



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

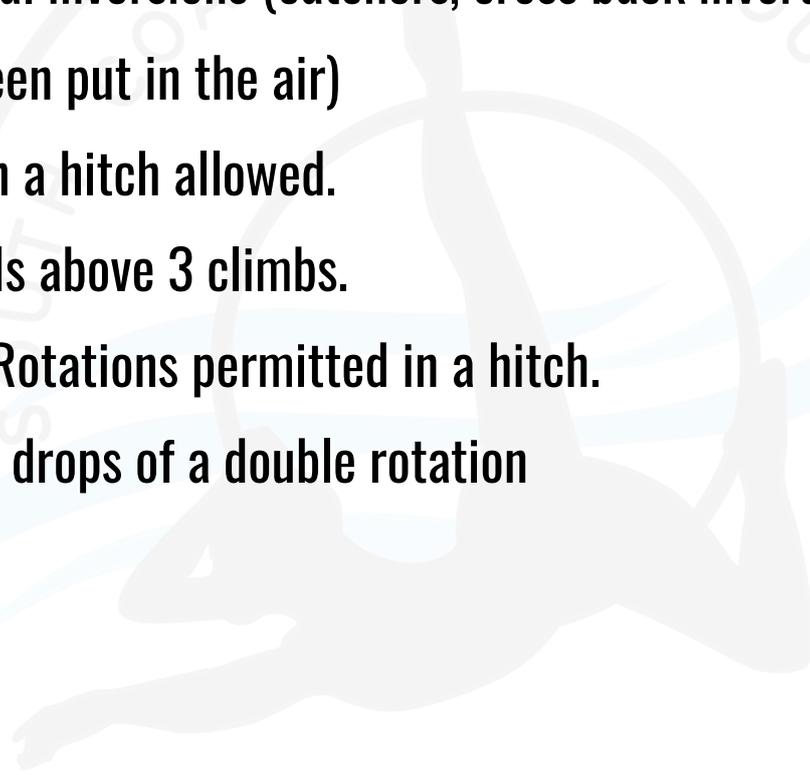
- All bottom bar moves (with at least 2 points of contact) are allowed.
- Top bar moves allowed:
 - Shapes under the top bar i.e splits/stag/pencil, hocks hang on top, scarab (inc. 1 hand variation) and top bar Delilah only.
- You are allowed to slide to the bottom bar only, no drops.
- Moves such as 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...)

Beginner Open

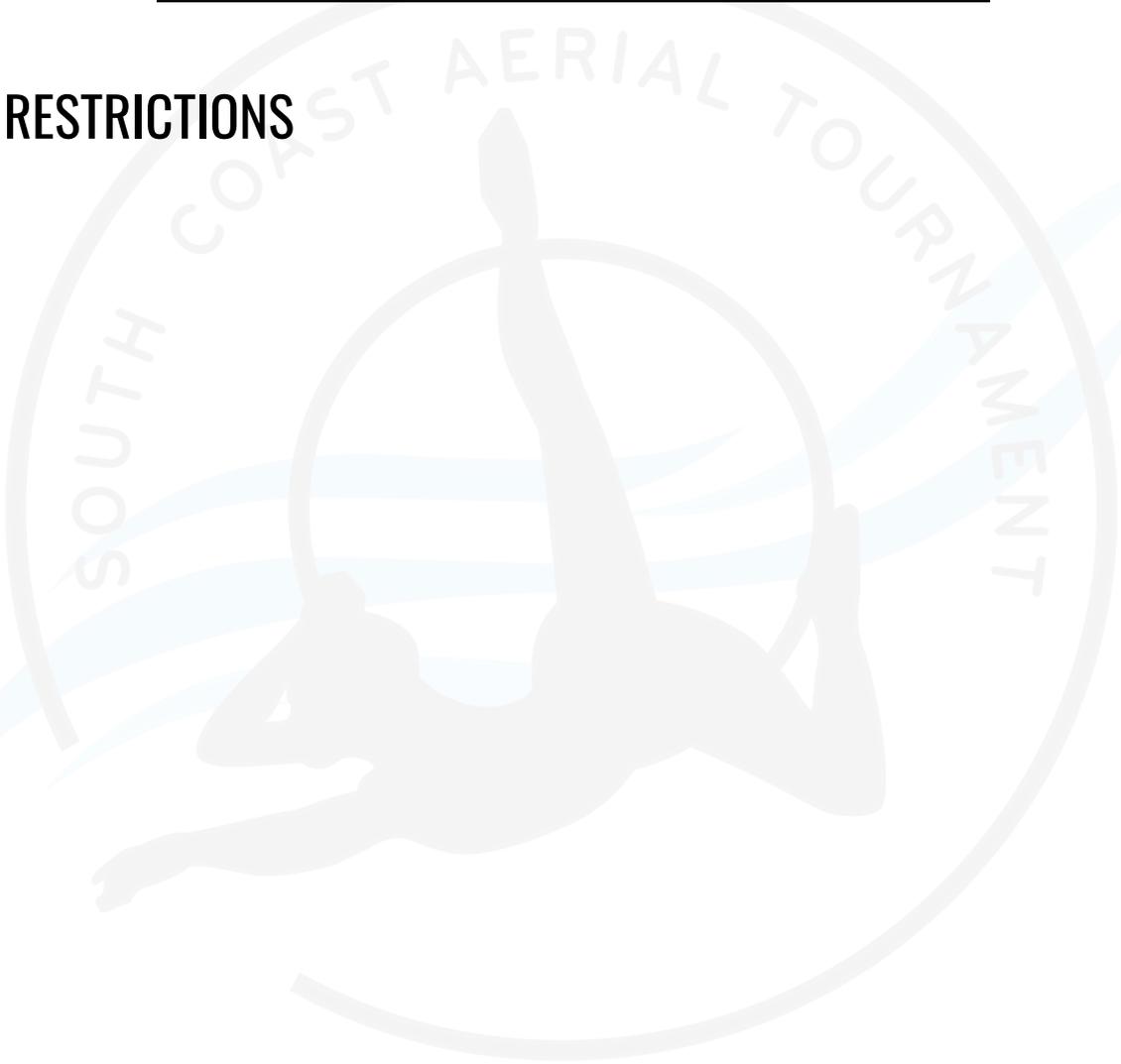
- No Inversion Climbs (Straddle climb overs, Same side climbs, pike hocks climb etc.)
- No Aerial inversions (catchers, cross back inverts etc)
- Drops of a single rotation only, no stacked on top of another move/drop. In sling you cannot stack a salto on top of a cats cradle etc.
- Beginner only drops.
- No moves from a climb.
- Moves should be mainly using the loop of the sling/trapeze bar etc.
- No aerial inversions
- 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.