



How do I register?

To enter The London Aerial Championships 2025, you must submit a video entry to us via an unlisted YouTube link or Vimeo. The camera should not move, and the video must be non-edited and continuous film. This video should be no older than 6 months old and show a true representation of your skills. It can be a previous performance or competition video.

Video entry time limits can be found in your category information.

All competitors will need to complete a registration form and make payment of registration fee. Registration form to be completed via the website.

Registration fee is non-refundable without exception.

Your entry is only confirmed when the entry form is submitted, video entry has been emailed to **londonaerialchampionships@gmail.com** and the entry fee has been paid.

Solo Entries - £25

Doubles - £30 (1 payment per performance)

Small Youth Troupe (min 4 participants) £5 per participant

Large Youth Troupe (6+ participants) £5 per participant

Payment to be made to:

Yobanna Fahmy trading as London Pole Championships

81215259

04-00-03

GB79 MONZ 0400 0381 2152 59

Please ensure that you put your name as reference.

Registration and Video entries open on **8th February 2025** and close on **15th March 2025**. We will announce finalists via social media and emails on **WC 24th March 2025**. There will be 5 finalists allowed through to the final in each category.

Competitors are to ensure they have entered the correct category for their age and ability. This will be checked by the organisers of the competition and if it is believed that someone is in the wrong category, they will contact you to change. For aged categories you must go by the competitors age for the final.

Music

Competitors must stick to the time limits given for their category. There will be a 5 second waiver before points are deducted.

Music must be edited to the correct time limit; music will not be faded out for the live event by The London Aerial Championships' organisers. Song choices must be age appropriate and have no swearing.

Final Music must be emailed to londonaerialchampionships@gmail.com in Mp3 format by **30th April 2025**.

The Final

The final will be held on **24th May 2025 (Youth) & 25th May 2025 (Adults)**. By entering this competition, you are agreeing to being available to compete for your title.

Live Final Venue

Jacksons Lane, 269a
Archway Road
London N6 5AA

Tickets for the final will be sold via the venue Jacksons Lane, 269a Archway Road
London N6 5AA

Images and videos taken on the live final may be used for promotional purposes. Any competitors who wish to not be posted must notify The London Aerial Championships' organisers prior to the live event.

Equipment

Below is an indication of the equipment available. We are currently finalising the details with the venue and we will update with the exact equipment as soon as possible.

For the live final we will have two hoop options; a 95mm x-pole tabless aerial hoop connected to a 2M strop which will be rigged. We will also have an 85mm x-pole tabless hoop connected to a 2m strop.

The silks are medium stretch prodigy fire toys silk connected to a figure 8 and a swivel. The maximum height for the silks is 5.2M high.

For open categories you can contact us to use our equipment, or you can bring your own. Sling, Static Trapeze, flying pole, cube, straps will all be considered. This must be able to be rigged to a single point and our riggers will check the equipment over, if they deem it unsafe/unsatisfactory you will not be able to use the equipment.

Please confirm before entering to avoid disappointment.

All youth and amateur competitors must use a crash mat which will be provided. Instructor and professional categories can choose. If you choose not to use a crash mat.

Competitor Responsibilities

- Competitors are responsible for all costs incurred in attending and competing in The London Aerial Championships. This includes transport, private coaching, membership, costume and any other expense incurred as a result of participating in The London Aerial Championships.
- Competitors must be fit to perform and must warm up prior to their performance.
- All entries must stick to the time limits outlined in the entry criteria for their category. A 5 second buffer will be given to these times, however if your performance is more than 5 seconds outside the permitted time limits you will be disqualified.
- Please ensure music is cut to the correct length for your performance.
- It is the competitor's own responsibility to warm up and cool down properly.
- Competitors taking part are acknowledging the risks taken in competing. The London Aerial Championships' organisers will not take any responsibility for injuries during the live final.
- Competitors should not be under the influence of alcohol or drugs. The London Aerial Championships' organisers have the right to disqualify anyone they believe to be under the influence.
- Competitors should act in a professional manner. Competitors will be disqualified and asked to leave the competition should they be deemed to be acting in an unprofessional and unsafe manner.
- Props for the live final must be pre-arranged and agreed by The London Aerial Championships' organisers. For YOUTH Categories no weapons such as fake guns, knives ect are to be used. No water-based props that will leave the stage floor slippery
- Judges have the right to stop any performances they believe unsafe. The routine will not be allowed to be re done.
- The judge's hold the right to move you up a category if they believe your routine/ability is higher than the level you are competing in. They will always discuss this with you first.
- The judge's choice is final. You can query any feedback via email info@Londonaerialchampionships.co.uk after the event.

Competitor Categories

The following categories will be included in The London Aerial Championships.

Youth Categories - Solos

(Beginner, Intermediate or Advanced)

Minis– 6-9 years

Juniors – 10-13 years

Seniors – 14-17 years

(Each age group will be split into the following ability levels Beginner, Intermediate or Advanced)

Youth Categories - Small Groups

Doubles

Small Youth Troupe – (min 4 participants)

Large Youth Troupe – (6+ participants)

Restricted Moves

	Max Performance Time limit	Hoop	Silks	Open
Minis To enter this category the competitor must be between 6-10 years	2 mins 30secs	Beg/Inter No drops No strop work No foot, heel or neck hangs No elbow or lion rolls Adv No foot, heel or neck hangs No elbow or lion rolls	Beg/Inter No same side wrap drops (only knotted and cross backs) No foot or neck hangs One hand to stay on silk at all times Adv No neck hangs One hand to stay on silk at all times	*** Please note for move restrictions in open categories it will depend on the equipment (although will be very similar to the hoop and silks restrictions) If you are unsure please message us to confirm ***
Juniors To enter this category the competitor must be	3 mins	Beg 3 points of contact required in all moves above the bottom bar, apart	Beg/Inter/Adv No unlocked drops. This is when you drop, and must then re-	

between 10-13 years		<p>from when mounting the top bar. This means you cannot lower from the top bar into a skin the cat. No foot or heel hangs No drops.</p> <p>Inter No neck hangs</p> <p>Adv No restrictions</p>	<p>catch, as you fall, to stop yourself from falling</p>	
<p>Seniors</p> <p>To enter this category the competitor must be between 14-17 years</p>	<p>3 mins 30secs</p>	<p>Beg 3 points of contact required in all moves above the bottom bar, apart from when mounting the top bar. This means you cannot lower from the top bar into a skin the cat. No foot or heel hangs No drops.</p> <p>Inter No neck hangs</p> <p>Adv No restrictions</p>	<p>Beg/Inter</p> <p>No unlocked drops. This is when you drop, and must then re-catch, as you fall, to stop yourself from falling</p> <p>Adv No restrictions</p>	

Youth Categories - Small Groups

To enter this category all competitors must be between the ages of 6-17 years old.

Video entry required

- Doubles – 2 competitors on 1 single point apparatus
- Small Youth Troupe – (min 4 participants) – up to 4 competitors on 1 single point apparatus
- Large Youth Troupe – (5+ participants) – Up to 2 rigging points, troupe can choose to use up to 2x 1 single point rigging apparatus.

This category is open to all abilities and skills level. There will be a slightly different judging criteria with the focus on originality, entertainment, costumes, themes and over performance.

Time limit is 4 minutes long and crash mats must be used. - **no restricted tricks**

Adult Categories

	Max Performance Time limit	Hoop	Silks	Open
Beginner To enter this category the competitor must be training at a beginner or intermediate level on their chosen equipment. They must not be an active instructor or performer in their chosen equipment. The competitor must not of placed 1 st more the once in the last two years at any aerial competition.	3 mins 30 seconds	No recatch drops/rolls No foot/heel or neck hangs No elbow or lion rolls No strop drops	No catchers drops (cross back wrap drops are allowed) No unlocked drops No belays	*** Please note for move restrictions in open categories it will depend on the equipment (although will be very similar to the hoop and silks restrictions) If you are unsure please message us to confirm ***
Intermediate To enter this category the competitor must be training at a high intermediate or advanced level on their chosen equipment. They must not be an active instructor or performer in their chosen equipment. (ie- a pole instructor could enter a silks category if they don't teach silks)	3 mins 30 seconds	No restrictions	No unlocked drops. This is when you drop, and must then re-catch, as you fall, to stop yourself from falling	
Advanced Open to all students at Advanced level who do	3 mins 30secs	There are no restrictions on moves in this category.	No unlocked drops. This is	

<p>not perform, teach or assist in classes.</p> <p>You must not have placed 1st in an advanced category final before.</p>			<p>when you drop, and must then re-catch, as you fall, to stop yourself from falling</p>	
<p>Semi Pro</p> <p>To enter this category the competitor can be a paid instructor and performer.</p> <p>You must be teaching only beginner & intermediate levels in your chosen skill</p>	4 mins	No restrictions	No restrictions	
<p>Professional</p> <p>To enter this category the competitor can be a paid instructor and performer. video entry time limit is 4 minutes long and</p>	4 mins	No restrictions	No restrictions	
<p>Doubles</p> <p>To enter this category both competitors should be 18 or over.</p> <p>This category is open to all abilities and skills level. There will be a slightly different judging criteria with the focus on originality, entertainment, costumes, themes and over performance</p>	4 mins	<p>No foot/heel or neck hangs</p> <p>No elbow or lion rolls</p>	No unlocked drops	

Judging Criteria - Solos

Theme & Show – out of 20

Does the performance fit with the theme? Does the theme work with the music and costume? Is the performance engaging to the audience? Is it a balanced performance? Does it have a good amount of tricks, floorwork. Overall stage presence.

Choreography – out of 10

Are transitions and combinations performed safely and confidently. Is there a combination of levels and a mixture of dynamic and gentle movements? Is the choreography age and level appropriate?

Musicality – out of 10

Does the music fit with the theme and choreography of the performance? Is the music age appropriate? Does the music add to the performance? Are your movements in time and in sync with your song choice?

Fluidity & Technical Ability – out of 15

Does the performance flow seamlessly from one move to the next? Does the performer enter and exit tricks smoothly? Does the performer have clean lines, are all lines and angles intentional? Are feet Flexed or pointed to create a shape or are their feet or knees forgotten and lines broken?

Strength & Flexibility – out of 15 *(on and off the equipment)*

Does the performance demonstrate strength and flexibility within the tricks, poses and combinations? Does the performer demonstrate a wide range of flexibility in different parts of the body?

Floorwork – out of 10

There's a 20 sec compulsory floorwork throughout the performance. Does the floorwork fit with the performance? Are presentation and character maintained away from the apparatus? Does the floorwork fit with the music? Does the floorwork have purpose and connection to the overall performance?

Creativity, Originality & Impact – out of 10

Is there a good variety of tricks? Is the apparatus used in innovative ways throughout the performance? Does the performance tell a story or address an issue/concept/opinion or view?

Entertainment/Overall impression – out of 10

Does the performance impact the audience? Is the performance entertaining? Is the performance inside the time limits outlined for the category?

Judging Criteria - Doubles

Theme and Show – out of 20

Does the performance fit with the theme? Does the theme work with your music and costume? Is the performance engaging to the audience? Is it a balanced performance? Does it have a good amount of tricks, floorwork. Overall stage presence.

Choreography – out of 10

Are transitions and combinations are performed safely and confidently. Is there a variety of combination of levels and a mixture of dynamic and gentle movements. Is the choreography age and level appropriate?

Musicality – out of 10

Does the music fit with the theme and choreography of the performance? Is your music age appropriate? Does the music add to the performance? Are the movements in time and in sync with your song choice?

Partner work – out of 10

Does the performance display good partner work? Is there connection between the performers? Is there a good variety of tricks, using the full apparatus.

Fluidity & Technical Ability – out of 10

Does the performance flow seamlessly from one move to the next? Do the performers enter and exit tricks smoothly? Do the performers have clean lines, are all lines and angles intentional? Are the performers' feet Flexed or pointed to create a shape or are their feet or knees forgotten and lines broken?

Strength & Flexibility – out of 10 *(on and off the equipment)*

Does the performance demonstrate strength and flexibility within the tricks, poses and combinations? Do the performers demonstrate a wide range of flexibility in different parts of the body? Do the shapes showcased show a range of flexibility?

Floorwork – out of 10

There is a 20 sec compulsory floorwork throughout the performance. Does the floorwork fit with the performance? Are presentation and character maintained away from the apparatus? Does the floorwork fit with the music? Does the floorwork have purpose and connection to the overall performance?

Creativity, Originality & Impact – out of 10

Are there a good variety of tricks? Is the apparatus used in innovative ways throughout the performance? Does the performance tell a story or address an issue/concept/opinion or view?

Entertainment/Overall Impression – out of 10

Does the performance impact the audience? Is the performance entertaining? Is the performance inside the time limits outlined for the category?

Judging Criteria - Troupes

Theme and Show – out of 20

Does the performance fit with the theme? Does the theme work with the music and costumes? Is the performance engaging to the audience? Is it a balanced performance? Does it have a good amount of tricks, floorwork. Overall stage presence.

Choreography – out of 10

Are transitions and combinations performed safely and confidently. Is there a variety of combination of levels and a mixture of dynamic and gentle movements. Is the choreography age and level appropriate?

Musicality – out of 10

Does the music fit with the theme and choreography of the performance? Is the music age appropriate? Does the music add to the performance? Are your movements in time and in sync with your song choice and as a troupe?

Team work – out of 10

Does the performance display a good variety of team/partner work? Is there connection between the performers? Is there a good variety of tricks, using the full apparatus. Is the troupe in sync and in time?

Fluidity & Technical Ability – out of 15

Does the performance flow seamlessly from one move to the next? Do the performers enter and exit tricks smoothly? Do the performers have clean lines, are all lines and angles intentional? Are feet Flexed or pointed to create a shape or are the feet or knees forgotten and lines broken?

Strength & Flexibility – out of 10 *(on and off the equipment)*

Does the performance demonstrate strength and flexibility within the tricks, poses and combinations? Do the performers demonstrate a wide range of flexibility in different parts of the body?

Creativity, Originality and Impact – out of 15

Are there a good variety of tricks? Is the apparatus used in innovative ways throughout the performance? Does the performance tell a story or address an issue/concept/opinion or view?

Entertainment/Overall impression – out of 10

Does the performance impact the audience? Is the performance entertaining? Is the performance inside the time limits outlined for the category?