



LIFT CRITERIA  **and EVALUATION GUIDELINE** 

TOP: Lifted person

BASE: Lifting / supporting person

	Criteria	Explanations	0.1	0.2
1	Entry/Exit of the lift	a) Top performing Acro, body inversion and/or rotation ON the partner(s) for Entry	X	
	Lifted Levels of the lifted partner in relation to the shoulder axis, above the shoulder level (bent/straight arms)	b) Top performing Acro, body inversion and/or rotation for Exit	X	
		c) Top to shoulder level	X	
		d) Top higher than shoulder level with Base arm(s) straight		X
2	Showing physical capacities; strength, flexibility, balance	a) Top shows physical capacities (1 criteria each time in the same movement) (flex) (strength)	X	
3	Changing different levels	a) Top changes the level with or without different shapes	X	
		b) Top transfers to another Base to shoulder level or higher (valued only 2 times)	X	
4	Showing dynamism (speed, rotation) of the competitor(s)	a) Rotation (minimum 3/4 or more) of the Top without airborne phase	X	
		b) Rotation of the Top around the body of the Base	X	
5	Showing Airborne phase with or without 1/1 rotation (any axis) <u>Clarification:</u> <i>* Only in the Lift: 3/4 rotation (salto) is allowed to be performed. Will not be considered as a prohibited move.</i>	a) Top in airborne clearly above Base head without 1/1 rotation (if under Base head, no value)	X	
		b) Top in airborne under Base head with 1/1 rotation	X	
		c) Top in airborne clearly above Base head with 1/1 rotation		X
		<i>* Top showing different forms in the airborne phase, with same propelling action performed in consecutive repetitions (maximum 2 times will be valued).</i>		

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