

Zero Gravity Virtual Contest!

Show your creativity and ability to fly in this virtual contest!

Make new shapes with your lift friends!

Prizes for the best combinations

Flyer must stay airborne through 3 different shapes and 2 transitions in between them for a minimum of 25 seconds & a maximum of 40 seconds

Entries due December 20th.



Entry cost is \$10 per entry.

Must be an AAU Member + a signed waiver.

Must be trained in Lift or Acrobatics to participate and be at least 15 yrs old.

For Questions contact: Tricia Leslie
801.298.7745/silhouetteballroom@gmail.com

Register at: [Zero Gravity](#)



This event is licensed by the Amateur Athletic Union of the U. S., Inc. All participants must have a current AAU membership. AAU membership may not be included as part of the entry fee to the event. AAU membership must be obtained before the competition begins except where the event operator has a laptop available with an internet connection. BE PREPARED: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at the event. Please allow up to 10 days for membership to be processed. Participants are encouraged to visit the AAU web site www.aausports.org to obtain their membership.

Zero Gravity Rules

- 1) Partnership must contain two people trained in Lift/Cabaret or Acrobatics.
- 2) Both parties must be AAU Members and complete and sign an AAU Waiver. Dancers can obtain an AAU MEMBERSHIP at aausports.org
- 3) Dancers must be 15 years old by December 31, 2020 or older.
- 4) The flyer participant must not touch the ground for at least 25 seconds.
- 5) Full entry is not to exceed 40 seconds.
- 6) The base participant may not leave the ground.
- 7) Movement must include at least 3 different shapes with transitions in between.
- 8) Movement may be Classic Contemporary, Acrobatic, or utilize any other form of dance.
- 9) Any Movement that contains any inappropriate connections or hand holds as well as any movement that is sexual in nature is strictly prohibited. Any Entry with such content will be disqualified.
- 10) Costumes or practice attire may be used. Any attire that inhibits the movement or causes the movement to not be properly videoed will be disqualified. Attire that is inappropriate or revealing will result in disqualification.
- 11) Entry must be in MP4 format through Google Drive & have the same name as listed on the Registration Form. Instructions for submitting this entry will be sent via email once registration is complete.
- 12) Entries must be in by December 20th to be judged for prizes. Winners will be announced December 30th. Grand Prize winner will receive a free Lift Workshop. All winners will receive a virtual awards ceremony and have their routine posted on the AAU Dance website.
- 13) Entry cost is \$8 per entry. You may enter more than one as long as each entry is with a different person.
- 14) Entries will be judged according to shapes, smoothness of transition and creativity!

Register at: [Zero Gravity](#)

