



COMPETITION LEVELS

Discuss with your teacher, studio owner or coach, the level you fit most. Minimum crossover of moves is fine but please place yourself in the correct level to avoid disqualification.

1. SAPPHIRE AMATEUR

- Beginner and lower to mid intermediate students
- Lower level tricks and spins
- May include invert, laybacks and leg hangs, basic leg hang tricks
- No aerial invert, shoulder mounts, advanced tricks or extreme flex

2. EMERALD AMATEUR

- High Intermediate, pre advanced, advanced students, lower level teachers
- May include aerial invert, ayesha, handspring, shoulder mount, higher level leg hang tricks
- No deadlifts, Flips or extreme flex

3. RUBY AMATEUR

- High Advanced, elite students, teachers
- May include deadlifts, higher level leg hang tricks, flips, flexible tricks on pole and floor

4. DIAMOND SEMI PRO

- Semi Professional comp students, Paid performers, teachers

5. SEXY'S BACK TEASE QUEEN

- Open to all levels.

6. SEXY'S BACK BATTLE QUEEN

- Semi Professional and Professional comp students, Paid performers, teachers