

UNITED AERIAL ARTS CHAMPIONSHIPS

Category Rules 2027

Eligibility, time limits and permitted moves by category

1 • General Information

- Competitors must meet the relevant age requirements on the day of the live finals. Please also refer to the 2027 Terms and Conditions.
- Unless stated otherwise, the solo music limit is 3 minutes.
- Doubles categories have a 3.5-minute music limit.
- Where these rules refer to winning 'at this level or above', competitors should consider equivalent or higher categories across aerial competitions.
- If you are unsure whether a move is permitted, contact the competition organisers before entering.

2 • Standard Eligibility Restriction

Where the standard eligibility restriction applies, a competitor may not enter the category if any of the following conditions apply:

- They have won at that level or above two or more times across all competitions.
- They have been named Overall Winner at any aerial competition.
- They have successfully qualified for the finals of the UK Aerial Performance Championships, even if they did not compete at the live finals.

3 • Quick Category Guide

Under 18

Level	Apparatus / options	Music limit	Main restriction
Mini Beginner	Hoop, Silks or Open	3 minutes	Restricted moves; ages 6-8
Mini Advanced	Hoop, Silks or Open	3 minutes	Instructor must remain on stage
Beginner	Hoop, Silks or Open	3 minutes	Three points of contact
Intermediate	Hoop, Silks or Open	3 minutes	Two points of contact
Advanced	Hoop, Silks or Open	3 minutes	No move restrictions
Elite	Mixed Aerial	3 minutes	Ages 9-17; for teachers, qualifiers and overall winners

Level	Apparatus / options	Music limit	Main restriction
Doubles	Amateur or Experienced	3.5 minutes	Requirements depend on age and category

Over 18

Level	Music limit	Main restriction
Novice Aerial	3 minutes	Must never have competed
Low Amateur	3 minutes	Unpaid; standard eligibility restriction applies
High Amateur	3 minutes	Must not be paid to teach or perform
Low Instructor	3 minutes	Standard eligibility restriction applies
High Instructor	3 minutes	No additional restriction stated
Professional Aerial	3.5 minutes	No move restrictions
Masters Aerial	3 minutes	Age 40+; no move restrictions
Amateur Doubles	3.5 minutes	Unpaid; standard eligibility restriction applies
Instructor Doubles	3.5 minutes	No move restrictions

4 • Mini Categories - Ages 6-8

All Mini competitors must be aged 6-8 on the day of the live finals. The music limit is 3 minutes.

Mini Beginner Hoop

- No strop work.
- No foot, heel or neck hangs.
- No elbow rolls or lion rolls.
- No extreme strength tricks, such as meathooks or reverse planches.
- Three points of contact must be maintained at all times above the bottom bar.
- The standard eligibility restriction applies.

Mini Advanced Hoop

- There are no move restrictions.
- The competitor's instructor must remain on stage at all times.

Mini Beginner Silks

- Only moves performed from the floor are allowed.

- No stacked drops on the knot.
- No climbing the silk.
- The standard eligibility restriction applies.

Mini Advanced Silks

- There are no move restrictions.
- The competitor's instructor must remain on stage at all times.

Mini Beginner Open

- The Mini Beginner Hoop and Mini Beginner Silks restrictions apply where relevant to the apparatus.
- Contact the organisers if you are unsure whether a move is permitted.
- The standard eligibility restriction applies.

Mini Advanced Open

- There are no move restrictions.
- The competitor's instructor must remain on stage at all times.

5 · Beginner Categories - Junior, Youth and Senior

The music limit is 3 minutes. The standard eligibility restriction applies to all Beginner categories.

Beginner Hoop

- Three points of contact must be maintained at all times.
- No strop work. Top-bar work is allowed.
- No neck, foot or heel hangs.
- No elbow rolls or lion rolls.
- No extreme strength moves, such as meathooks or reverse planches.

Beginner Silks

- Three points of contact must be maintained at all times.
- No tricks may be performed from a climb, including footlock tricks or drops.
- Egg-knot drops performed from the floor are allowed.
- No neck, foot or heel hangs.
- No extreme strength moves, such as meathooks or reverse planches.

Beginner Open

- Three points of contact must be maintained at all times.

- The Beginner Hoop and Beginner Silks restrictions apply where relevant to the apparatus.
- Contact the organisers if you are unsure whether a move is permitted.

6 • Intermediate Categories - Junior, Youth and Senior

The music limit is 3 minutes. The standard eligibility restriction applies to all Intermediate categories.

Intermediate Hoop

- Two points of contact must be maintained at all times.
- Open strop-work tricks are allowed.
- No neck, foot or heel hangs.
- No elbow rolls or lion rolls.
- For clarification about strop work, contact the organisers on 07888 991269.

Intermediate Silks

- Two points of contact must be maintained at all times.
- Footlock tricks and single stacked drops from a climb are allowed.
- No recatch or grip-change tricks.
- No unlocked or unwrapped drops.
- No neck, foot or heel hangs.
- Wrapped foot hangs are allowed.

Intermediate Open

- Two points of contact must be maintained at all times.
- The Intermediate Hoop and Intermediate Silks restrictions apply where relevant to the apparatus.
- Contact the organisers if you are unsure whether a move is permitted.

7 • Advanced Categories - Junior, Youth and Senior

The music limit is 3 minutes. There are no move restrictions. The standard eligibility restriction applies.

Category	Move restrictions	Eligibility
Advanced Hoop	None	Standard eligibility restriction applies
Advanced Silks	None	Standard eligibility restriction applies
Advanced Open	None	Standard eligibility restriction applies

8 • Elite Categories - Ages 9-17

Elite Mixed Aerial is available in the Junior, Youth and Senior age divisions. The music limit is 3 minutes, and there are no move restrictions.

This level is for competitors who meet one or more of the following conditions:

- They assist with teaching.
- They hold an aerial teaching qualification.
- They have been named Overall Winner at any aerial competition.
- They have successfully qualified for the finals of the UK Aerial Performance Championships, even if they did not perform at the live finals.

9 • Under-18 Doubles

All Under-18 Doubles categories have a 3.5-minute music limit and no move restrictions.

Ages 6-11

Category	Music limit	Move restrictions	Eligibility
Doubles Amateur	3.5 minutes	None	Standard eligibility restriction applies
Doubles Experienced	3.5 minutes	None	No additional restriction stated

Ages 12-17

Category	Music limit	Move restrictions	Eligibility
Doubles Amateur	3.5 minutes	None	Standard eligibility restriction applies
Doubles Experienced	3.5 minutes	None	No additional restriction stated

10 • Over-18 Solo Categories

Novice Aerial

Music limit: 3 minutes.

Competitors may enter only if all of the following conditions apply:

- They have never competed before. Showcase performances do not count as competition experience.
- They are not paid to teach aerial.
- They are not paid to perform aerial.

Low Amateur - Hoop, Silks and Open

Music limit: 3 minutes. There are no move restrictions.

Competitors must not be paid to teach or perform aerial, and the standard eligibility restriction applies.

High Amateur - Hoop, Silks and Open

Music limit: 3 minutes. There are no move restrictions.

Competitors must not be paid to teach or perform aerial.

Low Instructor - Hoop, Silks and Open

Music limit: 3 minutes. There are no move restrictions.

The standard eligibility restriction applies.

High Instructor - Hoop, Silks and Open

Music limit: 3 minutes. There are no move restrictions.

No additional eligibility restriction is stated.

Professional Mixed Aerial

Music limit: 3.5 minutes. There are no move restrictions.

Masters Mixed Aerial - Age 40+

Music limit: 3 minutes. There are no move restrictions.

11 · Over-18 Doubles

Category	Music limit	Move restrictions	Additional requirements
Amateur Doubles	3.5 minutes	None	Competitors must not be paid to teach or perform aerial. The standard eligibility restriction applies.
Instructor Doubles	3.5 minutes	None	No additional restriction stated.

12 · Contact and Clarification

If you are unsure which category to enter or whether a move is permitted, contact the competition organisers before submitting your entry.

- Strop-work enquiries: 07888 991269
- General competition enquiries: unitedaerialac@gmail.com