

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

BEGINNER SILKS	-3 POINTS OF CONTACT AT ALL TIMES
2.5-3 MINUTES	<ul style="list-style-type: none"> -NO TRICKS ALLOWED FROM A CLIMB (IE – FOOTLOCKS OR DROPS) - EGG KNOT DROPS FROM FLOOR ALLOWED. - NO NECK, FOOT OR HEEL HANGS <p>-YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.</p>
BEGINNER OPEN	<ul style="list-style-type: none"> -3 POINTS OF CONTACT AT ALL TIMES
2.5-3 MINUTES	<ul style="list-style-type: none"> - 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.
INTERMEDIATE HOOP	<ul style="list-style-type: none"> - 2 POINTS OF CONTACT AT ALL TIMES
2.5 – 3.10 MINUTES	<ul style="list-style-type: none"> - SOME STROP WORK TRICKS ALLOWED – ANY MOVES WHERE YOUR BODY IS INSIDE THE STROP SECURLEY AND THE HOOP IS NOT MANIPULATED IN ANY WAY. -(CONTACT MOLLIE VIA WHATSAPP ON 07888991269 FOR EXAMPLES OF ALLOWED TRICKS) - NO NECK, FOOT OR HEEL HANGS - NO ELBOW OR LION ROLLS <p>-YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.</p>

INTERMEDIATE SILKS	-2 POINTS OF CONTACT AT ALL TIMES
2.5 – 3.10 MINUTES	<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>
INTERMEDIATE OPEN	-2 POINTS OF CONTACT AT ALL TIMES
2.5 – 3.10 MINUTES	<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>
ADVANCED HOOP	-NO RESTRICTIONS
2.5 – 3.10 MINUTES	
ADVANCED SILKS	-NO RESTRICTIONS
2.5 – 3.10 MINUTES	
ADVANCED OPEN	-NO RESTRICTIONS
2.5 – 3.10 MINUTES	
6-11 DOUBLES 2.5 – 3.10 MINUTES	-NO RESTRICTIONS
12-17 DOUBLES 2.5 – 3.10 MINUTES	-NO RESTRICTIONS
FREESTYLE HOOP	-NO RESTRICTIONS
FREESTYLE SILKS	-NO RESTRICTIONS

OVER 18 CATEGORIES	RULES/RESTRICTIONS
NOVICE AERIAL 3.10 MINUTES MAXIMUM	<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>
LOW AMATEUR HOOP 3.10 MINUTES MAXIMUM	<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>
LOW AMATEUR SILKS 3.10 MINUTES MAXIMUM	<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 REATCH/ 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>

LOW AMATEUR OPEN 3.10 MINUTES MAXIMUM	<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>
HIGH AMATEUR HOOP 3.10 MINUTES MAXIMUM	<p>-NO RESTRICTIONS</p> <p>YOU MUST NOT BE PAID TO INSTRUCT OR PERFORM AERIAL IN THIS CATEGORY.</p>
HIGH AMATEUR SILKS 3.10 MINUTES MAXIMUM	<p>-NO RESTRICTIONS</p> <p>YOU MUST NOT BE PAID TO INSTRUCT OR PERFORM AERIAL IN THIS CATEGORY.</p>
HIGH AMATEUR OPEN 3.10 MINUTES MAXIMUM	<p>-NO RESTRICTIONS</p> <p>YOU MUST NOT BE PAID TO INSTRUCT OR PERFORM AERIAL IN THIS CATEGORY.</p>
LOW INSTRUCTOR HOOP 3.10 MINUTES MAXIMUM	<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>
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LOW INSTRUCTOR SILKS	-2 POINTS OF CONTACT AT ALL TIMES
3.10 MINUTES MAXIMUM	<ul style="list-style-type: none"> -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 <p>-YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.</p>
LOW INSTRUCTOR OPEN	-2 POINTS OF CONTACT AT ALL TIMES
3.10 MINUTES MAXIMUM	<ul style="list-style-type: none"> - SAME RULES AS HOOP AND SILKS – IF YOU ARE UNSURE PLEASE MESSAGE US. <p>-YOU CAN NOT ENTER THIS CATEGORY IF YOU HAVE WON AT THIS LEVEL OR ABOVE MORE THAN TWICE.</p>
HIGH INSTRUCTOR HOOP	-NO RESTRICTIONS
3.10 MINUTES MAXIMUM	
HIGH INSTRUCTOR SILKS	-NO RESTRICTIONS
3.10 MINUTES MAXIMUM	
HIGH INSTRUCTOR OPEN	-NO RESTRICTIONS
3.10 MINUTES MAXIMUM	
PROFESSIONAL AERIAL	-NO RESTRICTIONS
3.10 MINUTES MAXIMUM	
MASTERS AERIAL	-NO RESTRICTIONS
3.10 MINUTES MAXIMUM	
AMATEUR DOUBLES	-NO RESTRICTIONS
3.10 MINUTES MAXIMUM	YOU MUST NOT BE PAID TO INSTRUCT OR PERFORM AERIAL IN THIS CATEGORY.
INSTRUCTOR DOUBLES	-NO RESTRICTIONS
3.10 MINUTES MAXIMUM	

FREESTYLE HOOP	-NO RESTRICTIONS
FREESTYLE SILKS	-NO RESTRICTIONS