



***Regional Heats:  
Leading to National final on Wednesday 10<sup>th</sup> May 2023  
Venue: Norcalympia Festival Hall Norbreck Castle Hotel Blackpool***

**North West: Tuesday 28<sup>th</sup> February 2023**

Norcalympia Festival Hall Norbreck Castle Hotel, Queens Promenade Blackpool FY2 9AA

**Midlands: Wednesday 29<sup>th</sup> March 2023**

Borderville Sports centre, Stamford college, Ryhall road, Stamford PE9 1US

**North East: Tuesday 28<sup>th</sup> March 2023**

Federation Brewery, Lancaster Road, Dunston, Gateshead NE11 9JR

**Wales @ South West: Monday 20<sup>th</sup> March 2023**

Cardiff College, City Centre Campus, Dumballs road, Cardiff CF10 5FE

or

**Wednesday 22<sup>nd</sup> March 2023** Weston College, Weston-Super-Mare BS23 2AL

**Southern: Wednesday 15<sup>th</sup> March 2023**

NCC Epping Forest Campus

**Scotland: Thursday 16<sup>th</sup> March 2023**

West Lothian College, Almondvale Crescent, Livingston, West Lothian, EH54 7EP

**Northern Ireland** TBC

**See page 10 for entry details for all areas**

*Open to students enrolled on core programmes for Hairdressing, Barbering, Beauty Therapy or Media Hair & Make-up, Nail services at an accredited centre.*

*Two competitors per full current member from any one centre may be entered in only one **Area Competition** for each category.*

*Any member submitting entries for Area Competitions must be on the 14<sup>th</sup> January 2023 a full current member of the AHT.*

*For information on competitions please contact Denise Johnson National Competition Director:*

**Email: [DenisejohnsonAHTcompetitions@outlook.com](mailto:DenisejohnsonAHTcompetitions@outlook.com)**

**Website-[WWW.aht-uk.com](http://WWW.aht-uk.com)**

## **General rules that apply to all competitions:**

1. All models and competitors must be 16+. (Except competitions 8 & 15 regional heat only)
2. Hairdressing and barbering competitions are **suitable for all hair classification types.**
3. Make-up, body, and face painting are **suitable for all skin types/colour.**
4. **\*Models can be any gender.**
5. Models can be **changed for National finals.**
6. Please be aware that competition times will not be held up for models in other competitions that are still being judged (**except in unusual circumstances**)
7. Small back mirrors **are** allowed.
8. Models are not allowed to assist with the dressing of hair, passing of pins, hair spray etc. is acceptable.
9. All models can sit or stand for judging but could be asked to sit by a jury foreperson if needed.
10. Competitors and models must not wear clothing that contains any description of their college or training centre while they are on the competition floor.
11. Competitions requiring a photograph at the start must follow rules for size of picture. NO PHONE PICTURES AND NO PASSPORT PICTURES.
12. Mobile phones, smart phones or I Pads are not to be brought onto the competition floor **by models.** (Failure to follow this rule will result in exclusion from the competition)
13. Any infringement of any rule may result in the competitor or team being asked to leave the competition floor.
14. Colleges/training centres that are found to be breaking the rules will be disqualified and not allowed to enter the competitions for the forthcoming year.
15. Competitors cannot use additional items of furniture unless with prior agreement with the national competition director as risk assessments are required. Any adaptations for disabilities if required will be considered.

## **HEALTH AND SAFETY RULES**

*It is the responsibility of all colleges, training providers, competitors, and models to follow Occupational Health and Safety Regulations and Legislation during their competition, failure to do so may result in them being removed from the competition floor, this includes skin testing, glue testing, also equipment e.g., portable beds etc.*

*Please note that competitors and models with respiratory disorders will be exposed to airborne chemical irritants – e.g., Aerosols.*

*All electrical equipment must be PAT tested and labelled accordingly*

*By entering the competitions, you are agreeing to comply with All Health and Safety rules and regulations.*

### **Covid-19**

***The situation is continuously evolving as we monitor and respond to Covid-19***

***national and regional infection levels, and how these affect our normal activities.***

***Different requirements may need to be tightened or relaxed in response to data and it is important to keep abreast of any legal requirement or amendment in this respect***

**For the attention of all learners, parents, and guardians: -**

***Please be aware that all competitors, models, and the audience may be filmed or photographed, and these images may be reproduced for publicity purposes.***

**Competition No. 1 – 10.00am prompt Sponsored by HABIA**

**1st year commercial Blow Dry and Finish on a professional feminine above shoulder mannequin head.**

*(Competitors will need to provide their own mannequin head and floor stand)*

*Suitable for everyday wear Time allowed: 45 minutes*

*Refer to general rules also on page 2.*

- 1. The technique is blow styling only.*
- 2. The mannequin's hair must be wet with water on the competition floor prior to scrutineering.*
- 3. Thermal irons or curling tongs can be used to finish off the blow dry but not mandatory.*

**Competition No. 2 – 10.00 am prompt Sponsored by City & Guilds**

**Barbering, Cut & Finish on a live model\*** can be any gender

*Time allowed: 30 minutes.*

*Refer to general rules also on page 2.*

- 1. Competitors to produce a masculine commercial style using traditional Barbering Tapering skills.*
- 2. No clipper art allowed.*
- 3. No pre-cutting allowed competitors **must cut hair** from all sections of the head, including the hairline, (Violation of this rule results in penalty points preventing placement)*
- 4. Use of an open razor is allowed.*
- 5. Use of a flashlight/mobile phone light may be used for fading.*

*Models can be changed for National finals due to timescale.*

*Judges will observe at frequent intervals*

**Competition No. 3 – 10.00am Prompt Sponsored by HABIA**

**Half Body Painting: on a live model\*** Competitors must have had no more than 2 years' experience.

*Theme: **GRAFFITI**- Time allowed: 3 Hours (there will be a 15-minute break after the first 90 minutes)*

*Refer to general rules also on page 2.*

- 1. Students have 3 hours to complete full upper torso from the waist, full front, back and face.*
- 2. No preparation on the body or the hair before the start of the competition. Any false nails/nail varnish etc will be expected to be painted over during the competition times.*
- 3. No templates or stencils can be used Glitters, gems, and jewels can be used post body paint as a finish but must not cover more than 10% of the body within the time.*
- 4. Headdresses, hair pieces and bald caps may be worn & must be added during the allocated time.*
- 5. All make up materials including false eyelashes which are added within the allocated time can be used. No pre prepared skin additions are allowed, no direct modelling applications and no latex.*
- 6. Application method can be brush roller or sponge.*
- 7. Spray colour should not be used on the skin but may be used on the hair. No airbrushing allowed.*
- 8. There must be no referral to pictures, illustrations, or photographs.*
- 9. Competitors must provide their own protective floor and table covering.*
- 10. Hand-held and other props and costume may be used to enhance unpainted areas of the body but must not effect movement of the model*
- 11. Scrutineers will be in the competition area throughout the competition.*

**Models can wear any of the following: Skin toned bra without straps or skin toned bandeau top or skin toned nipple covers.**

***They must be applied before the start of the competition.***

***No pre colouring allowed all chosen coverage must be painted within the 3 hours***

**Competition No. 4 – 10.00am Prompt**

**Half Body Painting for HIGHER LEVEL competitors on a live model\***

Theme: **OUT OF AFRICA**- Time allowed: 3 Hours (there will be a 15-minute break after the first 90 minutes)  
Refer to general rules also on page 2.

1. Students have 3 hours to complete full upper torso from the waist, full front, back and face.
2. No preparation on the body or the hair before the start of the competition. Any false nails/nail varnish etc will be expected to be painted over during the competition times.
3. No templates or stencils can be used, Glitters, gems, and jewels can be used post body paint as a finish but must not cover more than 10% of the body within the time.
4. Headdresses, hair pieces and bald caps may be worn & must be added during the allocated time.
5. All make up materials including false eyelashes which are added within the allocated time can be used. No pre prepared skin additions are allowed, no direct modelling applications and no latex.
6. Application method can be brush roller or sponge.
7. All airbrushing techniques can be used on the face and body. This will include the use of stencils and masking techniques. Airbrushing is optional and you will not be penalised if you decide not to use it. Scrutineers will check for safe use of products and psi levels for the safety of those around you. Hair spray canister colour may only be used on the hair.
8. There must be no referral to pictures, illustrations, or photographs.
9. Competitors must provide their own protective floor and table covering.
10. Hand-held and other props and costume may be used to enhance unpainted areas of the body but must not effect movement of the model
11. Scrutineers will be in the competition area throughout the competition.

**Models can wear any of the following: Skin toned bra without straps or skin toned bandeau top or skin toned nipple covers.  
They must be applied before the start of the competition.  
No pre colouring allowed all chosen coverage must be painted within the 3 hours**

**Competition No. 5 – 10.00am Prompt**

**Authentic (true to the period) OLD HOLLYWOOD Make-up on a live model\***

Time allowed: 45 Minutes

Refer to general rules also on page 2.

1. Create an authentic look.
2. No diagrams, pictures, or photographs to assist the competitor allowed. No prosthetics, stencils, transfers or spray paint allowed. No cut out sponges or tape allowed.
3. No airbrushing allowed
4. Models must be devoid of make-up at the start of the competition.
5. Any preparation e.g., false eyelashes etc. prior to the start or the competition are not allowed but can be applied during the allocated time.
6. Hair, costume and any small props may be used to enhance the overall look and must be completed on the model before entering the competition floor. Only the makeup will be judged.

**Competition No.6 -10.00am prompt Sponsored by VTCT**

**Gender Transformation (NOT DRAG or CHARACTER make-up) on a live model\***

Time allowed 90 minutes Refer to general rules also on page 2.

**Competitors will produce a total look masculine to feminine or feminine to masculine make-up.**

**A4 coloured photo of model devoid of make-up to be provided**

1. No diagrams, pictures, or photographs to assist the competitor allowed.
2. Models must be devoid of all make-up at the start of the competition.
3. Model **must** be dressed prior to the competition to reflect the total look.
4. Wigs and facial hair may be worn but must be added during the allocated

**Competition 7 -10.00am approx.**

**Creative Nail competition judged on a pre-prepared presentation Mood Board: not on model**

Theme: **POP ART** Refer to general rules also on page 2.

1. Judges will be looking for ten decorated nails presented on an A4 mood board, over which the theme is demonstrated.
2. Designs must feature at least three different mediums/techniques to demonstrate your skills and talent, 2D, 3D & 4D techniques can be used, embedding, cut outs, alternative tip shapes and lengths, coloured powders, UV gels, air brushing, hand painted techniques, coloured polishes, base, and topcoats, polish secures transfers and tapes, embellishments, glitters, pigments and foils, fabrics.
3. Your entry must be accompanied by a step-by-step folder/booklet no more than 3 to 4 pages long with step by step photos of your work in progress.

**Competition No. 8. -11.00am approx. Regional only**

**Evening Style with Ornamentation on a professional feminine mannequin head**

**Competitors must be at school and aged between 14-16 years of age**

Time allowed 30 minutes. Refer to general rules also on page 2.

1. Competitors will need to provide their own mannequin and **floor stand**. Costume, Jewellery and Make-up **can** be applied to the mannequin or stand if the competitor wants to
2. Hair can be pre-set, curled, crimped, or blown straight at the start of the competition, **but no pre-plaiting or pony tails**
3. No electrical equipment allowed
4. Mannequin must be of one uniform colour.

**Competition No. 9 -11.00am approx. Sponsored by VTCT**

**Fantasy Hairdressing total look on a live model\* (FREE CHOICE)**

Time allowed 30minutes Refer to general rules also on page 2.

1. This event allows the competitor to exercise creativity and imagination for a total look
2. Full freedom of techniques in hair creation, no restriction on theme model **MUST** be dressed and make-up applied prior to the competition Prosthetics allowed.
3. Any hair additions/ornamentation must be displayed at the start of the competition
4. No electrical equipment can be used.

Judging will be based on Inspiration, creativity and the range of hairdressing skills and techniques used.

Judges will observe at frequent intervals

**Competition No. 10-11.00am approx.**

**Full Face Painting on a live model\***

Theme: **SIGNS OF THE ZODIAC** Time allowed: 45 Minutes. Refer to general rules also on page 2.

1. Competitors to produce a full facial face paint.
2. Models hair should be scraped back from the face and models should wear a plain White or black tee shirt – only the face will be judged
3. Only cream/water based/oil-based face painting products can be used
4. No prosthetics, stencils, transfers, or spray paint allowed.
5. Models must be devoid of make-up at the start of the competition.
6. The finished face paint must finish at the jaw line.
7. No photographs or diagrams allowed.
8. Gems, feathers and glitter can be used BUT NO MORE THAN 10% COVERAGE
9. False eyelashes if used must be applied during the competition time allowed.

**Competition No. 11 –11.00am approx. Regional only**

**Entry Level 3 Inclusive skills long hair fashion style to include a plait and ornamentation, on a professional mannequin head.**

Time allowed 45 minutes.

Refer to general rules also on page 2.

1. Learners must be working towards Entry level 3.
2. No electrics allowed.
3. Competitors will need to provide their own mannequin and **floor stand**.
4. All styling products, brushes, combs, pins, clips, and elastic bands are allowed.
5. No added hair is allowed.
6. Ornamentation must be used to complement the style but must not be made from real or synthetic hair, it must not cover more than 25% of the head.
7. Mannequin must be of one uniform colour.

\*Competitors can receive agreed support during the competition that is outlined in their support statement

**Competition No.12 – 11.00am approx. Sponsored by Louella Belle**

**Commercial Nail Art Gel polish on a live model\* Theme: **CHIC AND TRENDY DESIGNS****

Time allowed 60 minutes

Refer to general rules also on page 2.

1. Competitors to produce a gel polish finish on a model with natural nails.
2. **Judging will be on the nails only**, to include symmetry, neatness, choice of colour, shine & finish, no props can be used, and both hands must be placed on the table for judging
3. All work must be **free hand**. No transfers, stencils, or stencils to be used.
4. LED/UV lamps must be used to cure the nails. **You must provide your own lamps**.
5. The models natural nails must be devoid of any polish, base coat, or any nail enhancement products.
6. The nails will be scrutinised prior to the start of the competition to check that the model's nails are natural and free from any products.
7. No visual aids.
8. No Jewellery except a wedding band allowed.
9. Manufacturers application instructions must be followed

**Competition No. 13 –12.00pm approx.**

**Commercial Feminine Cut and Blow on a professional mannequin head**

Time allowed 45 minutes.

Refer to general rules also on page 2.

Competitors will need to provide their own **feminine** mannequin and **floor stand**.

1. Competitors are required to produce a commercial **feminine style** of their choice on a mannequin.
2. No pre - cutting allowed, competitors **must cut hair** from all sections of the head to produce a commercial look. (Violation of this rule results in penalty points preventing placement)
3. Cutting will be witnessed on the competition floor by scrutineers and Judges.
4. Thermal irons can be used to finish off the blow wave but only one plug socket per competitor.

**Competition No. 14 –12.00pm approx.**

**Bridal Feminine hair styling on a live model\* or professional female mannequin head.**

(Competitors will need to provide their own mannequin and **floor stand**)

Time allowed 45 minutes

Refer to general rules also on page 2.

1. Competitors to execute a **feminine hairstyle** to complement a bride on their wedding day. Headdresses must not cover more than 25% of the head.
2. No electrics allowed.
3. Hair can be pre-set, curled, crimped, or blown straight at the start of the competition, **but no pre-plaiting**
4. If twists, pony tails or plaits are used as part of the set, these must be removed prior to dressing.

**Competition 15- 12.00pm approx. Regional only**

**Prom themed make-up. Competitors can complete on themselves or on a live model\***

Time allowed 45 minutes **Competitors must be at school and aged between 14-16 years of age**

Refer to general rules also on page 2.

1. Competitors to produce a facial make-up suitable for a prom.
2. If using false eye lashes, they must be added during the make-up application.
3. No prosthetics or spray paint allowed. No cut out sponges allowed

**Competition 16 – 1.00pm approx.**

**Feminine Fashion Blow dry on a pre-prepared cut & coloured professional mannequin head.**

Time allowed 30 minutes

Refer to general rules also on page 2.

Competitors will need to provide their own mannequin and **floor stand**.

1. Competitors are required to create their **feminine style** on a pre-cut and coloured mannequin
2. Hair can be straight or in rollers and pins before the start of the competition.
3. Ornamentation is not allowed.
4. No added hair is allowed
5. All styling tools and styling products are allowed.
6. 1 Electric socket per competitor.

**Competition No. 17 – 1.00pm approx.**

**Editorial Style Make-up on a live model\*** Theme: **ELEGANT RED CARPET**

Time allowed in total 45 minutes.

Refer to general rules also on page 2.

1. Create a make-up that has been inspired by **ELEGANT RED CARPET** (ensure this is suitable for an editorial shoot or runway).
2. No diagrams, pictures, or photographs to assist the competitor allowed. No prosthetics, stencils, transfers or spray paint allowed. No cut out sponges or tape allowed.
3. No airbrushing allowed
4. Models must be devoid of make-up at the start of the competition.  
Any preparation e.g., false eyelashes etc. prior to the start or the competition are not allowed, these can be added but must be within the allocated time.
5. Judging will be based on the application, use of products, finish, and suitability for a commercial magazine cover.
6. Hair, costume and any small props may be used to enhance the overall look and must be completed on the model before entering the competition floor. Only the makeup will be judged.

**Competition No. 18 – 1.00pm approx. Sponsored by VTCT**

**Barbering creative masculine cut & finish on a pre-coloured live model\*** can be any gender

Time allowed 45 minutes.

Refer to general rules also on page 2.

1. Competitors to produce a **masculine** creative cut and finish on pre-coloured hair.
  2. No pre-cutting allowed competitors **must cut hair** from all sections of the head, including the hairline, (Violation of this rule results in penalty points preventing placement)
  3. Use of an open razor is allowed.
  4. Use of a flashlight/mobile phone light may be used for fading.
  5. All styling tools and styling products are allowed.
  6. 1 Electric socket per competitor
- Competitors will be judged on inspiration, creativity, and degree of difficulty

**Competition No. 19 – 2.00pm approx.**

**Feminine Bridal Make-up on a live model\***

Time allowed 45 minutes

Refer to general rules also on page 2.

**Make-up Rules:**

1. Competitors to produce a **feminine** wedding make-up.
2. No diagrams, pictures, or photographs to assist the competitor allowed.
3. Models must be devoid of make-up at the start of the competition, if using false eye lashes, they must be added during the time allowed.
4. No prosthetics



**Competition No. 20 -2.00pm approx.**

**Feminine Evening Style can be on a live model\* or a professional mannequin head.**

*(Competitors will need to provide their own mannequin and **floor stand**)*

*Time allowed 45 minutes Refer to general rules also on page 2.*

1. Competitors are required to produce an overall **feminine** hairstyle to be created on the competition floor hair can be up or down or a combination of both.
2. Hair can be in its natural state or set from wet or dry, NO PRE-STYLING
3. If twists or plaits are used as part of the set, these must be removed prior to dressing.
4. No electrical equipment can be used.
5. Ornamentation if used and made from real or synthetic hair will be classed as postiche.
6. Postiche if used must be brought to the competition floor either straight or in setting rollers or pin curls to be added during the time allowed.

*Judging will be based on Inspiration, creativity and the range of hairdressing skills and techniques used.*

**Competition No. 21 – 2.00pm approx. Sponsored by City & Guilds**

**Create an Image Based on a Theme. A team event created on a live model\***

**Team will consist of two competitors (1hair and 1make-up)**

**Theme: KINGS OR QUEENS OF THE SEA**

Time allowed 90 minutes

*The overall result will be judged equally on hairdressing, make up skills and the suitability to the theme.*

*Refer to general rules also on page 2.*

**Hair Rules: 40 Minutes**

1. Competitor to execute a hairstyle suitable for chosen theme. Ornamentation, hat's, added hair etc. must not cover more than 25% of the head.
2. Hair can be pre-set, curled, crimped, or blown straight at the start of the competition, **but no pre-plaiting**
3. If twists, pony tails or plaits are used as part of the set, these must be removed prior to dressing
4. Any hair additions/ornamentation must be displayed at the start of the competition
5. Electrics allowed.

**Make-up Rules: 40 Minutes**

1. Competitor to produce a make-up suitable for the theme.
2. No diagrams, pictures, or photographs to assist the competitor allowed.
3. Model must be devoid of make-up at the start of the competition, if using false eye lashes, they must be added during the time allowed.
4. No prosthetics

**10 minutes to work as a team to finish**

*Costume and props may be used to enhance the overall look of the theme, and must be completed on the model before entering the competition floor. These must not hinder models' movement.*

**ENTRY FEES FOR 2023:**

**£12.00** per competitor per competition

*The first three places go to National Finals from all areas. Additional finalists are allowed if the number of competitors in the competition exceeds twenty-nine*

- **30-40 entries** = 4 places
- **41-50 entries** = 5 places
- **51-60 entries** = 6 places
- **61+entries** = 7 places

*Forward your entries to the regional area competition director:*

- North West: [DenisejohnsonAHTcompetitions@outlook.com](mailto:DenisejohnsonAHTcompetitions@outlook.com)
  - Midlands: [robhaird@hotmail.co.uk](mailto:robhaird@hotmail.co.uk)
  - North East: [lindsay.gaskill@ncl-coll.ac.uk](mailto:lindsay.gaskill@ncl-coll.ac.uk)
  - Scotland: [mainmarion1@gmail.com](mailto:mainmarion1@gmail.com)
  - Southern: [mark.pawsey17@gmail.com](mailto:mark.pawsey17@gmail.com)
- Wales & South West: [djbassett@hotmail.com](mailto:djbassett@hotmail.com)  
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- Northern Ireland: TBC. Enquiries to be forwarded to [DenisejohnsonAHTcompetitions@outlook.com](mailto:DenisejohnsonAHTcompetitions@outlook.com)

*The AHT would like to thank the following sponsors:*



Louella Belle 