

# **Rules and Regulations IPAAT 2023**

## **Competition Format**

To enter you must complete an application form and pay your £30 entry fee (this is per entry, so Double competitors only need to pay one £30). Your video can then be sent to us at a later date.

There are up to 30 people in each category. If we have less than 8 competitors in a category we reserve the right to cancel that category, and will either offer you a refund or the option to be judged alongside another category.

Before we do that, we will advertise specifically to attract more entries for that category, and will communicate with anyone who has already entered. We do not take these decisions lightly, as we understand the work competitors put into their routines.

### **Youth categories are:**

- Youth Pole 8-12 years (no move restrictions)
- Youth Pole 13-16 years (no move restrictions)
- Youth Intermediate Hoop 8-12 years (3-point contact above the bottom bar)
- Youth Intermediate Hoop 13-16 years (3-point contact above the bottom bar)
- Youth Advanced Hoop 8-12 years (no move restrictions)
- Youth Advanced Hoop 13-16 years (no move restrictions)
- Doubles hoop 8-16 years (no move restrictions)
- Youth Silks 8-12 years (no unlocked drops)
- Youth Silks 13-16 years (no unlocked drops)

### **Adult 17+ years categories are:**

- Intermediate Hoop (move restrictions, see below; must not have won at this level & no instructors)
- Advanced Hoop (no move restrictions)
- Doubles hoop (no move restrictions)
- Intermediate Silks (move restrictions, see below; must not have won at this level & no instructors)
- Advanced Silks (no move restrictions)
- Doubles Pole (no move restrictions)
- Intermediate Pole (move restrictions, see below; must not have won at this level & no instructors)
- Advanced Pole (move restrictions, see below; must not have won at this level & no instructors)
- Expert Pole (no move restrictions)
- Champions Pole (invitation only must have taken 1<sup>st</sup>/2<sup>nd</sup> place in any higher-level pole competitions)

## **Competition Structure**

The Quarter Finals are an online competition.

The top 15 entries of each category will be announced on Facebook as our semi-finalists.

The top 5 -7 contestants go through to our Live Final, on Saturday 28<sup>th</sup> January 2023 for Adults, and Sunday 29<sup>th</sup> January 2023 for Youths.

**If we cannot hold a Live Final, due to Covid-19 restrictions put in place by either the government or the venue, then we reserve the right to arrange an alternative.** We will of course give as much notice as possible.

Competitors in our Champions categories do not need to submit anything for the Quarter Finals. Instead they will simply be invited to come and perform at our Live Final event.

## **Quarter Finals & Video Entry**

The Quarter Finals are an online competition, judged by 3 - 5 independent judges. We prefer videos to be submitted via YouTube, though we will consider other platforms if you are having copyright issues. We will not accept video

files. Video links must be emailed to [info@ipaata.co.uk](mailto:info@ipaata.co.uk). You will get an email confirmation to say that we have received it.

The deadline to send your video to us is midnight on **Friday 28<sup>th</sup> October 2022**. Please be aware that due to the large amount of entries that we receive at the last minute, it is not physically possible for us to check them all and get the email confirmations out by that deadline. We highly recommend sending your entry at least a week before that date, to give us time to check it and if necessary inform you of any issues, and giving you the chance to rectify them. Whilst we try to check all entries for anything that will cause you to either lose points or be disqualified, we cannot guarantee that firstly we will spot it or secondly, we will give you enough time to refilm your entry. It remains your responsibility to read and adhere to the rules of this competition.

Video entries can be a maximum of 3 minutes long. If you go over this you will lose 3 points for each 10 seconds over. Videos must be filmed as one continuous piece, and must not be edited. This includes adding music to your video. There must be no obvious panning of the camera, a slight adjustment may be allowed but nothing more.

### **Live Finals**

Routines can be up to 3 minutes long. Champions only may have up to 5 minutes.

Music & Bios for the LIVE finalists need to be sent to [info@ipaata.co.uk](mailto:info@ipaata.co.uk) by **15<sup>th</sup> December 2022**, if these aren't received by then you will be automatically disqualified. Song choice is strictly on a first come, first serve basis. No duplicates will be allowed.

### **Equipment**

We understand that not everyone has access to the same equipment as us. You may use whatever specification poles, hoop or silks that you have available for your video entry. Please be aware though that you may not score as highly if the equipment or space impacts your performance, so for example if your equipment is too close to a wall and you have to dodge it; your silk is too short and restrictive, or you only have a static pole.

At the final, both poles are 45mm diameter, one static one and the other on spin, and both are full poles - floor to structure. Our hoop available is a 95cm Single Point that is 180cm off the floor and 85cm for the youth categories which is 140cm off the floor. Silks are 5.8m high and are medium stretch from <https://www.firetoys.co.uk/aerial-circus/aerial-acrobatics/aerial-silks/firetoys-aerial-silk-aerial-fabric-tissus-purple.html>

### **Costume**

No heels, ankle boots, ankle shoes, ankle protectors or any type of PVC on the feet or legs at all. No long boots. **This does NOT apply to our Champions Pole category.**

Please keep it clean, and tape yourself (both men and women), you will be marked down for any costume malfunction. Men can be topless. Any indecent exposure will result in you being disqualified. At the Final, the music will cut off and your performance will finish.

### **Level of categories**

There are restrictions of what moves are allowed in some categories. More details are below.

If you have won a competition at the same standard as IPAAT at Intermediate Pole level you must go into the Advanced Pole category. Same applies to Advanced Pole level you must go into the Expert Pole category, and to the Intermediate Hoop & Silks levels, you must go into the Advanced categories. Whilst Expert and Doubles have no restrictions on moves, if we believe you are at a higher level than Expert we would invite you to be in our Champion's category.

Instructors past and present are not allowed to enter our Intermediate Pole, Hoop or Silks levels, or our Advanced Pole category.

If you have any queries about which level you would need to enter please email [info@ipaata.co.uk](mailto:info@ipaata.co.uk)

## Disallowed Moves

Please check what moves are allowed in your category. A summary is below, this is not an exhaustive list, check with us if you are not sure. We will need a video or picture of the move if you're unsure.

Youth Pole 8-12 years	Youth Pole 13-17 years	
No restrictions	No restrictions	

Intermediate Pole	Advanced Pole	Expert/Doubles/Champions Pole
No aerial inverts  No shoulder mounts  No drops  No Extended moves, e.g. Extended Butterfly, Rockstar  No moves where just 2 body parts are on the pole - e.g. genie, knees  No single knee hangs – e.g. cocoon, flying angel	No aerial shoulder mounts, including layouts and pulling back in  No hands only moves in an inverted position  No handsprings, including elbow grips and iron-x's	No restrictions

Youth advanced Hoop	Youth and Adult Intermediate Aerial Hoop	Advanced/Doubles Aerial Hoop
No restrictions	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 restrictions

Intermediate Aerial Silks & Youth		Advanced Aerial Silks
No unlocked drops. This is when you drop, and must then re-catch, as you fall, to stop yourself from falling.		No restrictions

If you do an illegal move you will either be disqualified, or moved into the appropriate category. We reserve the right to decide which.

If you transition and accidentally do an illegal move, points will be deducted. e.g Extended Butterfly and your foot comes off which is a Handspring (you quickly correct yourself and do not hold the handspring) points will be deducted. This example applies to the Advanced Pole category.

## **Feedback and Scoring**

You will be marked out of 10 points for each of the following categories

- Tricks
- Transitions on the equipment
- Transitions off the equipment i.e. Floorwork
- Fluidity
- Stage Presence
- Costume
- Well rounded – e.g. have you included strength, flexibility, used both poles/top and bottom bars.
- Overall

Deductions will be made for disallowed moves and going over the maximum amount of time allowed for your routine.

Feedback will be emailed out to you as soon as possible after the finalists have been announced on Facebook. We would politely like to remind everyone that there is no point chasing us for results or feedback. We do it as fast as we can, and if we haven't announced the results, that will simply be because we haven't had them back from the judges.

## **Other**

Under 18s must have their parent/guardian's consent to enter and must chaperone them through the whole of the live show. IPAAT does not take any responsibility for contestants.

## **Cancellation**

Please be reminded that if you choose to pull out a £25 cancellation fee will be immediately payable.

Last of all I completely understand that you are working very hard on your routines and are excited for the competition. If you have queries please don't leave it to the last minute to get in touch. It may take us a little while to get back to you, especially when several people are emailing or if you are messaging us on a weekend. If you do have any questions the best way to get in touch is to email [info@ipaat.co.uk](mailto:info@ipaat.co.uk).