

LEVELS INFO

Novice Festival



Levels:

Novice is for first time competitors only – regardless of equipment. Your routine must be at a beginner level.

Beginner is for any competitor still competing at a beginner level. You cannot have competed at any level above beginner in your chosen apparatus.

It is possible to have competed at an intermediate level on one apparatus and be beginner in another. For example, if you have competed at an intermediate level in hoop but are a beginner on silks, you can still enter beginner silks. Please be honest and only enter if you are a true beginner in line with the spirit of this competition.

Allowed/disallowed moves: Aerial Hoop

Beginners hoop:

- All Bottom bar moves with at least 2 points of contact are allowed.
- Mounts: Delilah, straddle, pike and side bar straddle only. We do not class Russian mounts or front balance mounts as a beginners move.
- Top bar moves allowed: shapes under the bar (stag/splits etc), Gazelle on top bar, Scarab and hocks slide **only**. Moves such as hocks split are not classed as beginner.
- No strop work, the strop should not be in contact at any time, including holding with hand or foot.
- Dynamic moves allowed: Mini mill wheel, single leg cradle roll only. No Russian mounts or beats.
- No extreme flexibility moves e.g reaching over head, over splits etc. normal split variations are allowed.

An example of core beginner moves:

- Delilah variations
- Hocks hang
- Seat variations
- Man in the moon/secretary seat/scissor seat/figure 4 seat.
- Birdie
- Side star
- Single and double leg cradle
- Mermaid
- Angel
- Arabesque
- Peter Pan
- Cobra
- Inside mermaid
- High angel

- Splits/stag/pencil under the bar (inc top bar)
- Under bar shape variations (with 2 points of contact)
- Gazelle (including basic variations)
- Star on the bar
- Birds nest
- Crescent moon
- Pike away/splits away
- Candlestick
- Coffin/faint
- Scarab forward or backwards push. Not over head push
- Gazelle on the top bar
- Mini mill wheel
- Single leg cradle roll out

We use Spin City as a guide for beginners moves, if unsure please feel free to contact us and check.

Allowed/disallowed moves: Silks

Beginner Silks

- No Inversion Climbs (Straddle climb overs, Same side climbs, pike hocks climb etc.)
- No Aerial inversions (catchers etc.)
- Skills in a hitch allowed.
- No Skills above 3 climbs.
- Drops/Rotations permitted in a hitch.

*A note on drops - these should be learnt with an instructor and cleared that you can perform it SAFELY before adding to your routine.

Please remember that your wrapping of the drop is as important in your routine as the drop itself.

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Example of core silks beginners moves:

- French climb
- Russian climb
- Single & double figure 8 footlock (up to 3 climbs)
- Hip lean
- Cabot circus
- Crucifix splits
- Angel mermaid
- Standing arabesque
- Ninas trick gazelle
- Single foot roll up
- Double footlock splits
- Beaman sit
- Elsie cross
- Hiplock
- Straddle/pike/ball shapes in hitch
- Gazelle in hitch
- Goddess in hitch
- Straddle invert
- Inside/outside leg hooks
- Double crochet

- Planchet drop in hitch
- 1 salto in hitch
- Hiplock half drop in hitch
- Forwards roll

Sling/trapeze

Please refer to hoop & silks rules to gauge similar moves allowed for sling and trapeze

Other Open equipment:

Open categories are harder to define – please use hoop and silks guidelines if needed to determine levels. Please feel free to message us if you're unsure on moves.

- No aerial inverts allowed, feet must remain on the base of the equipment (or floor) when initiating inverting. EG inverts on a trapeze will start with feet on the bar, or in sling from standing in the loop.
- No inversion climbs
- No move than 1 full drop or rotation allowed. i.e forward salto in the sling, no stacked drops
- No release and catch moves, you should be fully supported by your equipment.
- No skills above 3 climbs
- No extreme flexibility (e.g overhead reach or over splits)
- No extreme strength moves

All moves should be what you would set out to teach a true beginner in your classes.

We use Spin City as a guide for beginners moves, if unsure please feel free to contact us and check.

Feedback and Scoring

Competitors will be marked on the following:

- **Costume, marked out of 5:** Does it fit the theme? Does it add to the performance? No malfunctions/fiddling with during the performance
- **Floorwork, marked out of 5:** Fits the theme if appropriate? In time with music? Flows nicely? Shows acrobatic or dance technique?
- **Equipment transitioning, marked out of 10:** Floor to apparatus, is it incorporated into the routine? Mounts and dismounts on the equipment Transitions between tricks clean
- **Tricks, marked out of 10:** Are they executed safely & well? Are limbs engaged in transitions? Are tricks appropriate to routine? Are there tricks that need more work? Doubles: are they performing tricks together and apart, used a range of mirrored, stacked, base and flying?
- **Performance/musicality, marked out of 20:** Was it enjoyable? Participants engage with audience? Routine went well with music highs and lows? Any hesitations or unchoreographed pauses? Did they forget the routine? Did the energy match the music used? Doubles do they interact with each other?

Maximum marks available: 50

Feedback will be given to club coaches after the competition for them to give to their students.