# Levels Info Pack

# Levels

Where possible, our categories are split into beginner, intermediate, advanced & elite.
To split categories we require enough entries. We reserve the right to split or merge categories based on final entry numbers.

If you have previously won a beginner category at SCAT you must move up levels even if performing on a different piece of equipment.
This does not include Novice categories.
Any Intermediate winner may win 3 times at SCAT but then must move up to advanced level even if on a different piece of equipment.

Elite is a mixed apparatus category for anyone who has competed/placed at:

- UKAPC (finalist of emerging/experienced or adults)
- IPAAT (placed top 2 in advanced)
- UAA (placed top 3 in advanced or above)
- South West Aerial Championships (Placed 1st) (this does not include their novice category)

# Levels

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

5 MARKS PER MOVE

# Beginner Hoop

- All bottom bar moves (with at least 2 points of contact) are allowed.
- Top bar moves allowed:
    - Shapes under the top bar i.e splits/stag/pencil, hocks hang on top, scarab (inc. 1 hand variation) and top bar Delilah only.
- You are allowed to slide to the bottom bar only, no drops.
- Moves such as hocks splits are not classed as beginner.
- No strop work. including holding with a hand/foot.
    - The strop is not to be used in any way.
    - No sitting on top of the hoop holding the strop allowed.
- Dynamic moves allowed: Mini mill wheel, single leg cradle roll to Delilah/candlestick and hanging beat to sitting.
- We use Spin City as a guide for beginners' moves, if unsure please feel free to contact us and check.

# Intermediate Hoop

- No neck, foot or heel hangs
- No elbow rolls, no lion rolls, no rotisserie chicken rolls, no barrel rolls.
- No complete release and catch drops (Tombés), one hand or leg must be on the hoop at all times during drops/rolls.
- No extreme flexibility i.e. reaching overhead. Split variations of moves are allowed.
- No extreme strength moves i.e. planche & meathooks.
- No air inverts on the strop (IE only hands holding the strop at the time of invert) - but inverted moves in the strop or holding the strop with hand/foot are allowed.
- Split strop moves are allowed where the hoop is not manipulated above the head.

# Beginner Silks

- No Inversion Climbs (Straddle climb overs, Same side climbs, pike hocks climb etc.)
- No Aerial inversions (catchers, cross back inverts where foot locks have been put in the air)
- Skills in a hitch allowed.
- No Skills above 3 climbs.
- Drops/Rotations permitted in a hitch.
    - No drops of a double rotation

# Intermediate Silks

- No skills in a hitch allowed.
- Aerial inversions allowed.
- Inversion climbs allowed.
- No Drops of a double rotation but stacked drops allowed.
- A (non exhaustive) list of drops permitted at this level
    - Fallen angel/360
    - Single star
    - Tick Tock
    - Hocks Drop
- No unlocked drops (where your hands must leave the post to catch the tail to land youe drop - Ie. Open star, Full Crucifix...)

We would consider the following moves appropriate for the advanced category and would move them up

- Inlocates
- Scorpion Handstands
- Neck Hangs

# Beginner Open

- No Inversion Climbs (Straddle climb overs, Same side climbs, pike hocks climb etc.)
- No Aerial inversions (catchers, cross back inverts etc)
- Drops of a single rotation only, no stacked on top of another move/drop. Ie in sling you cannot stack a salto on top of a cats cradle etc.
- Beginner only drops.
- No moves from a climb.
- Moves should be mainly using the loop of the sling/trapeze bar etc.
- No extreme flexibility
- No extreme strength moves
- Use the silks/hoop restriction to apply to most moves on open apparatus and please use Spin City levels as a guide or message us.
    - If you are unsure please get in contact before the competition! We reserve the right to move you up if we feel your routine is too advanced for this category.

# Intermediate Open

- No drops of a double rotation. i.e. a double forward salto.
- Max 2 stacked drops on top of another move/drop. I.e. in sling if stack a salto on top of a cat's cradle drop etc.
- No extreme flexibility e.g. reaching over head, however split variations are allowed.
- No rolls I.e. elbow rolls, barrel rolls etc, snake rolls, rotisserie chicken etc.
- No extreme strength moves i.e planche and meathooks
- No foot, heel, neck hangs
- If you are unsure please get in contact before the competition! We reserve the right to move you up if we feel your routine is too advanced for this category.

# Advanced/Elite & Doubles

- NO RESTRICTIONS

# Scoring

You will be marked for each of the following categories:

- Tricks - performed correctly and neatly
- Tricks - variety of strength/flex, top/bottom bar etc, interesting tricks and combinations
- Transitions on the equipment between moves and on/off the equipment
- Floorwork
- Performance
- Musicality
- Costume is NOT judged at video stage but will be judged at the final
- Feedback will be emailed after the video judging has finished, and given to club coaches after the live competition for them to give to their students.