

IN HOUSE COMP



A_{circus}**D**

AERIAL DREAMING

A_{circus}**D**

27TH JUNE 2026

CONTACT INFORMATION

Please send any questions to
eventsteam.aerialdreaming@gmail.com



IN HOUSE COME

A photograph of an aerialist performing a pose on silks. She is wearing a red sequined leotard with black trim and white socks. She is suspended in the air, with her legs wrapped around the silks and her arms extended. The background is dark with some blurred lights.

AERIAL DREAMING PRESENTS

THEIR VERY FIRST

IN HOUSE COMP

This competition aims to give students a sense of what participating in a real event feels like, especially for those who have been too nervous to join larger competitions such as Bend the Air.

We are focusing this competition more on **creativity** within the aerial arts. Each student will create their own routine to express their personal passion and ideas within their training level.

The competition will have Bec and Shae, as well as a guest to sit on the judging panel.

KEY DATES

Audition due

6th of June 2026

Comp day

27th June 2026



the Entry GUIDELINES

- All entry fees are non refundable, if you can not attend please contact the aerial dreaming team.
- Everyone will compete under the level they train at- therefore only moves taught in said class can be used.
- No coaches are to create routines for students- though they are allowed to help with transitions if a question is asked.
- Competitors are allowed to compete in multiple apparatus categories
- No explicit lyrics in songs
- First in best dressed with songs, they will need to be emailed to the Aerial dreaming staff asap.



INFO

ENTRY FEES

Registration Fee – \$35

Includes:

- Audition review
- Eligibility for competition entry if successful

Routine Entry Fee – \$35

Includes:

- Audience entry
- Digital program
- Rigging and technical support
- Trophies and prizes

ENTRY GUIDELINES

- Minimum age for In - House comp is 7 years old - age as of Jan 2026
- Performers may enter one solo for each apparatus
- Routines are performed once per competition
- Competitors will be placed 1st, 2nd & 3rd
- All entry fees are non- refundable

Contact – eventsteam.aerialdreaming@gmail.com

Payment info

ENTRY PROCESS

All entries must be submitted via our JotForm system.

Payment Details:

All fees are to be paid to:

Rebecca Holliday T/AS Aerial Dreaming Circus School
BSB: 034 127

Account Number: 319 030

Reference: Your name **(this is mandatory)**

CREATING YOUR ROUTINE

- You are to choreograph your own routine using the skills and content you have learnt in class
- Use your creativity and personal style to bring your piece to life

SUPPORT & TRAINING

- Training can be completed at the shed during the available open sessions
- Open sessions are usually \$12, however for competition preparation they will be \$8
- Your coach can assist with transitions and guidance, but the focus is on you developing your own creativity and performance

OUR GOAL

To create routines that are safe, fun, and creative

Contact - eventsteam.aerialdreaming@gmail.com

Audition process

AUDITION PROCESS & REQUIREMENTS

This competition includes two separate fees:

- **\$35 Registration Fee**
- **\$35 Routine Entry Fee**

STEP 1 – Registration (\$35)

The \$35 registration fee is due by 4 June 2026.

Auditions will be held at the shed, where you will perform for two of our coaches.

All required skills and movements must be demonstrated during your audition.

Song to be sent in the registration form to make sure there is no duplicates – first in gets the song.

STEP 2 – Routine Entry (\$35)

The \$35 routine entry fee is only payable if you are successful at audition due by 20 June 2026

If selected, you must complete the following by the specified due date:

- Submit the entry form
- Pay the \$35 routine entry fee
- Provide the name of your song and artist

Please note: All late entries will incur a \$30 late fee.

Contact – eventsteam.aerialdreaming@gmail.com

INFO

PRIZES

The following awards will be presented:

- Trophies for 1st, 2nd, and 3rd place in each section
- Emerging Talent Medal

RIGGING

- All apparatus must be approved Aerial Dreaming apparatus
- A qualified Aerial Dreaming staff member will manage all rigging for the event
- A safety mat is required for all routines

MUSIC

- Music must not contain explicit language or profanity
- Routines must start from the beginning of the track
- If your routine finishes before the end of the song, you must provide the exact finish time in your entry form so the music can be faded out appropriately

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INFO

COSTUME & PERFORMANCE REQUIREMENTS

- Costumes must be worn and be appropriate for your apparatus. No loose or baggy clothing, and adequate coverage must be maintained at all times.
- Costumes are available to hire for \$10.
- No shoes are to be worn during performances.
- Props are permitted; however, all props must be declared on your entry form.
- No glitter or props that require cleaning after your performance.
- Props must not damage the flooring.
- No human props are permitted unless they are part of the performance.
- Performances will be restricted to a designated area.
- You will have 30 seconds to set up your own props before your routine begins.

TICKETS TO WATCH THE COMP

Tickets will be available closer to the competition date and will be **\$25 each**.

All proceeds will go towards supporting our girls as they represent Australia at the World Aerial Championships in Aruba.

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Scoring and judging

SCORING AND JUDGING

- There will be 3 Judges
- You will be scored on technicality for your level
- you will be scored on creativity for your level

Based on your level of entry - i.e Foundations, Beginner, Level 1, Level 2.
(the level you currently train at)

DIFFICULTY - Based on the appropriate age, and skill

STRENGTH - Based on the strength and control and safety of the appropriate age and skill

FLEXIBILITY - Based on your demonstration of active control through your shoulders, back and legs

ENDURANCE - Safely being able to complete your routine while keeping up stamina and safety

CREATIVITY - Using the skills you have learned in a way that shows us your creative side

EXECUTION - Completing skills with correct lines and control of feet and knees

APPARATUS CONTROL - Showing you can control your apparatus

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Scoring and judging

SCORING & JUDGING CRITERIA

Routines will be assessed on the following:

- **Transitions** – Flow, creativity, and unique pathways between skills
- **Stage Presence** – Performing with confidence, intention, and connection
- **Musicality** – How well your performance aligns with and interprets your chosen music
- **Stage Use** – Effective use of space, including transitions from floor to apparatus
- **Costume** – Suitability and how well it reflects your character or theme
- **Enjoyment** – The energy, expression, and enjoyment you bring to your performance

DEDUCTIONS

The following may result in a 5-point deduction each:

- Inappropriate costume choice
- Use of explicit language in music
- Use of restricted props
- Fall without recovery
- Fall with recovery

Contact – eventsteam.aerialdreaming@gmail.com

Silks



SILKS SOLO: FOUNDATIONS

Junior

Foundations 7 – 10 years
Foundations 11 – 14 years
Foundations 15 – 17 years

Senior

Foundations 18 – 35 years
Foundations 36+ years

REQUIREMENTS

1 x spin component
2 x Flexibility based skills (i.e: splits, birdie)

RESTRICTIONS

No drops
No Dynamic moves

ONLY WHAT HAS BEEN TAUGHT IN YOUR CLASS BY YOUR COACH

Routine length minimum	Routine length maximum	Apparatus	Safety mat
1:30 sec	2:30 sec	IN HOUSE	REQUIRED

Contact – eventsteam.aerialdreaming@gmail.com

SILKS SOLO: BEGINNER

Junior

Beginner 7 – 10 years
Beginner 11 – 14 years
Beginner 15 – 17 years

Senior

Beginner 18 – 35 years
Beginner 36+ years

REQUIREMENTS

1 x spin component
1 non – russian climb
1 x single flip or rotation drop
3 x Flexibility based skills

RESTRICTIONS

No more than 1 flip or rotation
No head first drops

ONLY WHAT HAS BEEN TAUGHT IN YOUR CLASS BY YOUR COACH

Routine length minimum	Routine length maximum	Apparatus	Safety mat
2:00 mins	3:00 mins	IN HOUSE	REQUIRED

Contact – eventsteam.aerialdreaming@gmail.com

SILKS SOLO: LEVEL ONE

Junior

Level One 7 – 10 years

Level One 11 – 14 years

Level One 15 – 17 years

Senior

Level One 18 – 30 years

Level One 36+ years

REQUIREMENTS

- 1 x spin component
- 2 x single flip or rotation drop splits
- 3 x Flexibility based skills

RESTRICTIONS

- No more than 1 flip or rotation
- No head first drops

ONLY WHAT HAS BEEN TAUGHT IN YOUR CLASS BY YOUR COACH

Routine length minimum	Routine length maximum	Apparatus	Safety mat
2:30 mins	3:00 mins	IN HOUSE	REQUIRED

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SILKS SOLO: LEVEL TWO

Junior

Level Two 7 – 10 years
Level Two 11 – 14 years
Level Two 15 – 17 years

Senior

Level Two 18 – 35 years
Level Two 36+ years

REQUIREMENTS

continuous rotation through the routine
show 3 flexibility moves
1 x intentional spin component
3 x drops
3 x Flexibility based skills

RESTRICTIONS

No headfirst drops
no more than 2 rotations in your drops
No catch release

ONLY WHAT HAS BEEN TAUGHT IN YOUR CLASS BY YOUR COACH

Routine length minimum	Routine length maximum	Apparatus	Safety mat
3:00 mins	4:00 mins	IN HOUSE	REQUIRED

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Lyra



LYRA SOLO: FOUNDATIONS

Junior

Foundations 7 – 10 years
Foundations 11 – 14 years
Foundations 15 – 17 years

Senior

Foundations 18 – 35 years
Foundations 36+ years

REQUIREMENTS

ONLY WHAT HAS BEEN TAUGHT IN YOUR CLASS BY YOUR COACH

1 x spin component
2 x Flexibility based skills
1 x roll

RESTRICTIONS

No skills where your entire body is above the bar
No skills that flip the hoop up to the sling
No foot hangs or Heel hangs
No release drops
No Neck hangs
No more than 2 x continuous rolls

Routine length minimum	Routine length maximum	Apparatus	Safety mat
1:30 sec	2:30 sec	IN HOUSE	REQUIRED

Contact – eventsteam.aerialdreaming@gmail.com

LYRA SOLO: BEGINNER

Junior

Beginner 7 – 10 years
Beginner 11 – 14 years
Beginner 15 – 17 years

Senior

Beginner 18 – 35 years
Beginner 36+ years

REQUIREMENTS

1 x spin component
2 x Flexibility based skills
1 x roll

RESTRICTIONS

No skills where your entire body is above the bar
No skills that flip the hoop up to the sling
No foot hangs or Heel hangs
No release drops
No Neck hangs
No more than 2 x continuous rolls

ONLY WHAT HAS BEEN TAUGHT IN YOUR CLASS BY YOUR COACH

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LYRA SOLO: LEVEL ONE

Junior

Level One 7 – 10 years
Level One 11 – 14 years
Level One 15 – 17 years

Senior

Level One 18 – 35 years
Level One 36+ years

REQUIREMENTS

1 x spin component
2 x Flexibility based skills
1 x roll

RESTRICTIONS

No foot hangs or Heel hangs
No release drops
No Neck hangs
No more than 2 x continuous rolls

ONLY WHAT HAS BEEN TAUGHT IN YOUR CLASS BY YOUR COACH

Routine length minimum	Routine length maximum	Apparatus	Safety mat
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LYRA SOLO: LEVEL TWO

Junior

Level Two 7 – 10 years
Level Two 11 – 14 years
Level Two 15 – 17 years

Senior

Level Two 18 – 35 years
Level Two 36+ years

REQUIREMENTS

1 x spin component
3 x Flexibility based skills
3 x roll
Whole body above the bar
Straight leg inversions

RESTRICTIONS

No release drops
No Neck hangs

ONLY WHAT HAS BEEN TAUGHT IN YOUR CLASS BY YOUR COACH

Routine length minimum	Routine length maximum	Apparatus	Safety mat
3:00 mins	4:00 mins	IN HOUSE	REQUIRED

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HAMMOCK



HAMMOCK SOLO: FOUNDATIONS

Junior

Foundations 7 – 10 years
Foundations 11 – 14 years
Foundations 15 – 17 years

Senior

Foundations 18 – 35 years
Foundations 36+ years

REQUIREMENTS

1 x spin component

RESTRICTIONS

No drops

ONLY WHAT HAS BEEN TAUGHT IN YOUR CLASS BY YOUR COACH

Routine length minimum	Routine length maximum	Apparatus	Safety mat
1:30 sec	2:30 sec	IN HOUSE	REQUIRED

Contact – eventsteam.aerialdreaming@gmail.com

HAMMOCK SOLO: BEGINNER

Junior

Beginner 7 – 10 years
Beginner 11 – 14 years
Beginner 15 – 17 years

Senior

Beginner 18 – 35 years
Beginner 36+ years

REQUIREMENTS

1 x spin component
1x drop
1x flexibility move through legs, back or shoulders

RESTRICTIONS

No more than 1 flip or rotation

ONLY WHAT HAS BEEN TAUGHT IN YOUR CLASS BY YOUR COACH

Routine length minimum	Routine length maximum	Apparatus	Safety mat
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HAMMOCK SOLO: LEVEL ONE

Junior

Level One 7 – 10 years
Level One 11 – 14 years
Level One 15 – 17 years

Senior

Level One 18 – 35 years
Level One 36+ years

REQUIREMENTS

1 x spin component
2 x drops
x2 flexibility moves through legs, back or shoulders

RESTRICTIONS

No more than 1 flip or rotation

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Routine length minimum	Routine length maximum	Apparatus	Safety mat
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HAMMOCK SOLO: LEVEL TWO

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REQUIREMENTS

continuous rotation through the routine
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No headfirst drops
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OPEN APPARATUS & PERFORMANCE



OPEN APPARATUS & PERFORMANCE: FOUNDATIONS

Junior

Foundations 7 – 10 years
Foundations 11 – 14 years
Foundations 15 – 17 years

Senior

Foundations 18 – 35 years
Foundations 36+ years

REQUIREMENTS

1 x spin component
1 x strength based skill to demonstrate stamina
1 x Flexibility skill

RESTRICTIONS

No head first drops
No Dynamic release skills
No neck hangs

ONLY WHAT HAS BEEN TAUGHT IN YOUR CLASS BY YOUR COACH

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OPEN APPARATUS & PERFORMANCE: BEGINNER

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