

### **AERIAL Junior**

**Age 8 and under, Mixed Aerial**

**Age 9 - 12, Open**

**Age 9 - 12, Hoop**

**Age 9 - 12, Silks**

### **AERIAL Youth**

**Age 13 - 16, Open**

**Age 13 - 16, Hoop**

**Age 13 - 16, Silks**

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

### **AERIAL Adults**

**Beginner**

**Intermediate Open**

**Intermediate Hoop**

**Intermediate Silks**

**Advanced Mixed Aerial**

**Instructors - Pro**

**Doubles - Small Groups**

### **POLE CATEGORIES**

**Doubles - Small Groups**

**Junior Aged 6 - 12**

**Youth Aged 13 - 16**

**Beginners**

**Intermediate**

**Advanced**

**Instructors - Pro**

**Doubles - Small Groups**

### **Junior and Youth**

There are no restrictions on moves.

Age is age at date of final.

### **Doubles - Small Groups**

There are no restrictions on moves.

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

### **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.

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.