



# FEARLESS

STUDIO EXHILARATE  
IN HOUSE AERIAL  
COMPETITION

## 2026 ENTRANT INFO PACK

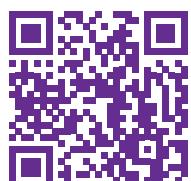
This information pack outlines the eligibility, competition divisions, rules, entry requirements and judging criteria for Studio Exhilarate's In House Aerial Comp

### ENTRY CONDITIONS

- Entry is \$25 per routine (Entry fee is not refundable)
- Entries must be submitted by the entry closing date of 1st February 2026  
No late entries will be accepted.
- Entrants must have an Aerials (Lyra and/or Pole) membership at Studio Exhilarate at the time of entry.
- Adult Entrants must be aged 16 years or above at the time of entry.
- Junior Entrants must be aged between 8 - 15 years at the time of entry
- All entries must be submitted via the online Registration Form

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[SCAN THE CODE OR CLICK HERE TO REGISTER](#)



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## ENTRANT INFORMATION PACK

### REGISTRATION

When registering you will be required to provide basic entrant information (listed below). before the competition takes place you will be required to provide more detailed information regarding your routine. (see Your Entry Details section)

#### EMAIL

All correspondence regarding the competition will go to this email address

#### FULL NAME

Competitors first and last name

#### STAGE NAME

A "stage name" is the name that you are or would like to be known as when performing. It doesn't have to be different to your actual name.

We recommend when choosing your stage name – whether it is your 'everyday' name or not – that you keep this for all competitions so that the Aerial community get to know who you are as a performer.

It is possible that you may share the same name as another entrant so consider making your unique so we can identify you easily.

#### ENTRANT CATEGORY

Select your entrant category - Adult or Junior

#### APPARATUS

Adults - select your chosen apparatus to perform on - Pole, Lyra or Silks.

#### DIVISION

Adults - Choose the current level that you train in for the chosen apparatus you are entering.

Juniors - Select the division based on the age group of the classes you currently attend.

### APPARATUS AND DIVISIONS

You must enter a division relative to the apparatus and level of classes that you are attending at Studio Exhilarate as of the date of the Fearless competition (2 May 2026)

The divisions for each apparatus are broken down below – if you are unsure, please check with your instructor or studio owner before submitting your entry.

#### APPARATUS

- Adult Pole
- Adult Lyra
- Adult Silks
- Junior Aerials
- Competitors may enter in multiple apparatus

#### DIVISIONS

##### BEGINNER ADULT

Beginner 2 & Intermediate 1 Students

##### JUNIORS KIDS

Primary School Age

##### INTERMEDIATE ADULT

Intermediate 2 & Advanced Prep Students

##### JUNIORS TEENS

High School Age

##### ADVANCED ADULT

Advanced 1 & 2 Students

##### ELITE ADULT

Elite Students



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## PREPARING YOUR ROUTINE

Guidelines for preparing your routine for FEARLESS 2026

### ROUTINE LENGTH

Routine is length dependent on your division:

#### Beginner Division

2 mins - 2 mins 30 sec

#### Intermediate Division

2 mins - 2mins 30 sec

#### Advanced Division

2 mins 30 sec - 3 mins

#### Elite Division

3 mins - 3 mins 30 sec

#### Juniors Division

2 mins - 2 mins 30 sec

### APPARATUS

**LYRA** - Studio hoops must be used - entrants required Lyra height to be provided when details are collected.

**POLE** - Our Poles are 38mm Brass/3.8 metres high/2 metres between each pole  
Static stage right - Spin stage left

**SILKS** - Studio Silks must be used - students can choose their preferred silk.

### DIVISIONS

Enter the correct division of the apparatus you are performing on as of the entry closing date.

### SKILLS

Entrants should only utilise skills at their highest level in their apparatus.

Variations of skills must be approved studio instructors, if a skill performed is above your division, you will receive a 2 point deduction.

e.g. An intermediate entrant cannot perform a handspring as it is an advanced trick.

### PROPS

Any props must be able to be set up and packed up within 1 minute.

Human props are NOT allowed.

### COSTUME

Costumes must be appropriately fitted and have no possible interference with your chosen apparatus e.g.. no sharp jewellery or metal details.

No Nudity - If an entrants costume malfunctions they will receive a 2 point penalty

### THEME

Routines must not be offensive and/or make any derogatory references to religion or race.

### MUSIC

Entrants must supply their own music.

The music must be edited to within the time length allowed for the division (not under the minimum and not over the maximum)

### MATS

All Adult Lyra & Junior competitors are required to use mats for their performance - please keep this in mind when planning routines



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### YOUR ENTRY DETAILS

After registration and before the competition takes place you will be contacted and asked to provide more detailed information regarding your routine - below we have provided a guide as to what information you will need to provide.

#### PROPS

If you are using any props please provide the details of all items. If you are not using any props, please write "No Props".

#### MUSIC

Provide details of the song you are performing with.

Write as Song Name - Artist Name

If multiple entrants choose the same song, whomever submitted their entry first will have the right to compete with that song. Any subsequent entries with the same song will be contacted ASAP and asked to select another song.

#### MUSIC FILE

You must provide an mp3 file of your music.

This should be the same file that you will be performing your to and training with.

Please ensure that it is edited and the correct time length for your division.

There are free programs you can use to edit music (Audacity, WavePad, etc.)

Entrants are allowed to use professional sound/audio editors at their own cost

#### PHOTO

This will be used for competition promotion and announcements on posters, the Studio Exhilarate website and Studio Exhilarate social media.

Please ensure you provide a high-resolution photo with a clear background.

It should include your apparatus, but please make sure that it matches the apparatus category you are entering in.

#### ENTRANT BIO

Our host/MC will introduce each entrant before their performance.

This bio/profile will be used for this intro and may also be used to profile entrants on Social Media.

We prefer entrants to write the Entrant Bio in the third person

(She, He, They, Jenny)

Try to include at least a full paragraph – this can give the judges time in between acts to give great feedback on competition day.

Here are some suggestions of information you might include:

- Age of entrant
- How long have they been learning their apparatus
- How long they have been attending Studio Exhilarate classes
- Other hobbies
- Favourite apparatus trick
- What they love about Studio Exhilarate
- Why they are chose to enter Fearless
- A brief synopsis of the routine or a back story/inspiration

This Bio will come in handy if you plan on entering other competitions so make sure you save a copy!



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## CONTENT OR LANGUAGE WARNING

### Language Warning

Advise if your music or routine contains any offensive/inappropriate language (swearing etc)

Music lyrics must not contain language that is offensive to or makes derogatory references to any religion, race, sex, gender, age or ability.

### Content Warning

Advise if your routine or music contains anything that the audience or other competitors may find to be a sensitive topic.

Examples include drug use or addiction, suicide, death, violence etc.

This information is critical to enable us to issue the audience a content/trigger warning before your routine so they have a chance to leave if they feel they may be triggered or suffer emotional or physiological distress.

If you are unsure please write details of the song, routine topic in the further details questions and we can then decide if the MC needs to issue a warning.

## SOCIAL MEDIA

We will be promoting the competition by sharing information and images in the lead up to, during and after Fearless.

If you would like to be tagged in our social media posts, please provide your Instagram, Facebook and/or tiktok usernames.

If you would prefer not to be tagged, or you do not have social media accounts, please select "No Socials".



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### JUDGING CRITERIA

All entrants will be judged using the same judging criteria. The general Judging criteria is listed below.

Entrants should take this criteria into consideration when creating their routine if they would like to be scored highly.

#### CONCEPT/COSTUME

Judges will be looking for

- A well thought out and coherent theme with a beginning middle and end.
- Costuming that is original, supports the performance concept and is suited to the performer.
- Use of music that is relevant to the concept, theme and costuming. Music that matches the tempo of the routine
- Props (if used) that are relevant to and support the routine concept and story.

#### CHOREOGRAPHY & DANCE

Judges will be looking for

- Choreography that is well suited to the tempo of the.
- Transitions on/off the apparatus, between tricks and between apparatus & floor work that are unique, well planned, smooth and aligned to the concept.
- Creative use of floor work and stage space.

#### STAGE PRESENCE

Judges will be looking for:

- Engagement with the audience through acknowledgment, confidence, humour, drama, thrill etc
- Strong portrayal of your character that engages the audience and the ability to maintain that character for the entirety of the routine.
- Innovation and originality within the individual tricks, as well flow between tricks - e.g. use of both poles, use of props.
- X-Factor and Overall Performance

#### TRICKS AND SKILLS

Judges will be looking for

- Smooth execution of tricks and transitions
- Clean lines and strong posture
- Technique of individual tricks and overall technique
- How well the tricks, dance, and floor work link together
- Seamless, continuous movement.
- Demonstrated control of the spin of the apparatus

Entrants are judged on the difficulty of the tricks, level of control and how the routine is suited to their entered division.

Entrants should use tricks that demonstrate their skills in:

- Strength
- Flexibility
- Spin
- Climb & Descend

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## ROUTINE CHANGES:

Any changes to routines must be advised to the Studio via the following procedures

### CHANGES BEFORE CLOSING DATE

Update your entry form

### CHANGES AFTER CLOSING DATE

Please email [info@studioexhilarate.com.au](mailto:info@studioexhilarate.com.au)

Subject: Fearless Routine Change

Entrants must include name, apparatus, division and details of all routine changes.

## WITHDRAWALS

If for any reason you are no longer able to compete, please email us at [info@studioexhilarate.com.au](mailto:info@studioexhilarate.com.au) as soon as possible to advise of your withdrawal.

Please make sure to include your full name and the category or categories in which you had entered.

The \$25 entry fee is non-refundable.



Thank you for your support of our 2026 FEARLESS Aerial Competition

Private coaching sessions, In studio practice times and private studio hire will be available for entrants. Details on dates and bookings will be emailed to you when finalised.

If you have any questions about the competition, entry form or info pack please email us at [info@studioexhilarate.com.au](mailto:info@studioexhilarate.com.au)