

UNDER 18 CATEGORIES	RULES/RESTRICTIONS
<b>MINI HOOP</b>  <b>2.5-3 MINUTES</b>	<p>THE COMPETITOR MUST BE BETWEEN THE AGES OF 6 - 8 YEARS OLD ON THE DAY OF LIVE FINALS</p> <ul style="list-style-type: none"> <li>-NO STROP WORK</li> <li>-NO FOOT,HEEL OR NECK HANGS</li> <li>-NO ELBOW OR LION ROLLS</li> </ul>
<b>MINI SILKS</b>  <b>2.5-3 MINUTES</b>	<p>THE COMPETITOR MUST BE BETWEEN THE AGES OF 6 - 8 YEARS OLD ON THE DAY OF LIVE FINALS</p> <ul style="list-style-type: none"> <li>-NO SAME SIDE WRAP DROPS (ONLY KNOTTED AND CROSS BACKS)</li> <li>-NO FOOT,HEEL OR NECK HANGS (WRAPPED FOOT HANGS EXCLUDED)</li> </ul>
<b>MINI OPEN</b>  <b>2.5-3 MINUTES</b>	<p>THE COMPETITOR MUST BE BETWEEN THE AGES OF 6 - 8 YEARS OLD ON THE DAY OF LIVE FINALS</p> <ul style="list-style-type: none"> <li>- SAME RULES AS HOOP AND SILKS – IF YOU ARE UNSURE PLEASE MESSAGE US.</li> </ul>
<b>BEGINNER HOOP</b>  <b>2.5-3 MINUTES</b>	<ul style="list-style-type: none"> <li>- 3 POINTS OF CONTACT AT ALL TIMES</li> <li>- NO STROP WORK (TOP BAR ALLOWED)</li> <li>- NO NECK, FOOT OR HEEL HANGS</li> <li>- NO ELBOW OR LION ROLLS</li> <li>- YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.</li> </ul>

<b>BEGINNER SILKS</b>  <b>2.5-3 MINUTES</b>	<p>-3 POINTS OF CONTACT AT ALL TIMES</p> <p>-NO TRICKS ALLOWED FROM A CLIMB (IE – FOOTLOCKS OR DROPS)</p> <p>- EGG KNOT DROPS FROM FLOOR ALLOWED.</p> <p>- NO NECK, FOOT OR HEEL HANGS</p> <p>-YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.</p>
<b>BEGINNER OPEN</b>  <b>2.5-3 MINUTES</b>	<p>-3 POINTS OF CONTACT AT ALL TIMES</p> <p>- SAME RULES AS HOOP AND SILKS – IF YOU ARE UNSURE PLEASE MESSAGE US.</p> <p>-YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.</p>
<b>INTERMEDIATE HOOP</b>  <b>2.5 – 3.10 MINUTES</b>	<p>- 2 POINTS OF CONTACT AT ALL TIMES</p> <p>- SOME STROP WORK TRICKS ALLOWED – ANY MOVES WHERE YOUR BODY IS INSIDE THE STROP SECURLEY AND THE HOOP IS NOT MANIPULATED IN ANY WAY.</p> <p>-(CONTACT MOLLIE VIA WHATSAPP ON 07888991269 FOR EXAMPLES OF ALLOWED TRICKS)</p> <p>- NO NECK, FOOT OR HEEL HANGS</p> <p>- NO ELBOW OR LION ROLLS</p> <p>-YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.</p>

<b>INTERMEDIATE SILKS</b>  <b>2.5 – 3.10 MINUTES</b>	-2 POINTS OF CONTACT AT ALL TIMES  -FOOTLOCK TRICKS AND CROSS BACK DROPS ALLOWED FROM A CLIMB.  - NO RECATCH/ GRIP CHANGE TRICKS ALLOWED.  -NO UNLOCKED/UNWRAPPED DROPS.  - NO NECK, FOOT OR HEEL HANGS (WRAPPED FOOT HANGS EXCLUDED)  -YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.
<b>INTERMEDIATE OPEN</b>  <b>2.5 – 3.10 MINUTES</b>	-2 POINTS OF CONTACT AT ALL TIMES  - SAME RULES AS HOOP AND SILKS – IF YOU ARE UNSURE PLEASE MESSAGE US.  -YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.
<b>ADVANCED HOOP</b>  <b>2.5 – 3.10 MINUTES</b>	-NO RESTRICTIONS
<b>ADVANCED SILKS</b>  <b>2.5 – 3.10 MINUTES</b>	-NO RESTRICTIONS
<b>ADVANCED OPEN</b>  <b>2.5 – 3.10 MINUTES</b>	-NO RESTRICTIONS
<b>6-11 DOUBLES 2.5 – 3.10 MINUTES</b>	-NO RESTRICTIONS
<b>12-17 DOUBLES 2.5 – 3.10 MINUTES</b>	-NO RESTRICTIONS
<b>FREESTYLE HOOP</b>	-NO RESTRICTIONS
<b>FREESTYLE SILKS</b>	-NO RESTRICTIONS

OVER 18 CATEGORIES	RULES/RESTRICTIONS
<b>NOVICE AERIAL</b>  <b>3.10 MINUTES MAXIMUM</b>	<p>-YOU CAN ENTER THIS CATEGORY IF YOU HAVE NEVER COMPETED BEFORE. (SHOWCASE PERFORMANCES DO NOT COUNT)</p> <p>-YOU MUST NOT BE PAID TO INSTRUCT OR PERFORM AERIAL IN THIS CATEGORY.</p>
<b>LOW AMATEUR HOOP</b>  <b>3.10 MINUTES MAXIMUM</b>	<p>-YOU MUST NOT BE PAID TO INSTRUCT OR PERFORM AERIAL IN THIS CATEGORY.</p> <p>- 2 POINTS OF CONTACT AT ALL TIMES</p> <p>- SOME STROP WORK TRICKS ALLOWED – ANY MOVES WHERE YOUR BODY IS INSIDE THE STROP SECURLEY AND THE HOOP IS NOT MANIPULATED IN ANY WAY.</p> <p>-(CONTACT MOLLIE VIA WHATSAPP ON 07888991269 FOR EXAMPLES OF ALLOWED TRICKS)</p> <p>- NO NECK, FOOT OR HEEL HANGS</p> <p>- NO ELBOW OR LION ROLLS</p> <p>-YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.</p>
<b>LOW AMATEUR SILKS</b>  <b>3.10 MINUTES MAXIMUM</b>	<p>YOU MUST NOT BE PAID TO INSTRUCT OR PERFORM AERIAL IN THIS CATEGORY.</p> <p>-2 POINTS OF CONTACT AT ALL TIMES</p> <p>-FOOTLOCK TRICKS AND CROSS BACK DROPS ALLOWED FROM A CLIMB.</p> <p>- NO RECATCH/ GRIP CHANGE TRICKS ALLOWED.</p> <p>-NO UNLOCKED/UNWRAPPED DROPS.</p> <p>- NO NECK, FOOT OR HEEL HANGS (WRAPPED FOOT HANGS EXCLUDED)</p> <p>-YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.</p>

<b>LOW AMATEUR OPEN</b>  <b>3.10 MINUTES MAXIMUM</b>	<p>YOU MUST NOT BE PAID TO INSTRUCT OR PERFORM AERIAL IN THIS CATEGORY.</p> <p>-2 POINTS OF CONTACT AT ALL TIMES</p> <p>- SAME RULES AS HOOP AND SILKS – IF YOU ARE UNSURE PLEASE MESSAGE US.</p> <p>-YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.</p>
<b>HIGH AMATEUR HOOP</b>  <b>3.10 MINUTES MAXIMUM</b>	<p>-NO RESTRICTIONS</p> <p>YOU MUST NOT BE PAID TO INSTRUCT OR PERFORM AERIAL IN THIS CATEGORY.</p>
<b>HIGH AMATEUR SILKS</b>  <b>3.10 MINUTES MAXIMUM</b>	<p>-NO RESTRICTIONS</p> <p>YOU MUST NOT BE PAID TO INSTRUCT OR PERFORM AERIAL IN THIS CATEGORY.</p>
<b>HIGH AMATEUR OPEN</b>  <b>3.10 MINUTES MAXIMUM</b>	<p>-NO RESTRICTIONS</p> <p>YOU MUST NOT BE PAID TO INSTRUCT OR PERFORM AERIAL IN THIS CATEGORY.</p>
<b>LOW INSTRUCTOR HOOP</b>  <b>3.10 MINUTES MAXIMUM</b>	<p>- 2 POINTS OF CONTACT AT ALL TIMES</p> <p>- SOME STROP WORK TRICKS ALLOWED – ANY MOVES WHERE YOUR BODY IS INSIDE THE STROP SECURELY AND THE HOOP IS NOT MANIPULATED IN ANY WAY.</p> <p>-(CONTACT MOLLIE VIA WHATSAPP ON 07888991269 FOR EXAMPLES OF ALLOWED TRICKS)</p>
	<p>- NO NECK, FOOT OR HEEL HANGS</p> <p>- NO ELBOW OR LION ROLLS</p> <p>-YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.</p>

<b>LOW INSTRUCTOR SILKS</b>  <b>3.10 MINUTES MAXIMUM</b>	-2 POINTS OF CONTACT AT ALL TIMES  -FOOTLOCK TRICKS AND CROSS BACK DROPS ALLOWED FROM A CLIMB.  - NO RECATCH/ GRIP CHANGE TRICKS ALLOWED.  -NO UNLOCKED/UNWRAPPED DROPS.  - NO NECK, FOOT OR HEEL HANGS  -YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.
<b>LOW INSTRUCTOR OPEN</b>  <b>3.10 MINUTES MAXIMUM</b>	-2 POINTS OF CONTACT AT ALL TIMES  - SAME RULES AS HOOP AND SILKS – IF YOU ARE UNSURE PLEASE MESSAGE US.  -YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.
<b>HIGH INSTRUCTOR HOOP</b>  <b>3.10 MINUTES MAXIMUM</b>	-NO RESTRICTIONS
<b>HIGH INSTRUCTOR SILKS</b>  <b>3.10 MINUTES MAXIMUM</b>	-NO RESTRICTIONS
<b>HIGH INSTRUCTOR OPEN</b>  <b>3.10 MINUTES MAXIMUM</b>	-NO RESTRICTIONS
<b>PROFESSIONAL AERIAL</b>  <b>3.10 MINUTES MAXIMUM</b>	-NO RESTRICTIONS
<b>MASTERS AERIAL</b>  <b>3.10 MINUTES MAXIMUM</b>	-NO RESTRICTIONS
<b>AMATEUR DOUBLES</b>  <b>3.10 MINUTES MAXIMUM</b>	-NO RESTRICTIONS
	YOU MUST NOT BE PAID TO INSTRUCT OR PERFORM AERIAL IN THIS CATEGORY.
<b>INSTRUCTOR DOUBLES</b>  <b>3.10 MINUTES MAXIMUM</b>	-NO RESTRICTIONS

<b>FREESTYLE HOOP</b>	-NO RESTRICTIONS
<b>FREESTYLE SILKS</b>	-NO RESTRICTIONS