

# Shape it Up!- Lift Style Virtual Contest



**Create Lift Shapes with your  
Dance partner! Must be 15 yrs+**

**Simply take a picture or small video clip  
when required**

**Different types of entries for  
each week in September &  
October!**

**Enter a different lift every week!  
\$6 per entry**

**Winners will have their picture/video clip placed in the AAU Lift Virtual Dictionary!**

## **Lift Entry Due Dates**

September 5th- Counter Balance (JPG)  
September 12th- Stationary Lift (JPG)  
September 19th- Rotational Lift (MP4)  
September 26th- Transition (MP4)  
October 3rd- Acrobatic Lift (MP4)  
October 10th- Most Unique (JPG or MP4)

**See attached rules for details.**

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

Register your entries at: [Shape it Up!](#)



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](http://www.aausports.org) to obtain their membership.

# Shape It Up!- Lift Style Rules

- 1) Partnerships for this contest must comply with the AAU Lift Rules which are found at [aaudance.org](http://aaudance.org)
- 2) Partnership must contain two people trained in Lift/Cabaret or Acrobatics.
- 3) Both parties must be AAU Members and fill out an AAU Waiver. Dancers can obtain an AAU MEMBERSHIP at [aausports.org](http://aausports.org)
- 4) Dancers must be 15 by December 31, 2020 or older.
- 5) Costumes are allowed. Correct practice attire is encouraged. Entries in which the shape or movement is inhibited by an outfit or unseen because of an outfit will be disregarded and will not be entered in the contest. There is no refund for an entry if it is entered this way. Attire that is inappropriate or revealing will result in disqualification of entry.
- 6) All entries must have the same lift name as listed on the Registration Form. Register at: [Shape it up!](#) Entry must be in JPG format on week 1 and 2 and for Weeks 3-6, entry must be in MP4 format that is no longer than 4 seconds. Instructions for submitting this entry will be sent via email once registration is complete.
- 7) Entries must be in by Saturday of each week to be judged.
- 8) Winners will have their lift poses added to the AAU Virtual Lift Dictionary for all to see!
- 9) Entry cost is \$6 per entry. You may enter more than one per week as long as each entry is with a different person.
- 10) Entries will be judged according to shapes. In the case of the Rotational Lifts, they will also be judged according to smoothness. Transitions will be judged on being seamless.
- 11) Winners will be selected each week on the Monday following the due date and be contacted via email. Their entries will become a part of the AAU Virtual Dictionary of Lifts!

## Schedule of Lift Entry Due Dates

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