



# COMPETITOR PACK

@ukamateuraerialperformer

info@ukaapcompetition.com

<https://www.ukamateuraerialperformer.co.uk>

# About UKAAP

Founded in 2021, the UK Amateur Aerial Performance (UKAAP) has quickly become one of the most exciting and supportive events for amateur aerial performers across the country. Designed to celebrate passion, creativity and skill at every level, UKAAP provides a professional platform for emerging artists to showcase their talent in a friendly and inclusive environment.

## How it works

The competition begins with a video entry round, where all participants submit a recorded performance for judging. Each routine is scored by our panel, and the top five performers in each category will advance to the Grand Final. These finalists will then compete live for the championship titles.

Solo or Doubles Entry £35.00

Entry form and entry fee payment links can be found on the website:

<https://www.ukamateuraerialperformer.co.uk/>

*Please note that entry fees are non-refundable*

Video Entries Open: 1st February 2026

Video Entries Close: 31st May 2026

Live Finalists announced: 5<sup>th</sup> July 2026

Grand Final: 17th October 2026

Location:

Barnsley Metrodome

Queens Road

Barnsley

S71 1AN



# Competitor General Rules

- All entrants must be 16 or older at the time of the video entry closing date (31st May 2026).
- Applicants are permitted to apply for both pole & hoop categories.
- Competitors are prohibited from being under the influence of alcohol or drugs during the competition; if you are caught, you will be disqualified.
- Competitors must not perform any tricks outside their capabilities.
- Competitors must stay backstage for the duration of their own category.
- Competitors will be judged on the same criteria in the video entry and live final.
- Competitors must comply with all rules and regulations for the duration of the competition.
- Competitors must behave in a professional manner at all times.
- Sensual movements are welcome, but no touching of intimate areas underneath costume/clothing garments. If you are unsure, please contact the competition organiser; any questions are welcome. Failure to comply may result in disqualification.
- Competitors must cooperate with the organisers at all times.
- Chalk-based grips (i.e. Dry Hands/Total Grip) are the only products permitted for direct pole application, and they may be applied by you, your nominated person or our designated pole cleaners. All other grip aids must be applied to the body only.
- The use of Stickum is forbidden.
- Allowed grip aids can be found here: <https://www.ipsfsports.org/en/ipsf-approved-grips>
- Any breach of the rules and regulations will result in disqualification.
- The competition organisers reserve the right to remove any winning title if the individual causes any damage or disruption to the organisation/the property of the organisation.

# Video Entry Rules

- All entrants need to sign and date the entry form and complete it as honestly as possible; this must be returned with the entry fee to secure your entry.
- Entries open on Friday 1st February 2026 and will close at **midnight** on 31st May 2026.
- Finalists will be announced on 2nd July at 6 pm.
- Previous routines can be submitted, as long as they do not exceed 1 year at the time of entry.
- Each video must be shot in one take and must be submitted by the deadline.
- Entry forms and video links must be sent to **info@ukaapcompetition.com**
- Entry form and payment links are on the UKAAP Website:  
<https://www.ukamateuraerialperformer.co.uk/>
- **During the video round, if the judging panel determines that a participant's abilities exceed those of the category entered, the participant will be moved to a higher category and judged among those entrants. The competition organisers will notify you of this.**
- If you are unsure of any moves that are allowed or illegal in this category, then you must contact the organisers, who can clarify this for you.
- **During the video round, if any illegal moves listed in your category are performed, you will receive a 10-point deduction for each one. If more than three illegal moves are performed, you will be disqualified.**

## Live Final Information

- There will be an opportunity to test the poles and hoop on the day (this is not a full routine run-through).
- **During the live final, if any illegal moves listed in your category are performed, you will receive a 10-point deduction for each one. If more than three illegal moves are performed, you will be disqualified.**
- Further information on the live final will be sent to finalists on announcement day. If you have any questions regarding your entry please get in touch with the competition organisers.

# Health & Safety

- Pole cleaners will clean the poles in between each competitor. The competitor may clean their own poles or nominate someone else to do this for them.
- The competition organisers are not liable for any injury or damage incurred from participation in the competition.
- Moisturisers must not be worn by the competitor (pole) on the day of the competition.
- Competitors must not perform any tricks outside their capabilities.
- Competitors are prohibited from being under the influence of alcohol or drugs during the competition.
- Competitors are responsible for monitoring their own health before, during and after the competition, and must not be pregnant on the day of the live final.
- If a competitor becomes ill or injured during the competition, they should inform the competition organisers immediately.
- Rules & regulations are subject to change between now and the competition; any changes will be announced to entrants via email and on social media platforms.

# Music/Video/Photo

- Your choice of music for the live final will be on a first-come, first-served basis.
- Ensure that your song does not exceed your category's maximum length; failure to do this could result in deductions from your score.
- The competitor will need to send music in an MP3 format.
- Music can be mixed/cut/edited.
- Music containing excessive or extreme profanity, hate speech, or other content deemed unsuitable by the competition organisers is not permitted. While mild profanity and suggestive themes are acceptable within reason, the organisers reserve the right to assess the appropriateness of all music selections. If your chosen track is considered unsuitable for the competition, you will be contacted directly to discuss alternative options. **Please contact the competition organiser if you are unsure of your music choice.**
- The event will be filmed by a professional and will be released on our social media channels. *Competitors who do not consent to the use or release of their video must contact the competition organiser directly to notify them of this.*

- The event will be photographed by a professional; costs may be incurred for personal use of the images.
- All filming and photography may be used for promotional or advertising purposes after the event. *Competitors who do not consent to the use or release of their images must contact the competition organiser directly to notify them of this.*
- Competitors have no right to compensation for photographs or footage taken during the competition.

## Costumes

- No nudity due to venue licensing. If your costume does not comply with venue rules, you may be disqualified from the competition.
- No g-strings
- Bare feet and heels/boots are permitted.
- Sticky gloves are not permitted.
- Male competitors are permitted to have a bare chest during their routine.
- Removal of clothing during a performance will need to be approved by the competition organiser prior to the live final.
- Competitors should not wear any outfits that promote another business, e.g another competition or training courses.
- Props and human props (over 16s only) are permitted; however, the use of glitter, food, water, foam, slime, or any items that may cause excessive mess or be difficult to clean is not allowed. Props must not be attached to the pole/hoop/truss system. *If you are unsure about your props, please contact the competition organiser.*



# Category Rules & Regulations

## AERIAL HOOP

### **Beginner**

Open to all students at beginner level who **do not perform, teach or assist in classes**. You must not have placed first in a beginner category final before.

#### **Allowed moves:**

Including but not limited to: delilah, candlestick, pike/straddle mount/dismount, delilah mount climb, hocks hang, stag seat, man in the moon, cobra, mermaid, splits away, arabesque, angel, birdie, cradle, birds nest, star on the bar.

#### **Illegal moves:**

Side/front Amazon, drops, slides or rolls, knees on the top bar; you can only touch the top bar with your hands, strop work/holding onto the strop, beats, elbow hangs, extreme flex, skin the cat.

Three minutes maximum routine for video entry and live final. (Buffer of 20 seconds over for video entry only).

### **Lower Intermediate**

Open to all students at the lower intermediate level who do not perform, teach or assist in classes.

You must not have placed first in an intermediate category final before.

#### **Allowed Moves:**

A minimum of three points of contact is required in all moves on the top bar, but these still must be classed at the right level for your category, except when mounting the top bar, for example, straddle or pike on the top bar.

Minimum of two points of contact moves only on the bottom bar

Rolls and slides are allowed as long as contact points are used as stated above, but check that the move is at the right level for your category.

**Illegal moves:** extreme flex, drops, pop on/off's, heel/foot hangs, single leg or single elbow hangs, skin the cat, strop use, beats, extended hocks split, reverse man in the moon.

Three minutes maximum routine for video entry and live final. (Buffer of 20 seconds over for video entry only).

## Higher Intermediate

Open to all students at the higher intermediate level **who do not perform, teach or assist** in classes.

You must not have placed first in an intermediate category final before.

Minimum of one point of contact moves only on the bottom bar. Rolls and slides are allowed as long as contact points are used as stated above, but check that the move is at the right level for your category.

### Allowed Moves:

Single-leg hocks and single elbow hangs, slides and rolls are okay, but you must have contact with the hoop. Pop-ons/off's are okay as long as the knee is in contact with pop-off's. Beats okay. Poisson, extended hocks split, shoulder stands, reverse man in the moon, top to bottom bar slide Y grip (NO DROP), meathook (two hands only). Skin the cat can only be used as a dismount ONLY; no pulling back into the hoop.

**Illegal moves:** extreme flexibility, reverse meathook, one-arm meathook, drops, heel/foot hangs.

Three minutes maximum routine for video entry and live final. (Buffer of 20 seconds over for video entry only).

## Advanced

Open to all students at the advanced level who do not perform, teach or assist in classes. You must not have placed first in an advanced category final before.

There are no restrictions on moves in this category.

Four minutes maximum routine for video entry and live final. (Buffer of 20 seconds over for video entry only).

## Instructor

Open to instructors who have never placed at a final at the instructor level. You **must not have judged a competition before or have been paid to perform.** You must not have placed first in an instructor category final before.

There are no restrictions on moves in this category.

Four minutes maximum routine for video entry and live final. (Buffer of 20 seconds over for video entry only).

## Doubles Hoop

Open to all students and instructors. Instructors **must not have been paid to perform or judged any competitions.** You must not have placed first as a duo in a category final before.

There are no restrictions on moves in this category.

Four minutes maximum routine for video entry and live final. (Buffer of 20 seconds over for video entry only).

**If any illegal moves listed in your category are performed at the live final, you will receive a 10-point deduction for each one. If more than three illegal moves are performed, you will be disqualified.**

# POLE

## Beginner

Open to all students at the beginner level who do not perform, teach or assist in classes. You must not have placed first in a beginner category final before. You must have a minimum of three contact points in all tricks; this does not include spins from the floor, such as chairs and carousels, etc.

**Allowed moves:** headstands, handstands and forearm stands are permitted in the beginner category. These are the only moves permitted where the head is below the hips.

**Illegal moves:** inverted moves, shoulder mounts, cross ankle/knee release, flips, superman or any moves where your head is below your hips.

Three minutes maximum routine for video entry and live final. (Buffer of 20 seconds over for video entry only).

## Lower Intermediate

Open to all students at the intermediate level who do not perform, teach or assist in classes. You must not have placed first in an intermediate category final before. You must have a minimum of three contact points in all tricks.

**Allowed Moves:** inverts, one-handed spins (static only), cross ankle/knee release layback Superman.

**Illegal moves:** handsprings/ayeshas in any grip, shoulder mounts/dismounts, flips & extreme flexibility tricks, aerial inverts, brass monkey, allegras/allegro variations.

Three minutes maximum routine for video entry and live final. (Buffer of 20 seconds over for video entry only).



## Higher Intermediate

Open to all students at the intermediate level who do not perform, teach or assist in classes. You must not have placed first in an intermediate category final before. You must have a minimum of two contact points in all tricks.

**Allowed Moves:** shoulder mount from standing, shoulder mount/reverse shoulder mount, aerial inverts, brass monkey, butterfly/extended butterfly/D in any grip, one-handed spins (static only), basic split tricks, i.e. Jade, open or closed allegra.

**Illegal moves:** handsprings in any grip, aerial shoulder mount, ayesha in any grip, any arms-only trick where the head is below the hips, fonji, flips, extreme flexibility tricks, foot hold tricks, i.e. extremely bangerous Brian/starfish.

Three minutes maximum routine for video entry and live final. (Buffer of 20 seconds over for video entry only).

## Advanced

Open to all students at the advanced level who do not perform, teach or assist in classes. You must not have placed first in an advanced category final before.

There are no restrictions on moves in this category.

Four minutes maximum routine for video entry and live final. (Buffer of 20 seconds over for video entry only).

## Instructor

Open to instructors who have never placed first in an instructor-level category before. You must not have judged a competition before or have been paid to perform.

There are no restrictions on moves in this category.

Four minutes maximum routine for video entry and live final. (Buffer of 20 seconds over for video entry only).

## **Doubles Pole**

Open to all students and instructors. Instructors **must not have been paid to perform or judged any competitions**. You must not have placed first as a duo in a category final before.

There are no restrictions on moves in this category.

Four minutes maximum routine for video entry and live final. (Buffer of 20 seconds over for video entry only).

**If any illegal moves listed in your category are performed at the live final, you will receive a 10-point deduction for each one. If more than three illegal moves are performed, you will be disqualified.**

*Thank you for respecting the rules that help us maintain a fair and friendly competition environment.*

*If you have any questions about the above rules/regulations, or anything else, please feel free to contact the competition organisers through any of the channels listed below. We're always happy to help!*



Instagram - @ukamateuraerialperformer

Email - info@ukaapcompetition.com

Website - <https://www.ukamateuraerialperformer.co.uk>