



Hampshire Festival Info Pack

What is the Hampshire Festival?

The Hampshire Festival is an aerial performance competition celebrating the talent of studios across Hampshire and the surrounding areas.

The competition is divided by age group and apparatus, with all categories being mixed ability.

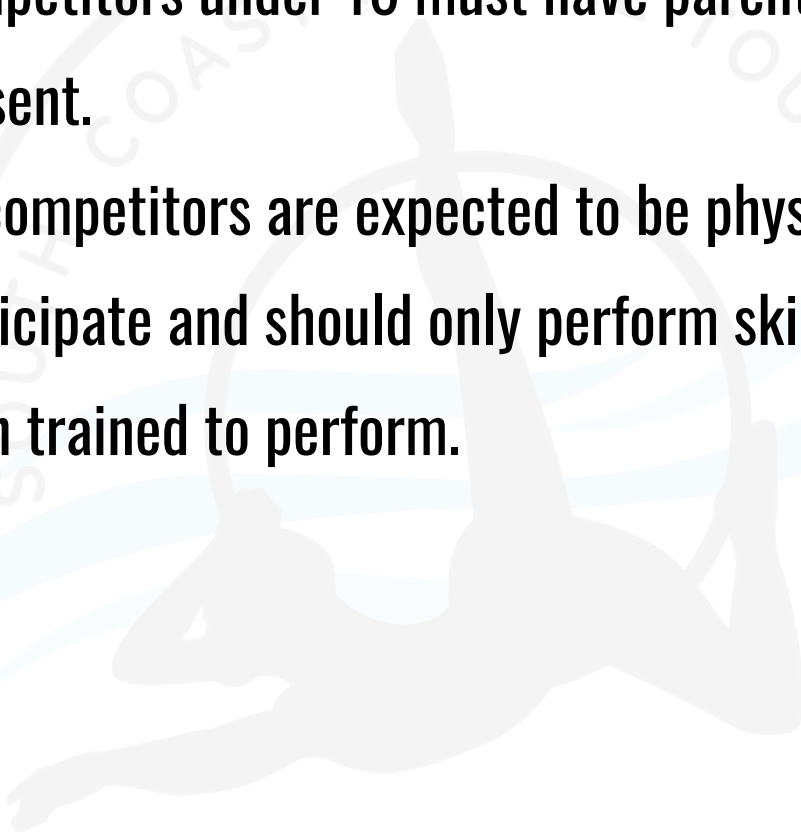
Priority for entry spaces will be given to Hampshire-based studios, with any remaining places offered to studios from neighbouring areas.

Entry Information

- Entry fee: £25 per routine
- Entry fees are non-refundable.
- Entries must be submitted via the online entry form.
- Do not make payment until your entry has been confirmed.
- Your place is only secured once both the completed entry form and payment have been received.
- Competitors may enter more than one apparatus. A separate entry form and fee are required for each routine.
- Entries are allocated on a first come, first served basis.
- Entries close at midnight on Sunday 13th September 2026, or earlier if all spaces are filled.

Eligibility.

- **Ages are determined as of the date of the competition.**
- **Competitors under 16 must have parental or guardian consent.**
- **All competitors are expected to be physically fit to participate and should only perform skills they have been trained to perform.**

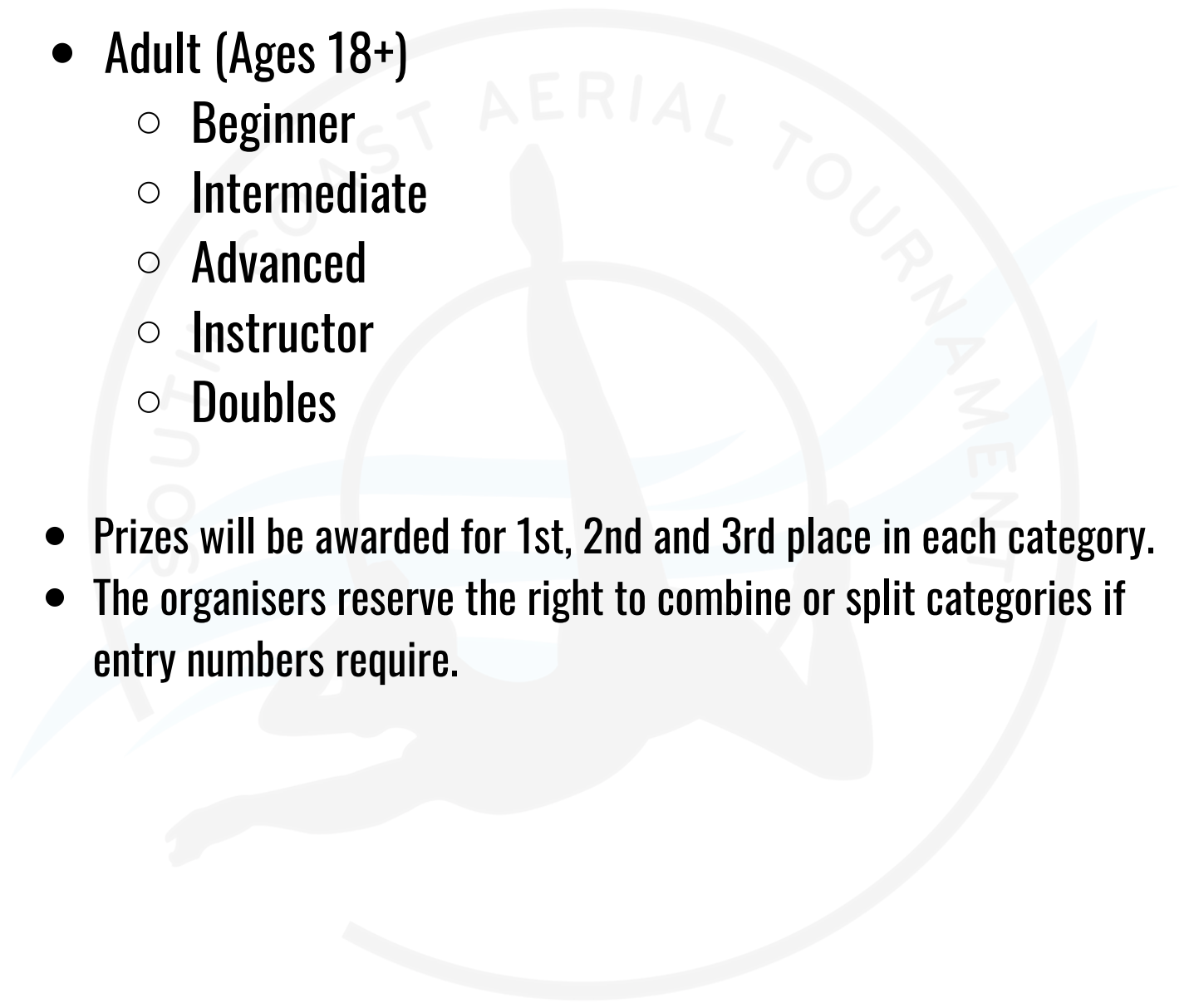


Categories

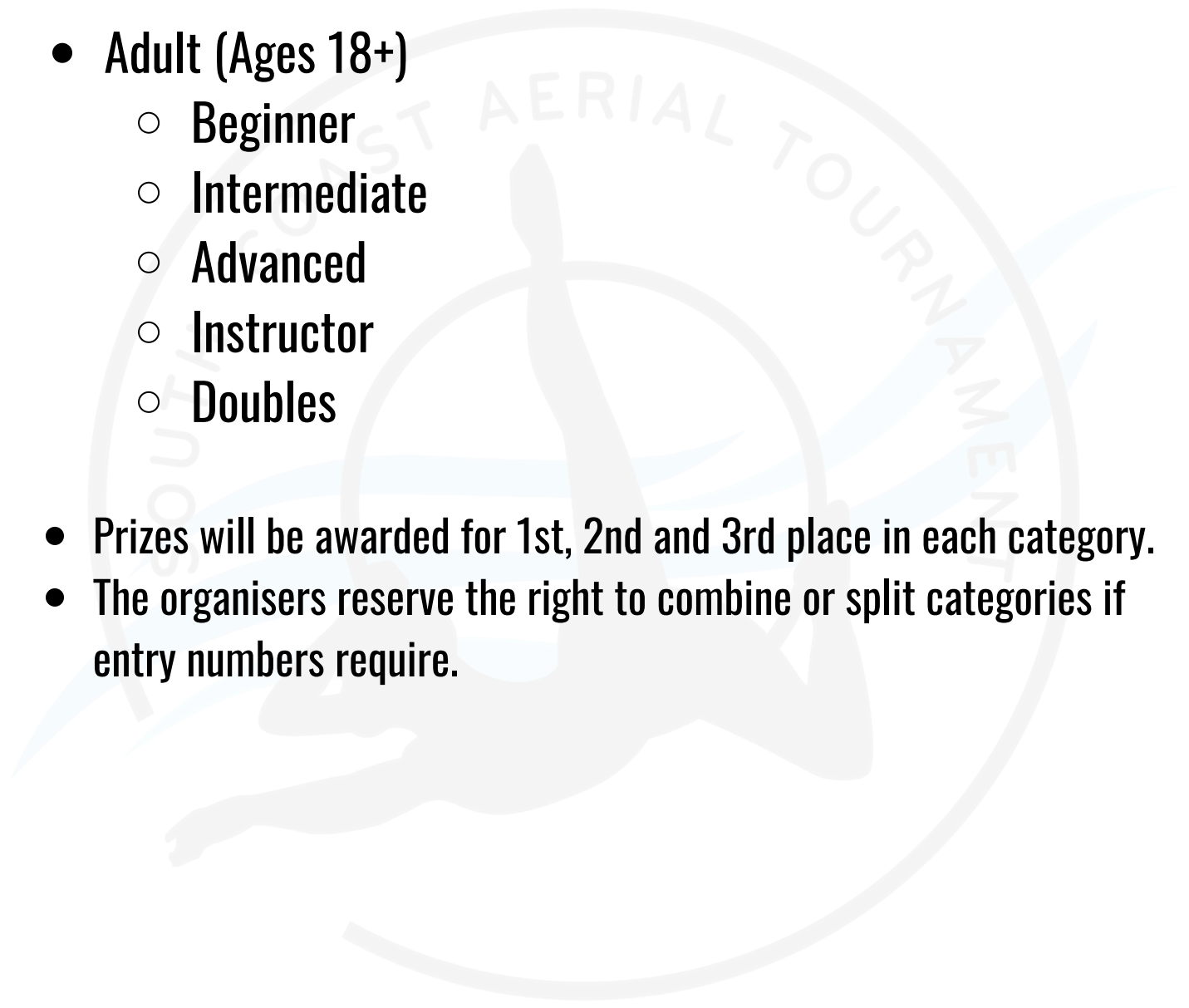
The Hampshire Festival is divided into the following age groups and apparatus categories.

- **Under 8**
 - Hoop
 - Silks
 - Open
 - Mini/Junior Doubles
- **Junior (Ages 9–12)**
 - Hoop
 - Silks
 - Open
 - Mini/Junior Doubles
- **Youth (Ages 13–17)**
 - Hoop
 - Silks
 - Open
 - Doubles

Categories

- **Adult (Ages 18+)**
 - Beginner
 - Intermediate
 - Advanced
 - Instructor
 - Doubles
 - Prizes will be awarded for 1st, 2nd and 3rd place in each category.
 - The organisers reserve the right to combine or split categories if entry numbers require.
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Categories

- **Adult (Ages 18+)**
 - Beginner
 - Intermediate
 - Advanced
 - Instructor
 - Doubles
 - Prizes will be awarded for 1st, 2nd and 3rd place in each category.
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Routine Requirements

Time Limits

- Solo routines:
 - Maximum 3 minutes
- Doubles routines:
 - Maximum 3 minutes 30 seconds
 - A five-second grace period is permitted before time penalties apply. After this, 5 marks will be deducted for every additional five seconds.

Routine Requirements

Under 8, Junior and Youth Categories

These categories are mixed ability, with no restrictions on the level of skills performed. Competitors should only perform skills that they can execute safely, confidently, and have been appropriately trained to perform.

Adult Categories

Adult competitors are divided into Beginner, Intermediate, Advanced and Instructor categories. These categories are mixed apparatus, meaning competitors performing on different apparatus will compete within the same ability level.

Adult Category Levels

Adult Ability Levels

Adult categories are mixed apparatus, meaning competitors using different apparatus will compete together within their chosen ability level.

If you are unsure which category is appropriate, please contact the organisers before entering. We reserve the right to move a competitor into a more suitable category where necessary.

Adult Category Levels

Beginner

Suitable for competitors who are developing fundamental aerial skills and performing introductory routines.

Hoop

- Bottom bar skills are permitted.
- Top bar skills are limited to basic positions such as hocks hang, scarab (including one-hand variation), Delilah and simple shapes beneath the top bar.
- Sliding to the bottom bar is permitted. Drops are not.
- No strop work.
- No advanced top bar skills or dynamic release moves.
- Permitted dynamic skills include mini mill wheel, single leg cradle roll to Delilah/candlestick and hanging beat to sitting.

Silks

- No inversion climbs.
- No aerial inversions.
- Skills in a hitch are permitted.
- Skills should remain within three climbs.
- Single rotation drops from a hitch are permitted.
- No double rotation drops in the hitch.

Open Apparatus

- No inversion climbs or aerial inversions.
- Single rotation beginner-level drops only.
- No stacked drops.
- No skills performed from a climb.
- Skills should primarily use the apparatus itself (loop, bar etc.).
- No extreme flexibility or strength elements.

Adult Category Levels

Intermediate

Suitable for competitors who are confidently performing more complex combinations, aerial inversions and controlled dynamic skills.

Advanced release moves, elite strength skills and high-risk drops should not be included.

Hoop

- Neck, heel and foot hangs are not permitted.
- No elbow rolls, barrel rolls, lion rolls or rotisserie chicken rolls.
- One point of contact must remain during drops and rolls.
- No extreme flexibility or strength skills.
- Air inversions on the strop are not permitted, although inverted strop work is allowed.
- Split strop skills are permitted where the hoop is not manipulated above the head.

Silks

- Skills in a hitch are not permitted.
- Aerial inversions and inversion climbs are permitted.
- Stacked drops are permitted.
- Double rotation drops are not permitted.
- Unlocked drops are not permitted.

Open Apparatus

- Maximum of two stacked drops.
- No double rotation drops.
- No rolls such as elbow rolls, barrel rolls or snake rolls.
- No foot, heel or neck hangs.
- No extreme flexibility or strength elements.

Adult Category Levels

Advanced

No restrictions.

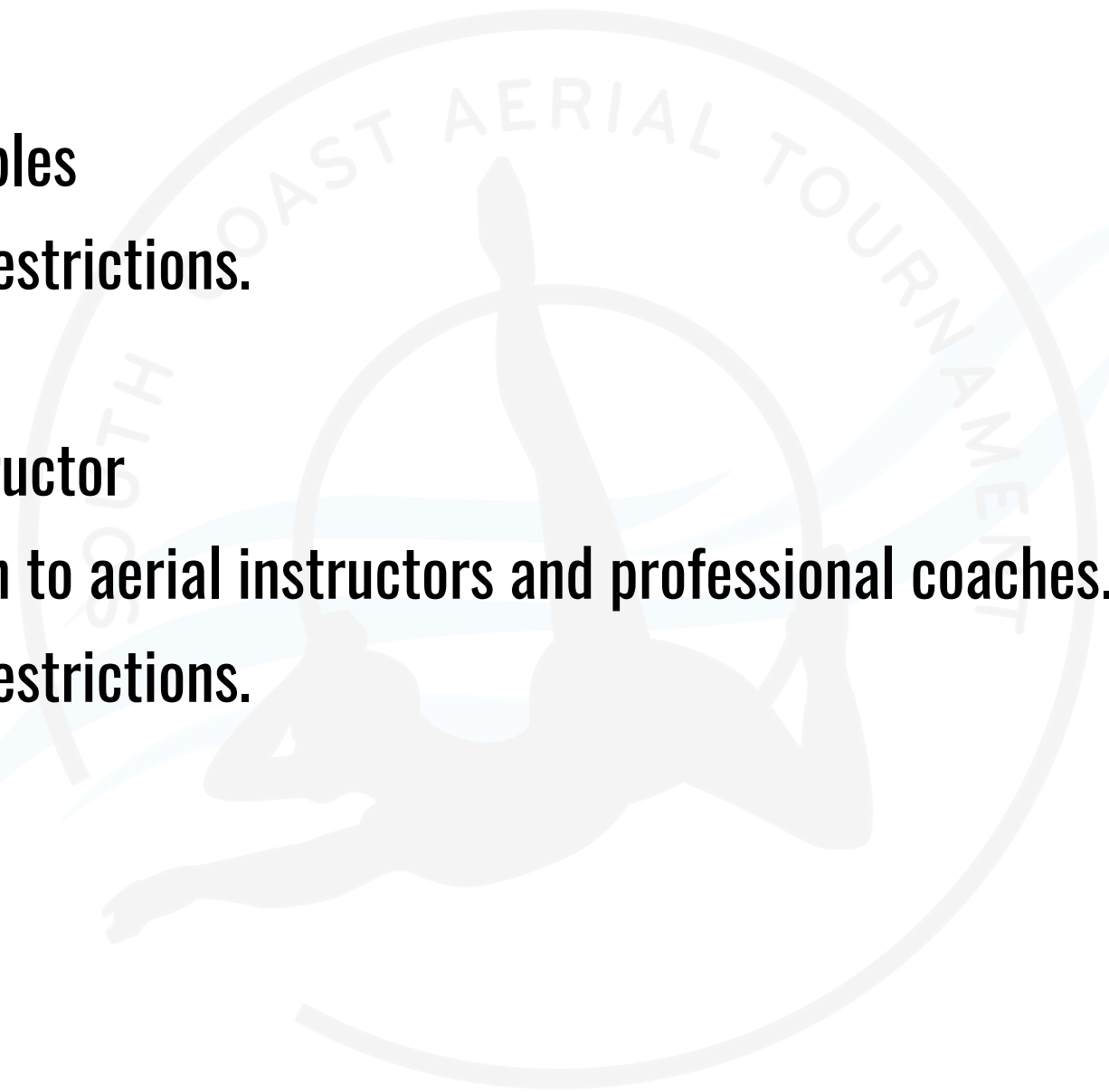
Doubles

No restrictions.

Instructor

Open to aerial instructors and professional coaches.

No restrictions.



Equipment

The following equipment will be provided:

- Hoops: 80cm, 85cm, 90cm and 95cm
- Youth Medium Stretch Firetoys Silks
- Adult Prodigy Low Stretch Silks
- 8m Aerial Sling

Competitors using these apparatus must use the equipment provided.

Open Category

Competitors entering the Open category may use their own apparatus provided that:

- it rigs from a single point
- it has been safety checked
- they accept full responsibility for its condition and use

The organisers reserve the right to confirm equipment before the competition.

Rigging

- Approximate rigging height: 6 metres
- All apparatus will rig from a single point
- All apparatus will use a swivel
- Equipment will be attached to a pulley system, allowing competitors to adjust their preferred working height before performing.

Equipment

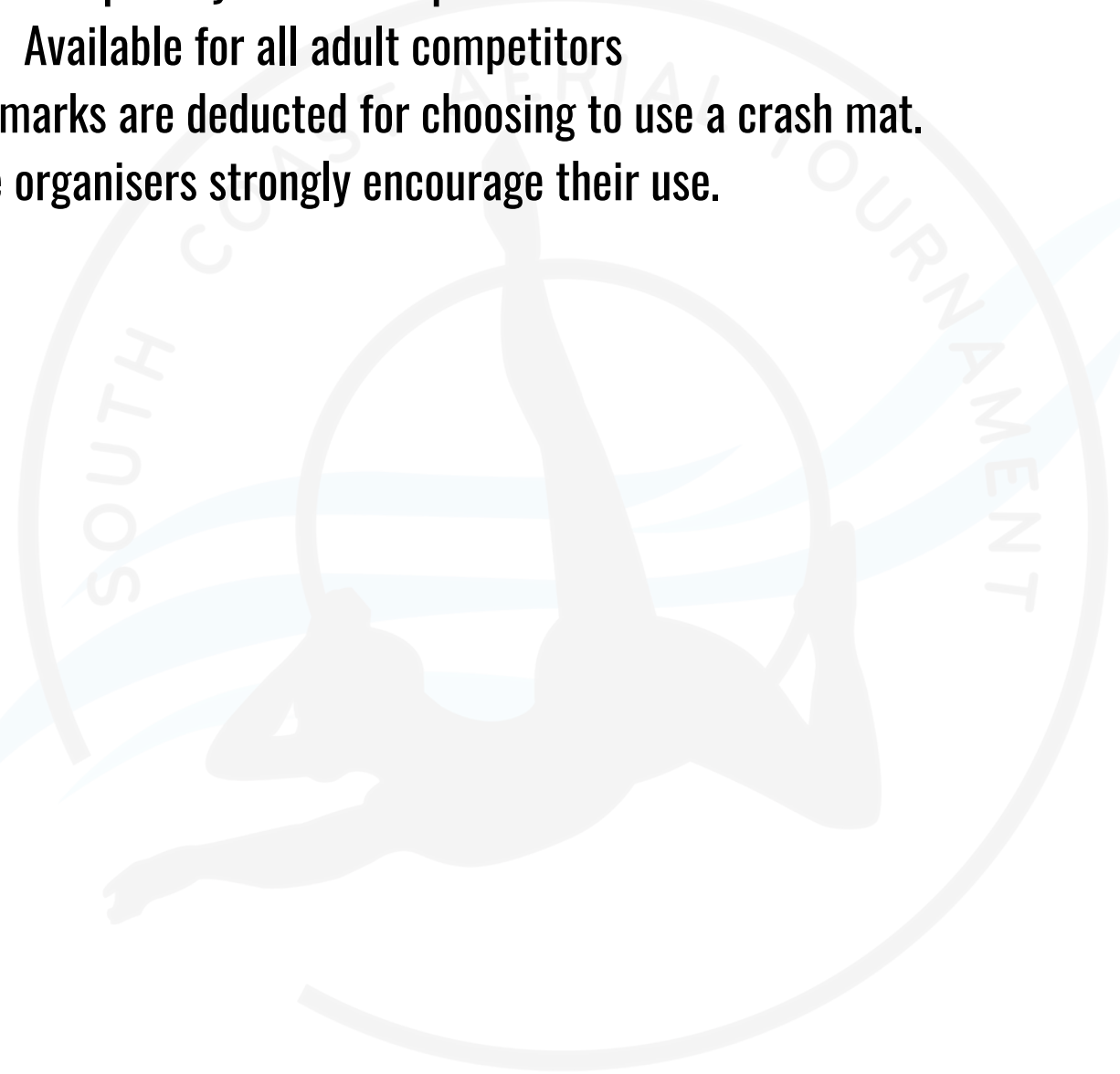
Crash Mats

Crash mats are:

- Compulsory for all competitors under 16
- Available for all adult competitors

No marks are deducted for choosing to use a crash mat.

The organisers strongly encourage their use.



Music

Music

- Music must not contain offensive language.
- Music must be submitted in MP3 format.
- Spotify, Apple Music or YouTube links cannot be accepted.
- Music upload instructions and deadline will be sent before the competition.
- Late submissions may result in removal from the running order.
- Music files should be named:

CompetitorName_AgeGroup_Category

Example:

JoeBloggs_U10_Silks.mp3

Competitors should also bring a backup copy on the day.

Costume

Costume

Competitors should wear costumes that are:

- Safe for aerial performance
- Appropriate for a family audience
- Suitable for the routine

Please note:

- Shoes may not be worn on apparatus.
- Gaiters are permitted.
- Costume malfunctions may result in mark deductions.
- Indecent exposure will result in disqualification.

Costume forms part of the judging criteria.

Competition Rules

- Competitors compete at their own risk.
- Competitors are responsible for warming up before performing.
- Qualified first aiders will be present throughout the event.
- Props are permitted but must be approved in advance.
- Props should be quick to set up and remove and must not create mess or delays.
- Spectators are not permitted in the performance area.
- Competitors may only perform once.
- If a routine is stopped, marks will be awarded only up to that point.
- Competitors must not be under the influence of drugs or alcohol.
- The organisers reserve the right to disqualify competitors displaying unsafe or inappropriate behaviour.

Photography & Filming

By entering, competitors give permission for photographs and videos taken during the competition to be used by the organisers for promotional and marketing purposes

Ties

If two competitors receive the same overall score, the higher Performance & Musicality score will determine the winner.

If scores remain tied, the higher Tricks score will decide the result.

Event Changes

The organisers reserve the right to amend the schedule or postpone the competition should circumstances beyond their control make this necessary.

Terms & Conditions

By entering the Hampshire Festival, competitors confirm that they:

- have read and understood these rules
- are fit to participate
- accept that they compete at their own risk
- agree to the competition waiver and terms and conditions

No refunds will be issued once an entry has been accepted.

Contact

If you have any questions, please contact the organisers via email or social media.

Email: info@southcoastaerialtournament.co.uk