



Levels :

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.

Any person who has qualified for the final of UKAPC may only enter Advanced, Doubles, Instructor/Pro categories.

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

Levels

For clarification of levels and if certain moves are allowed in your selected level please feel free to contact us.

Where a specific piece of equipment is not listed please refer to the closest option.

When you submit your video if we deem you have entered the wrong level we will advise you of which level we are moving you to or which moves you need to remove from your routine before the final.

Doubles, Advanced, Instructor/Pro have no restrictions.

### **Beginners**

Hoop

All bottom bar moves and mounts allowed.

All moves within the hoop.

Scarabs allowed on top bar.

Rolls allowed, Birdie, Single Leg Cradle, Iron Fanny to Candle Stick/Stag/Walking Man.

Front balance to delilah or open delialah.

No extreme flexibility moves allowed.

No foot hangs, neck, heel hangs, single armpit or single elbow hangs, hip holds.

No extreme strength moves allowed.  
No drops allowed.  
No top bar or strop moves allowed except Scarab.

#### Sling

No more than one roll up in either open or closed fabric.  
Drops only allowed from one roll up.  
No standing inverts, no air inverts.  
No climbing the sling.

#### Trapeze

No inverts allowed on rope.  
No standing inverts.  
No drops.  
No more than one roll up using ropes. Decent must be slow and controlled with at least one hand on. .  
No drops from rolling up.  
No foot, neck or heel hangs.  
No single elbow or single armpit holds.  
No extreme flexibility moves.  
No barrel rolls, elbow rolls.  
No extreme strength moves.

#### Silks

All knot moves allowed. (excluding sling drops described above)  
No drops allowed.  
No air inverts allowed. (so climbing silk and then entering a catchers or hipkey or crochet from a straddle invert)  
One hand must remain on silks as transitioning through moves.

### **Intermediate**

#### Hoop

3 Points of contact for top bar moves (excluding to mount/dismount top bar)  
No inverts on strop.  
Strop work , 1 hand must remain on hoop or strop at all times.  
No elbow rolls, no lion rolls, no rotisserie chicken rolls, no barrel rolls.  
No complete release and catch drops. (one hand or leg must be on hoop at all times during drops/rolls) So no Tombe drops, no hooks on bottom bar, beat to stand on floor)  
No foot, neck or heel hangs.  
No skin the cat on top bar.

#### Sling

Multiple roll ups allowed.  
Dropping from multiple roll ups allowed.

No climbing sling.  
No neck hangs.  
No moves from hipkey or catchers.  
No elbow rolls.  
No Air Inverts.

#### Trapeze

No climbing ropes  
No elbow rolls, no barrel rolls  
No foot, neck or heel hangs  
Multiple roll ups allowed  
Dropping/rolling from 1 roll up allowed.  
No complete release and catch drops.

#### Silks

No unlocked drops. This is when you drop, and must then recatch, as you fall, to stop yourself from falling.

**NO RESTRICTIONS ON DOUBLES, ADVANCED, INSTRUCTORS/PROFESSIONAL.**