



#### **AERIAL Junior**

**Novice 6 - 12, Mixed Aerial**

**Age 8 and under, Mixed Aerial**

**Age 9 - 12, Open**

**Age 9 - 12, Hoop**

**Age 9 - 12, Silks**

#### **AERIAL Youth**

**Elite Doubles ages 6 - 16, Mixed Aerial**

**Novice 13 - 16, Mixed Aerial**

**Age 13 - 16, Open**

**Age 13 - 16, Hoop**

**Age 13 - 16, Silks**

**Ages 6 - 16, Doubles - Groups**

**Elite Youth 13 - 16 , Mixed Aerial**

#### **AERIAL Adults**

**Instructor Doubles - Small Groups**

**Beginner**

**Intermediate Open**

**Intermediate Hoop**

**Intermediate Silks**

**Advanced Mixed Aerial**

**Instructors - Pro**

**Doubles - Small Groups**

#### **POLE CATEGORIES**

**Junior - Youth Doubles - Small Groups**

**Junior Aged 6 - 12**

**Youth Aged 13 - 16**

**Beginners**

**Intermediate**

**Advanced**

**Instructors - Pro**

**Adults Doubles - Small Groups**

**Junior and Youth Novice** category is open to anyone who is new to aerial and competing. You may not of competed or taken classes for more than a year to enter this category. There are no restrictions on moves, however this category is aimed at beginners and therefore we would not expect to see big tricks. The judging criteria will be more weighted to performance. You may only enter this category once regardless of what equipment you are on.

### **Youth Elite**

If you are a Category Winner at UKAPC Final or IPAAT (advanced or doubles category) you should enter Elite regardless of what category you won and are entering.

If you are competing in this year competition at UKAPC and obviously do not yet know the results yet please enter your age category and then if you win your category please let us know and we will move you to Elite.

If you won on Hoop for example you may enter on Silks in your age category, but you may not enter your age category on Hoop. If you enter on Hoop you must enter Elite.

If you previously won at Junior you do not need to enter Elite when you reach Youth age.

This category is also for Youths who perform professionally.

This category is also for Youths who hold any Certifications, Qualifications to teach or teach. Please see further clarification under the Instructor-Pro category for our definition on Youths who teach.

South West Aerial and Pole Championship and UKAPC Overall Champion.

Must enter Elite regardless of equipment they won on. For example if your won the title of Overall Champion on Hoop but want to enter on Silks you must still enter Elite. Please take into consideration if you enter on more than one piece of equipment you will be competing against yourself and maybe required to perform in quick succession if you qualify for the final on more than one piece of equipment.

There are no restrictions on moves.

### **Youth Age Groups**

You may only win your age category twice at South West Aerial and Pole Championship on same piece of equipment, after that you must enter Elite. For example you may win twice on Silks, then switch to Hoop in your age category, but you can not enter your age category again on Silks, you would have to enter Elite.

There are no restrictions on moves.

Age is age at date of final.

### **Doubles - Small Groups**

There are no restrictions on moves.

You may use one or two rigging points.

If one person is 17 or older you must enter the Adult Competition.

If one person is an instructor and the other not you must enter Elite or Instructors Doubles.

### **Adult Beginner**

Beginner category is anyone who considers themselves to still be a Beginner. Your fitness level and ability should be at Beginner level and the classes you attend and the level you train at are focused on Beginner Level Moves. At least 90% of your routine should be beginner level moves. Please use the Spin City Bibles or discuss this with your instructor or us if you are unsure. You may only win this category twice and are then excluded from this category regardless of the equipment you are on.

You will be asked to sign a statement to confirm the above and we reserve the right to check with your instructor - studio.

### **Adult Intermediate**

Intermediate category is anyone who considers themselves to be at Intermediate level. Your fitness level and ability should be at Intermediate level and the classes you attend and the level you train at are focused on Beginner - Intermediate Level Moves. At least 90% of your routine must be at Beginner - Intermediate level moves. Please use the Spin City Bibles or discuss this with your instructor or us if you are unsure. You may only win this category three times and are then excluded from this category regardless of the equipment you are on. You will be asked to sign a statement to confirm the above and we reserve the right to check with your instructor - studio.

### **Adult Advanced**

There are no restrictions on moves within this category.

### **Instructors - Pro**

Instructors - Pro are anyone who holds any Aerial or Pole Certifications. Anyone who is paid to teach or assist. Anyone who is paid to perform. If your status changes after you enter please inform us as you will be required to move categories.

Aerial Instructors who do not teach Pole or hold Pole Certifications do not need to enter instructors in Pole.

Pole Instructors who do not teach Aerial or hold Aerial Certifications do not need to enter instructors in Aerial.

There are no restrictors on Moves.

Youths who assist or teach should enter the Elite Youth Category.

Youths may hold a certification to teach and assist teaching on a casual basis, less than 5 times a year and be treated as a regular competitor, for example assisting with parties, festivals, summer fates, special occasions. But if they teach or assist more than 5 times per year they are classed as instructors and should enter Youth Elite.

The Pole and Aerial Competitions are treated as separate competitions. Therefore you could be advanced in one but intermediate in another.

**If not enough performers on one particular piece of equipment we may merge categories into Open - Mixed Aerial.**

### **Clarification.**

#### **Adult Beginner - Intermediate - Advanced**

As Aerial and Pole has progressed so much over the last few years and with the addition of so many different types of equipment it has become more and more difficult to separate the levels, especially with new moves and variations added daily.

Some people maybe particularly flexible so able to do one or two advanced moves on this basis but not strong enough to do a solid strength move. Someone maybe extremely strong as comes from a sporting background so able to do one or two advanced strength moves but only been doing Aerial a short time so does not have the conditioning or knowledge to do a full advanced routine. It is difficult to categorise individuals in this way.

Therefore we have decided to eliminate the list of moves allowed or disallowed at each level. However we expect **at least 90%** of your routine to follow the guidelines in the Spin City Bibles.

This means that if you are a beginner but you can do 1 or 2 intermediate moves you can include them, but we would not expect to see a full routine of intermediate moves for

example. if you are a Intermediate but you can do 1 or 2 advanced moves you can include them, but we would not expect to see a full routine of intermediate moves for example. You must remain in the 90% limit.

The classes you take and train at should be at the level you are entering. If you attend an intermediate class we would not expect you to enter Beginners and if you attend Advanced classes we would not expect you to enter Intermediate.

Please seek your instructors or our guidance if you are unsure.

Please consider, Your fitness level, classes you attend, experience, ability.

Be honest as we will be operating on a trust basis but may check with your instructor - studio.