



# LEVELS INFO

## Levels:

Where possible, our categories are split into beginner, intermediate, advanced & Elite. To split categories we require enough entries. We reserve the right to split or merge categories based on final entry numbers.

Any beginner who wins at Beginner level must move up levels even if performing on a different piece of equipment.

Any Intermediate winner may win 3 times but then must move up to advanced level even if on a different piece of equipment.

Elite category is for those who have performed in the top 3 on any equipment at UKAPC final, placed 1/2<sup>nd</sup> at IPAAT or placed 1<sup>st</sup> at South West Aerial championships (this does not include their novice category).

MARKS WILL BE DEDUCTED FOR PERFORMING MOVES NOT ALLOWED AT YOUR LEVEL. 5 MARKS PER MOVE

## Allowed/disallowed moves: Aerial Hoop

### **Beginners hoop:**

All bottom bar moves (with at least 2 points of contact) and allowed.

Top bar moves allowed: scarab (inc. 1 hand variation) and top bar Delilah only.

No strop work. including holding with a hand/foot

Dynamic moves allowed: Mini mill wheel and hanging beat to sitting.

We use Spin City as a guide for beginners' moves, if unsure please feel free to contact us and check.

### **Intermediate Hoop**

No foot or heel hangs

No elbow rolls, no lion rolls, no rotisserie chicken rolls, no barrel rolls.

No complete release and catch drops (Tombés), one hand or leg must be on the hoop at all times. during drops/rolls.

No extreme flexibility i.e. reaching overhead. Split variations of moves are allowed.

No extreme strength moves i.e. planche & meathooks.

No air inverts on the strop (IE only hands holding the strop at the time of invert) - but inverted moves in the strop or holding the strop with hand/foot are allowed.

### **Advanced/Doubles Aerial Hoop:**

No restrictions!

## **Allowed/disallowed moves: Silks**

### **Beginner Silks**

No Inversion Climbs (Straddle climb overs, Same side climbs, pike hocks climb etc.)  
No Aerial inversions (catchers etc.)  
Skills in a hitch allowed.  
No Skills above 3 climbs.  
Drops/Rotations permitted in a hitch.

### **Intermediate Silks**

No skills in a hitch allowed.  
Aerial inversions allowed.  
Inversion climbs allowed.

Intermediate level drops:

A (non exhaustive) list of drops permitted at this level

Fallen angel/360

Single star

Tick Tock

Hocks Drop

Restrictions:

No drops of a double rotation (Double Star/Double Fallen Angel/Salto Star etc.)

No unlocked drops allowed (where your hands must leave the post to catch the tail to land your drop - ie. Open star, Full Crucifix...)

### **Advanced Silks**

No Restrictions.

\*A note on drops - these should be learnt with an instructor and cleared that you can perform it SAFELY before adding to your routine.  
Please remember that your wrapping of the drop is as important in your routine as the drop itself.

## **Open categories:**

### **Intermediate**

Drops of a single rotation only, no stacked on top of another move/drop. Ie in sling you cannot stack a salto on top of a cats cradle etc.

No aerial inverts

No moves above 3 climbs (rope, sling etc)

No extreme flexibility eg reaching over head, however split variations are allowed.

No rolls i.e elbow rolls, barrel rolls etc

No extreme strength moves

If you are unsure please get in contact before the competition!

### **Advanced**

No restrictions.

Stacked drops allowed

Aerial inverts allowed

Extreme strength and flexibility allowed

## **Feedback and Scoring**

You will be marked out of 10 points for each of the following categories:

- Tricks - performed correctly and neatly, variety of strength/flex, top/bottom bar etc
- Transitions on the equipment
- Floorwork & transitions on/of the equipment
- Performance/musicality
- Costume

Feedback will be given to club coaches after the competition for them to give to their students.