



AERIAL YOUTH NOVICE

Youth Novice is a new category open to anyone aged 16 and under 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 for one year. .

AERIAL YOUTH AGED CATEGORIES

Age 8 and under

Age 9 - 12

Age 13- 16

Doubles - Groups

There are no restrictions on moves.

Age on date of final.

POLE CATEGORIES

Aged 6 - 12 (no restrictions on moves)

Aged 13 - 16 (no restrictions on moves)

Adults Beginners (see below for restrictions)

Adults Intermediate (see below for restrictions)

Adult Advanced (no restrictions on moves)

Adult Instructors - Pro (no restrictions on moves)

Doubles (no restrictions on moves)

Age on date of final.

ADULTS

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.

As a rough guide please refer to Spin City Bibles.

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. You will be deducted 5 marks per illegal move at the final.

Doubles - Groups, Advanced, Instructor/Pro have no restrictions on moves allowed.

Adult Levels :

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

Any Intermediate who wins may win 3 times and then must move up to Advanced level, even if on a different piece of equipment.

The Pole and Aerial Competitions are treated as separate competitions so you can enter at Beginner level on Pole if you have won on Aerial previously or vice versa.

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

Adults 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 delilah.

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.

Pole

Only a basic invert from the floor is allowed, no moves from the invert.
Spins from the floor.
Handstands and headstands from the floor.
Basic seats.
No up side down moves.

Adults 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, Penny Drop)
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.

Pole

No arms only moves allowed