemed to be unsafe by the technical judge.	- 5

## OPEN APPARATUS DUO

**Duos may be performed on any apparatus, including silks or lyras. Age category is determined by the oldest competitor.**

Age Category	Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
12 Years & Under	2:00	3:30	BYO or IN HOUSE*	REQUIRED
13 - 17 Years	2:00	4:00	BYO or IN HOUSE*	REQUIRED
18 Years +	2:00	4:00	BYO or IN HOUSE*	REQUIRED

**\*IN HOUSE Silks, Lyras and Hammock only - all other specialty apparatus' must be BYO**

### Routine Criteria

REQUIREMENTS		RESTRICTIONS	
If you do not include the requirements the following deductions apply:		If restrictions are included, the following deductions apply:	
Similar skill set between partners.	- 5	Head First Drops with single or double <b>ankle catches</b> (silks & hammock).	- 10
Demonstration of duo synchronised and interlocking movements on apparatus.	- 5	Partner release moves (without both partners in contact with the apparatus).	- 5
An intentional spin component.	- 2	Dynamic release skills or drops where the <b>entire body</b> releases contact from the apparatus.	- 5
Integration of floor work.	- 2	Single Foot or Heel hangs. (Double Foot/Heel hangs are acceptable, single heel or foot hang with hand overlock is acceptable).	- 5
		Any additional moves that are deemed to be unsafe by the technical judge.	- 5

## OPEN APPARATUS SOLO: MASTERS

**This category is designed for the mature-aged aerialists who have a love for performing and are looking for an encouraging stage space to showcase their passion for aerials.**

- Within this category you can compete on one apparatus (this can be silks, lyra or a specialty open apparatus.)
- If you perform on a specialty apparatus in this section, you are also able to compete in the silks and/or Lyra solo categories.
- If you are performing on Silks or Lyra and are demonstrating skills at an Advanced or Elite level, you must compete in the relative sections for your apparatus.

Age Category	Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
30 Years+	2:00	3:30	BYO or IN HOUSE*	REQUIRED

\*IN HOUSE Silks, Lyras & Hammock only - all other specialty apparatus' must be BYO

Routine Criteria				
REQUIREMENTS		RESTRICTIONS		
If you do not include the requirements the following deductions apply:		If restrictions are included, the following deductions apply:		
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2	Head First Drops with single or double <b>ankle catches</b> . (silks & hammock)	- 10	
An intentional spin component.	- 2	Drops that <b>involve two or more</b> full rotations in <b>any direction</b> .	- 5	
<b>One inversion.</b>	- 2	Open wrap drops. (silks & hammock)	- 5	
<b>One drop.</b>	- 2	Dynamic release skills or drops where the entire body releases contact from the apparatus <b>without re-catching</b> .	- 5	
		Neck hangs	- 5	
		Single Foot or Heel hangs. (Double Foot/Heel hangs are acceptable, single heel or foot hang with hand overlock is acceptable).	- 5	
		Any additional moves that are deemed to be unsafe by the technical judge.	- 5	

## OPEN APPARATUS PERFORMANCE SOLO

Our Performance Solo section focuses on entertainment value and the use of characterisation to integrate a story through your floor and air choreography. All Performance Solo Competitors will receive a score out of 100 (75 points judging criteria & a 25 point technical score) based on the following general judging criteria and routine requirements and restrictions. **Performances can be on silks, lyra or speciality apparatus.**

HUMAN PROPS are permitted in the Open Apparatus Performance Solo section. They are only to be used to enhance the story telling of the routine and they cannot touch the apparatus. All human props must be registered with Bend The Air during the entry process.

**Please ensure your audition reflects your intended storyline/theme and use of props. Routines that do not meet this criteria will not be accepted for this section.**

Age Category	Routine Length Minimum	Routine Length Maximum	Apparatus	Safety Mat
17 Years & Under	2:00	3:30	BYO or IN HOUSE*	REQUIRED
18 Years +	2:00	4:00	BYO or IN HOUSE*	REQUIRED

\*IN HOUSE Silks, Lyras & Hammock only - all other specialty apparatus' must be BYO

JUDGING CRITERIA	
<b>EXECUTION</b> Completion of skills with technical quality including correct alignment and aesthetic technique including poise and extension.	<b>STORYLINE / THEME</b> A clear storyline/theme is demonstrated throughout the entire performance.
<b>CONTROL OF APPARATUS</b> Demonstration of control of apparatus throughout performance (including spins, transitions and dismounts).	<b>PERFORMANCE</b> Characterisation through facial expressions and body language to create entertainment value, audience engagement and portray the character/story.
<b>COSTUME &amp; PROPS</b> Use of appropriate costumes and props (where applicable) to enhance the performance and add to the theatics of storytelling.	<b>CHOREOGRAPHY &amp; MUSICALITY</b> Uniqueness and individuality of choreography and the choice and use of music to help portray chosen storyline.

Routine Criteria			
REQUIREMENTS		RESTRICTIONS	
If you do not include the requirements the following deductions apply:		If restrictions are included, the following deductions apply:	
Integration of a clear theme/story line through the entire performance.	- 5	Head First Drops with single or double <b>ankle catches</b> (silks & hammock).	- 10
Use of props and/or human props to portray theme/story.	- 2	Dynamic release skills or drops where the entire body releases contact from the apparatus.	- 5
An intentional spin component.	- 2	Open wrap drops (silks only).	- 5
Integration of floor work.	- 2	Single Foot or Heel hangs. (Double Foot/Heel hangs are acceptable, single heel or foot hang with hand overlock is acceptable).	- 5
One <b>flexibility</b> based skill to demonstrate active flexibility through shoulders, back or legs.	- 2	Any additional moves that are deemed to be unsafe by the technical judge.	- 5
One <b>strength</b> based skill to demonstrate body control and stamina.	- 2		

## GLOSSARY

The following glossary outlines the key movement requirements, expectations, and restrictions across all Bend The Air aerial categories. These descriptions provide clarity, consistency, and guidance for performers and coaches when designing or reviewing routines.

### Clarifications for Competitors and Judges

- Performers uncertain about a move's classification should submit a video for review at [routine@bendtheair.com.au](mailto:routine@bendtheair.com.au).
- Technical judges assess restrictions based on **execution, control, and context**, not just movement type.
- Rules are reviewed annually based on **incident data, competitor feedback, and evolving aerial safety standards**.

### GLOSSARY OF ROUTINE ELEMENTS

Drop	<p>A <b>drop</b> is a deliberate, controlled descent on the apparatus where gravity and momentum are used as part of the movement's artistic and technical execution. Drops may include <b>rotational, sliding, or directional movements</b>, but must begin and end under full control of the performer. The goal of this element is to demonstrate <b>technical mastery, spatial awareness, and composure</b> while managing momentum and safely controlling the descent. Judges look for intent, control, and precision — not simply speed or height.</p>
Flexibility-Based Skill	<p>A <b>flexibility-based skill</b> demonstrates <b>active flexibility</b>, where the performer maintains control while exhibiting range of motion through the shoulders, back, or legs. These elements must show <b>strength, stability, and balance</b>, rather than passive stretching. Judges assess the <b>aesthetic quality and control</b> of these movements and look for routines that integrate flexibility as part of the overall storytelling and artistry.</p>
Intentional Spin	<p>An <b>intentional spin</b> is a purposeful rotational movement designed to highlight control, balance, and visual presentation. It should be <b>initiated with intent</b>, maintained with control, and integrated seamlessly into the choreography. Judges assess duration, control, and body alignment during rotation, as well as how the spin enhances the overall artistry of the piece.</p>
Strength-Based Skill	<p>A <b>strength-based skill</b> demonstrates control through the ability to sustain holds, transitions, or dynamic positions using core and upper-body power. Judges look for performers who maintain <b>clarity, form, and composure</b> while performing strong, technically demanding movements.</p>

Integration of Floor Work	<p><b>Floor work</b> refers to grounded movements that transition between aerial and stage elements, creating a seamless connection between the floor and the air. This includes <b>rolls, transitions, and poses</b> that extend the story or emotion of the routine. Judges assess fluidity and creativity in how floor work connects with aerial choreography.</p>
Straight Leg Inversions (Bent Arm or Straight Arm)	<p>An <b>inversion</b> is a controlled lift into an upside-down position, initiated with toes toward the floor and lifted into a straddle or pike.</p> <ul style="list-style-type: none"> <li>- <b>Bent Arm Inversion:</b> Shows power and stability using a bent-elbow pull.</li> <li>- <b>Straight Arm Inversion:</b> Demonstrates higher core engagement and lat control with locked elbows.</li> </ul> <p>Judges evaluate <b>control, execution and body alignment</b> throughout the inversion.</p>
Non-Basic Climb	<p>A <b>non-basic climb</b> demonstrates creativity and originality beyond standard climbing methods. It integrates <b>unique pathways, wraps, or strength-based variations</b>, showing artistic awareness and technical control.</p> <p>Judges assess <b>fluidity, control, and creativity</b> while maintaining technical precision.</p>

## GLOSSARY OF ROUTINE RESTRICTIONS

Restrictions ensure safety, fairness, and consistency across competitor levels. They protect performers from injury while maintaining a level playing field that aligns with skill progression.

Any movement not specifically listed but deemed unsafe or inappropriate may be restricted at the discretion of the Technical Judge.

Head-First Drops with Single or Double Ankle Catches (Silks & Hammock)	Descending head-first with an ankle catch is strictly prohibited in all levels due to the risk of neck and spinal injury if performed incorrectly. Deduction: -10.
Open Wrap Drops (Silks & Hammock)	Drops executed without a closed wrap or safety mechanism, relying only on body tension or grip, are restricted in Intermediate and Advanced categories. Deduction: -5.
Dynamic Release Skills	Skills where the performer completely releases contact from the apparatus and re-catches without secondary security. These types of skills are restricted for safety. Deduction: -5.
Continuous Rolls or Drops (More Than One Full Rotation)	More than one uninterrupted rotation in the same direction may cause uncontrolled acceleration. These vary per category, please check your relative section for exact requirements. Deduction: -5.

Neck Hangs	Any move that suspends the performer by the neck or back of head is prohibited across all standard levels. Deduction: -5.
Single Foot or Heel Hangs	Allowed only if supported by a secondary hand grip and these are category sensitive. Unsupported hangs are restricted for safety. Deduction: -5.
Unsafe or Uncontrolled Skills	Moves that demonstrate poor control, instability, or high risk may receive deductions or removal during the audition process. Deduction: Minimum -5.

## CONTACT DETAILS

Should you have any general questions or queries the event organisers can be contacted via the below:

**EMAIL:** [contact@bendtheair.com.au](mailto:contact@bendtheair.com.au)

**PHONE:** (07) 5493 4765

**WEBSITE:** [www.bendtheair.com.au/](http://www.bendtheair.com.au/)

**Join the competitor Facebook Group to stay up to date!**

<https://www.facebook.com/groups/bendtheair>

**Any specific queries regarding the routine criteria or skills in your routine can be sent to**

**[routine@bendtheair.com.au](mailto:routine@bendtheair.com.au)**