



SA POLE SPORTS FEDERATION DIVISIONS **FOR NATIONAL AND PROVINCIAL EVENTS 2018**

BRONZE DIVISION FOR BEGINNER LEVEL
SILVER DIVISION FOR INTERMEDIATE LEVEL

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1. INTRODUCTION

The Bronze and Silver Divisions were created by the SA Pole Sports Federation (SAPSF) to encourage less experienced pole sports athletes to participate in the pole sports competitions.

Bronze and Silver Divisions are not International Pole Sports Federation (IPSF) Endorsed.

The Bronze and Silver Divisions can be seen as a stepping-stone for those athletes wishing to advance their skills and compete in IPSF endorsed events at a later date.

Bronze and Silver Divisions will take place at SAPSF events alongside IPSF Divisions.

Athletes taking part in the Bronze & Silver Divisions at a Provincial or National Level are expected to adhere to the guidelines set out by the SAPSF within this document.

Athletes are required to submit their completed score forms containing their chosen 'Compulsory Moves', as well as send their music files and payment by the stated deadline date for the event. The deadline is normally set two weeks prior to the event.

2. WHICH DIVISION SHOULD YOU ENTER?

Athletes can choose which division they take part in. Bronze Division is recommended for beginners and first time competitors. Silver Division is more difficult, but also welcomes first time competitors or slightly more experienced athletes at an intermediate level.

3. AGE CATEGORIES

Athletes can tell which category they will compete in based on their age on the day of the event.

Category	Age
Youth	6-14
Juniors	15-17
Seniors	18- 39
Masters 40+	40 – 49
Masters 50+	50+

4. PERFORMANCE TIME & MUSIC

- For **Bronze Division**, routines are to last a maximum of three minutes (3:00).
- For **Silver Division**, routines are to last a minimum of three minutes (3:00) and a maximum of three minutes and thirty seconds (3:30)
- Instrumental music only. Music may not contain lyrics
- The first note of music indicates the start.
- The last note of music indicates the end. The last note should not exceed the allotted time in the given category.
- Failure to meet the minimum or exceed the maximum time requirements will be penalised by a -3 deduction.
- Music must be submitted in MP3 format by deadline stated for the event.





5. COSTUME REQUIREMENTS

Costumes must be appropriate for competitive athletic sports. They must fully cover the pelvis and gluteal area for all athletes and the breast area for female athletes.

Costumes should not include:

- Underwear
- Swimwear or bikinis
- Transparent clothing that does not cover the breast, pelvis and gluteal area
- Leather, latex, PVC or rubber
- Jewellery and piercings of any kind; small stud earrings and a small ear plug are permitted
- Anything that interferes with the performance or can be considered a health and safety issue
- Body paint or oil on any part of the body. (Make up and embellishment may be worn on the face only.)
- Props such as hats and canes and anything that is not considered attached to the costume
- Hoods cannot be attached to costumes

If a costume is deemed inappropriate the athlete may be disqualified before performing.

If the athlete experiences a costume malfunction the judge/organiser has the right to stop the performance.

6. THE SCORING SYSTEM

Many elements of the IPSF scoring system have been utilized as base for both the Bronze and Silver Divisions as shown within this document. This is to help athletes and coaches understand more about how the IPSF scoring system works.

Athletes will be scored on their performance of the following elements:

- Compulsory Moves
- Technical Bonus
- Artistic & Choreography
- Technical Deductions

7. COMPULSORY MOVES

All athletes must perform the allocated number of compulsory moves. The specified number of points will be awarded if the minimum requirements have been met, e.g. position held for two seconds, correct split/body angle. Always read the move description to understand the requirements of the move.

It is the responsibility of the athlete to execute the compulsory element clearly to the judges. If a compulsory element is on the border, it will not be awarded.

Elements with a value of +0.1 are easier than those with a value of +0.6. Extra points will be given if the athlete performs any of the compulsory bonuses on the compulsory elements. Compulsory elements must not be repeated (i.e. individual elements may only be used once).

Compulsory elements must also be held in a **fixed position, unless specified otherwise – this means no movement (arms / fingers / feet etc) whilst showing the element.**

Bronze Compulsory Move Requirements for All Age Groups:

Athletes must select 8 elements:

- Two (2) spins for a spinning pole
- One (1) spin for a static pole
- Two (2) flexibility elements
- Three (3) strength elements

Silver Compulsory Requirements for All Age Groups:

Athletes must select 10 elements:

- Two (2) spins for a spinning pole
- One (1) spin for a static pole
- Three (3) flexibility elements
- Four (4) strength elements



Prohibited movements and penalties:

All work, where the athlete is not in contact with the pole, must be limited to a maximum of **40 seconds** of the total length of the performance.

The following will result in a compulsory element not being recognised:

- *Failing to hold a compulsory element:* The athlete will NOT be awarded points if he/she fails to hold the position of a compulsory element for the required two (2) seconds, according to the minimum requirements in the description under 'criteria'.
- *Failing to execute the required split and/or body angle:* The athlete will NOT be awarded points if he/she fails to execute the compulsory element at the required split and/or body angle, according to the minimum requirements in the description under 'criteria'.
- *Failing to hold a spin for the duration indicated in the criteria:* The athlete will NOT be awarded points if he/she fails to hold the position of a compulsory element according to the minimum requirements in the description under 'criteria'.
- *Failing to meet further minimum requirements:* The athlete will NOT be awarded points if he/she fails to meet any further minimum requirements listed in the move description.

Compulsory Minimum Requirement Definitions

The inside arm or leg is closest to the pole. The outside arm or leg is furthest away from the pole.

Body positions:

- Inside leg/foot/arm/hand and outside leg/foot/arm/hand
- Front, behind, backwards and forwards

Hand Positions:

	<p>Thumbs Up In this position, the thumb goes around the pole on the opposite side to the other fingers.</p>		<p>Cup Grip In cup grip position, the thumb is on the same side as the rest of the fingers of the hand.</p>
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Leg Positions: (not all of these will apply to Bronze & Silver Divisions)

	<p>Attitude (both legs are bent at 90° and parallel to the ground)</p>		<p>Pike (both legs stretched in front of the body, hips at an angle)</p>
	<p>Chair (both legs bent at a 90° angle and closed)</p>		<p>Ring (when one leg is bent backward towards the head, either touching the head, or over the head)</p>
	<p>Diamond (The legs form a triangle with the knees apart and toes touching)</p>		<p>Split (legs in a split position of the given degree)</p>
	<p>Fang (both legs bent backwards, feet to back of head)</p>		<p>Straddle (both legs stretched in a box split position)</p>
	<p>Passé (one leg bent at 90° while the other leg is straight)</p>		<p>Tuck (knees tucked in to the chest)</p>

Arm Positions and Grips: (not all of these will apply to Bronze & Silver Divisions)

	<p>Basic grip Both hands on the pole in a thumbs up position (Hand Grip)</p>		<p>Underarm grip Pole is gripped using one underarm. (Arm Grip)</p>
	<p>Wide basic grip (Hand Grip)</p>		<p>Forearm grip One hand and forearm grips the pole, the other hand is in a fixed position of choice. (Hand Grip)</p>
	<p>Cup grip Hand in a thumb down position, fingers and thumb on the same side of the pole (Hand Grip)</p>		<p>Split arm position hand grip of choice (Arm Position)</p>
	<p>Twisted grip One wrist wraps around the pole, other hand in fixed position of choice (Hand Grip)</p>		<p>Back support Outside arm is supporting the body behind the back, the inside arm is in contact with the pole with the hand only (Arm Position)</p>
	<p>Elbow grip Crook of elbow; other hand in fixed position of choice (Hand Grip)</p>		<p>Wrap grip arm position – forearm against the pole hand grip of choice (Arm Position)</p>
	<p>Flag Grip One elbow is bent and the pole is gripped by the underarm and hand. The other hand is in a fixed position of choice. (Hand Grip)</p>		<p>Iguana arm position Arm position behind the body, Grip: Basic grip (Arm Position)</p>
			<p>Cross Grip Arms are crossed and extended. (Arm Position)</p>

7A. BRONZE DIVISION – COMPULSORIES

Performance time

3 Minutes maximum time allowed

Up to 40 seconds in total may be floor work, with no contact to the pole.

Bronze Compulsory Move Requirements for All Age Groups:

Athletes must select 8 elements:

- Two (2) spins for a spinning pole
- One (1) spin for a static pole
- Two (2) flexibility elements
- Three (3) strength elements

Compulsory Code Key

F = Flexibility element

S = Strength element

ST = Spin on a static pole

SP = Spin on a spinning pole

* Moves with a value of +0.1 are easier than those with a value of +1.0.








* Please note that the drawings are to be used only as a guide.

* It is important to follow the written minimum requirements.

BRONZE COMPULSORY ELEMENTS

CODE	IMAGE	SPINS ON SPINNING	POINT VALUE	MINIMUM REQUIREMENTS
SP1		Front Hook	0.1	- Hold the position: a minimum of 720° rotation - Points of contact are: both hands, inside knee, and back of inside thigh - Grip is: wide basic grip - Leg position is: diamond - Body position is: upright
SP2		Back Hook	0.1	- Hold the position: a minimum of 720° rotation - Points of contact are: both hands, inside of knee of inside leg, back of inside thigh - Grip is: wide basic grip - Leg position is: diamond - Body position is: upright
SP3		Chair Spin	0.2	- Hold the position: a minimum of 720° rotation - Points of contact are: both hands - Grip is: wide basic grip - Leg position is: chair position at 90° angle - Body position is: upright
SP4		Sword Spin	0.3	- Hold the position: a minimum of 720° rotation - Points of contact are: both hands - Grip is: Wide Basic grip - Leg position is: outside leg is fully extended and parallel to the floor, inside leg is hooked at the knee - Body position is: upright








BRONZE - SPINS ON SPINNING CONTINUED...

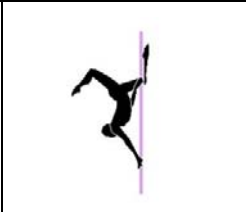




SP5		Turning Climb	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact are: both hands, shin of back (inside) leg, lower calf of the front (outside) leg - Grip is: wide basic grip - Leg position is: closed - Body position is: upright
SP6		Reverse Grab	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation in the final position - Points of contact are: both hands - Arm position is: reverse spin starting with one arm on the pole into a split grip - Grip is: split grip - Leg position is: legs are in attitude in the final position - Body position is: upright at an angle away from the pole
SP7		Cradle Spin	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact are: both hands, hips, and tops of thighs - Grip is: split grip - Leg position is: tucked around the pole - Body position is: 90° to the pole
SP8		Ice skater Spin	0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact are: inside arm and hand, side of torso, back and inside leg at the knee - Arm position/grip is: inside arm is holding pole, outside arm is in a fixed position - Leg position is: inside leg is in passé in front of pole, outside leg is fully extended in front of the pole - Body position is: upright
CODE	IMAGE	SPINS ON STATIC	POINT VALUE	MINIMUM REQUIREMENTS
ST1		Fireman	0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands, both ankles - Grip is: wide basic grip - Leg position is: both legs are bent and are in contact with the pole at the ankles - Body position is: upright
ST2		Front hook	0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands, inside knee, and back of inside thigh - Grip is: wide basic grip - Leg position is: diamond - Body position is: upright
ST3		Attitude Spin (outside heel on pole)	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands, one heel of foot - Grip is: split grip - Leg position is: legs are in attitude position, parallel to floor - Body position is: upright

BRONZE - SPINS ON STATIC CONTINUED...

ST4		Chair Spin	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands - Grip is: wide basic grip - Leg position is: chair position at 90° angle - Body position is: upright
ST5		Reverse Grab	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation in the final position - Points of contact are: both hands - Arm position is: reverse spin starting with one arm on the pole into a split grip - Grip is: split grip - Leg position is: legs are in attitude in the final position - Body position is: upright at an angle away from the pole
ST6		Cradle Spin	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands, hips, and tops of thighs - Grip is: split grip - Leg position is: tucked around the pole - Body position is: 90° to the pole
ST7		Carousel Spin	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands - Grip is: grip of choice - Leg position is: diamond - Body position is: upright
ST8		Split Grip Straddle	0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands - Grip is: split grip - Leg position is: both legs are fully extended in straddle position above the hips - Body position is: upright
CODE	IMAGE	STRENGTH	POINT VALUE	MINIMUM REQUIREMENTS
S1		Forward Pole Sit (both legs to one side)	0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both legs, - Leg position is: legs are crossed over each other at the knees - Arm Position: On the inside arm, at the back of the arm, the other not touching the pole in a fixed position. - Body position is: upright
S2		Forward Pole Stand	0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both legs, back of the inside arm - Leg position is: legs are extended and holding the pole - Arm Position: one arm in front of the pole, the other not touching the pole in a fixed position. - Body position is: upright
S3		¼ Figurehead	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both legs, one arm. - Arm Position: under the inside arm, the other not touching the pole in a fixed position. - Leg position is: one leg on the pole at knee, the other leg extended and down the pole. - Body position is: upright

BRONZE COMPULSORIES – STRENGTH CONTINUED...

S4		Star Gazer	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both legs - Arm Position: one supporting at the foot and the other in a fixed position not on the pole - Leg position is: bent at the knee on the pole, other leg extended down the pole - Body position is: parallel to the floor
S5		Skater (Long arm one handed)	0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: one leg and one hand - Arm Position: one arm extended and holding the pole and the other holding the foot leg. - Leg position is: base leg bent at the knee on the pole, other leg extended behind the body - Body position is: upright
S6		Crucifix	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both legs - Arm position/grip is: fixed position of choice, hands have no contact with the pole - Leg position is: both legs are fully extended and holding the pole - Body position is: inverted
S7		Inverted Straddle	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both hands, inside arm, torso, one thigh - Arm position is: both arms fully extended, holding the pole - Grip is: basic grip - Leg position is: both legs are fully extended in straddle position - Body position is: inverted
S8		Handstand pose, attitude legs	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: abdomen resting on the pole - Arm position is: both arms fully extended onto the floor - Leg position is: both legs are in a stag position - Body position is: inverted
S9		Elbow stand pose	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: abdomen resting on the pole and top leg - Arm position is: both arms resting on the floor at the elbow - Leg position is: one leg hooked and 90° angle at knee. Other leg extended and parallel to the floor, off the pole in a fixed position. - Body position is: inverted
S10		Leg Release (Crossed ankle)	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both inner thighs - Arm position/grip is: arms in fixed position of choice with no contact with the pole - Leg position is: both legs are fully extended and closed with ankles crossed - Body position is: inverted, layback

CODE	IMAGE	FLEXIBILITY	POINT VALUE	MINIMUM REQUIREMENTS
F1		Butterfly	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: inside leg, side of torso, both hands - Arm position/grip is: split grip - Leg position is: front leg is hooked at ankle and calf, outside / back leg is in attitude - Body position is: inverted - Angle of split is: minimum of 140°
F2		Side pole straddle Floor based	0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both hands, the arch of foot - Arm position/grip is: basic or cup grip - Leg position is: both legs are fully extended in split position with lower foot floor based and the arch of upper foot is in contact with the pole - Body position is: torso is extended away from the pole - Angle of split is: minimum of 140°
F3		Splits – Floor based	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: legs, hands - Arm position/grip is: one holding the pole and one on the floor - Leg position is: both legs are fully extended in split position, one foot on the floor. - Body position is: inverted - Angle of split is: minimum of 140°
F4		Back Bend Floor based	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both hands, chest resting on the pole - Arm position/grip is: basic grip - Leg position is: fang position, feet drawn to the head - Angle of back bend is: reaching the head, with 20° tolerance
F5		Forward Fold Floor Based	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both hands - Arm position/grip is: basic grip holding the pole - Leg position is: both legs fully extended onto the floor - Back is straight -20° tolerance

7B. SILVER DIVISION – COMPULSORIES

Performance Time:

Min 3min, max 3:30sec for the length of the routine.

Up to 40 seconds in total may be floor work, with no contact to the pole.

Silver Compulsory Requirements for All Age Groups:

Athletes must select 10 elements:

- Two (2) spins for a spinning pole
- One (1) spin for a static pole
- Three (3) flexibility elements
- Four (4) strength elements

Compulsory Code Key

F = Flexibility element

S = Strength element

ST = Spin on a static pole




SP = Spin on a spinning pole

* Moves with a value of +0.1 are easier than those with a value of +1.0.

* Please note that the drawings are to be used only as a guide.

* It is important to follow the written minimum requirements.

SILVER COMPULSORY ELEMENTS

CODE	IMAGE	SPINS ON SPINNING	POINT VALUE	MINIMUM REQUIREMENTS
SP1		Pencil – Forearm grip	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact are: both hands, one forearm - Arm position is: one arm in forearm grip, other arm fully extended and in contact with the pole above the other hand. - Grip is: forearm grip - Leg position is: both legs are fully extended and closed in pencil position - Body position is: upright
SP2		Underarm hold / Figurehead Spin	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact are: inside underarm, inner upper thigh, inside knee, outside foot - Arm position is: arms in fixed position of choice with no hand contact with the pole. Only inside arm has contact with the pole - Grip is: underarm grip - Leg position is: one leg is fully extended along the pole, the other knee is bent - Body position is: upright
SP3		Ballerina Passé	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact are: inner thighs, one hand, inner arm, side of torso, back - Arm position/grip is: inner arm is wrapped around the pole behind the body, outer arm is bent holding the pole at the level of the head or higher - Leg position is: seated position with legs bent and tucked to one side of the pole - Body position is: upright

SILVER COMPULSORIES - SPINS ON SPINNING CONTINUED...






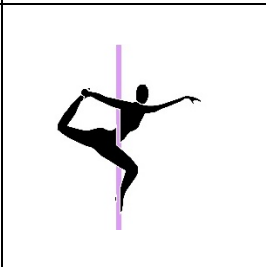
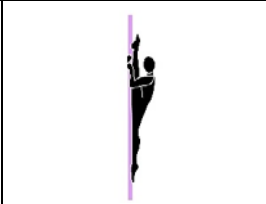
SP4		Ice skater Spin	0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact are: inside arm and hand, side of torso, back and inside leg at the knee - Arm position/grip is: inside arm is holding pole, outside arm is in a fixed position - Leg position is: inside leg is in passé in front of pole, outside leg is fully extended in front of the pole - Body position is: upright
SP5		Outside knee hang Closed fang (Marley)	0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact are: one knee and one thigh - Arm position/grip is: both hands hold both feet - Leg position is: fang position - Body position is: inverted - Starting position: on the pole
SP6		Inverted Body Spiral (Ice skater)	0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact are: inside arm and hand, outside hand, side of torso, back - Arm position/grip is: inside arm is holding pole between legs, outside arm is in contact with the pole above the head - Leg position is: inside leg is in passé, outside leg is fully extended across the front of the pole - Body position is: inverted
SP7		Cradle spin pike no hands legs fully stretched	0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact are: hips, torso, thighs - Arm position/grip is: both arms are wrapped around the legs with no contact with the pole - Leg position is: both legs are fully extended and closed in pike position - Body position is: wrapped around the pole and parallel to the floor (20° tolerance)
SP8		Cradle spin, one handed	0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 720° rotation - Points of contact are: one hand and arm, hips, torso - Arm position/grip is: inside arm is fully extended and holding pole, outside arm is in a fixed position of choice with no contact with the pole - Leg position is: both legs are fully extended and closed in a pike position - Body position is: wrapped around the pole
CODE	IMAGE	STATIC SPINS	POINT VALUE	MINIMUM REQUIREMENTS
ST1		Fireman Spin Crossed ankle	0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands, both ankles - Grip is: wide basic grip - Leg position is: both legs are bent and are in contact with the pole at the ankles - Body position is: upright
ST2		Chair Spin	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands - Grip is: wide basic grip - Leg position is: chair position at 90° angle - Body position is: upright

SILVER COMPULSORIES - STATIC SPINS CONTINUED...

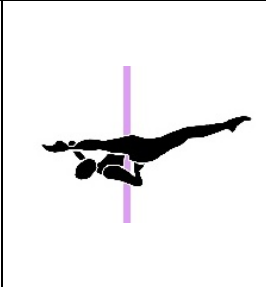

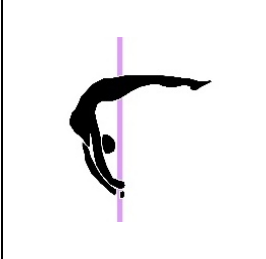

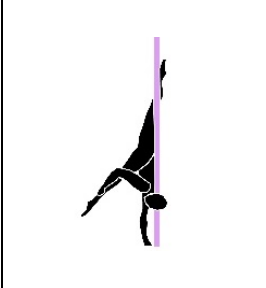
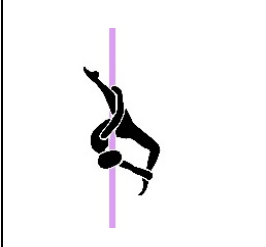
ST3		Carousel fang	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands - Grip is: grip of choice - Leg position is: diamond - Body position is: upright
ST4		Attitude spin outside heel on pole	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands, one heel of foot - Grip is: split grip - Leg position is: legs are in attitude position, parallel to floor - Body position is: upright
ST5		Body spiral reverse grab attitude	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation in the final position - Points of contact are: both hands - Arm position is: reverse spin starting with one arm on the pole into a split grip - Grip is: split grip - Leg position is: legs are in attitude in the final position - Body position is: upright at an angle away from the pole
ST6		Cradle spin, split grip, tuck	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands, hips, and tops of thighs - Grip is: split grip - Leg position is: tucked around the pole - Body position is: 90° to the pole, parallel to the floor
ST7		Split grip straddle	0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands - Grip is: split grip - Leg position is: both legs are fully extended in straddle position above the hips - Body position is: upright
ST8		Spinning into a shoulder mount straddle	0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands, one shoulder - Arm position is: arms are bent - Grip is: grip of choice - Leg position is: both legs are fully extended in straddle position, parallel to floor - Body position is: parallel to floor, 20° tolerance
ST9		Cradle spin into extended butterfly	0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands, hips, top of thighs, transitioning to both hands, one ankle - Grip is: split grip - Leg position is: tuck position followed by split position - Body position is: see criteria for Cradle spin and Butterfly Extension.
ST10		Cupped grip spin Pencil	0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 360° rotation - Points of contact are: both hands - Arm position/grip is: top arm fully extended, bottom arm may be slightly bent - Grip is: both hands in cup grip - Leg position is: both legs fully extended and closed - Body position is: extended in a pencil position at an angle away from the pole

CODE	IMAGE	STRENGTH	POINT VALUE	MINIMUM REQUIREMENTS
S1		Cupid	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: inside knee of inside leg, foot of outside leg - Arm position/grip is: both arms are in fixed position of choice with no contact with the pole - Leg position is: inside leg is hooked to the pole at the knee, outside leg is fully extended with the sole of the foot in contact with the pole - Body position is: upright, diagonal to the pole
S2		Inside leg hang Flatline	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: hand of inside arm, side of torso, inside leg - Arm position/grip is: Inside arm extended, pushing away from pole, outside arm in fixed position of choice with no contact with the pole - Leg position is: inside leg is hooked to the pole, outside leg is fully extended and parallel to the floor - Body position is: parallel to the floor
S3		Basic Superman	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both inner thighs, one hand - Arm position/grip is: both arms are fully extended, only one hand holds pole - Leg position is: both legs are fully extended and closed - Body position is: hips and legs are parallel to the floor
S4		Shoulder Mount (end in Pencil or Straddle)	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both hands, one shoulder, (neck optional) - Arm position is: arms are bent - Grip is: grip of choice - Leg position is: straddle or pencil - Body position is: horizontal if ending in straddle, vertical and inverted if ending in pencil
S5		Back support tuck	0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: inside arm, side of torso, hand of outside arm - Arm position/grip is: back support - Leg position is: knees on chest - Body position is: parallel to the floor (20° tolerance)
S6		Handspring straddle / pencil	0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both hands - Arm position/grip is: hand grip of choice - Leg position is: both legs are fully extended - Body position is: inverted
S7		Iguana	0.4	<ul style="list-style-type: none"> - Points of contact are: both hands, back - Arm position is: both arms are fully extended and holding the pole in an inverted position behind the back - Starting point: legs extended off the floor - Finishing point: legs finish in inverted pencil / fang - Grip is: basic grip - Body position is: inverted

SILVER COMPULSORIES – STRENGTH CONTINUED...

S8		Back support split	0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: back/side (no hip contact), outside hand and inside arm - Arm position: inside arm holds inside leg around the pole - Grip is: back support grip - Leg position is: both legs are fully extended with inside arm holding the calf of the inside leg - Body position is: upright
S9		Flag grip side passé	0.5	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both arms, both hands, chest - Arm position/grip is: flag grip - Leg position is: upper leg is fully extended, lower leg is in passé - Body position is: upper body and leg are parallel to the floor
S10		Elbow grip straddle	0.6	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: one hand and one elbow - Arm position/grip is: one arm is fully extended and holding the pole above the head, other arm is in elbow grip - Leg position is: both legs are fully extended in straddle position - Body position is: inverted
CODE	IMAGE	FLEXIBILITY	POINT VALUE	MINIMUM REQUIREMENTS
F1		Inside leg hang	0.1	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: inside leg, side of torso, back of the arm - Arm position/grip is: arms in fixed position of choice, no hands have contact to the pole - Leg position is: inside leg is wrapped, outside leg is in attitude - Body position is: inverted - Angle of split is: minimum of 140°
F2		Side pole straddle base	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both hands, both legs - Arm position/grip is: basic or cup grip - Leg position is: both legs are fully extended in straddle position with lower foot floor based and the arch of the upper foot is in contact with the pole - Body position is: torso is extended away from the pole - Angle of split is: minimum of 140°
F3		Ballerina Sit Attitude	0.2	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: inside underarm, side of torso, inside leg - Arm position/grip is: inside arm holds outside foot, outside arm is in fixed position of choice with no contact with the pole - Leg position is: inside leg is wrapped, outside leg is extended in attitude - Body position is: upright - Angle of split is: minimum of 140°
F4		Front Split on the Pole	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: legs, hands, forearms - Arm position/grip is: basic grip - Leg position is: both legs are fully extended in split position - Body position is: upright - Angle of split is: minimum of 140°

SILVER COMPULSORIES – FLEXIBILITY CONTINUED...

F5		Hip Hold Split	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: thigh of inside leg, side of torso, back of inside arm - Arm position/grip is: underarm or bicep of inside arm has contact with the pole. Inside arm is fully extended. Outside arm holding ankle of inside leg. No hand contact with the pole - Leg position is: both legs are fully extended in split position - Body position is: parallel to the floor - Angle of split is: minimum of 140°
F6		Butterfly Extension	0.3	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both hands and one heel - Arm position is: both arms are fully extended - Grip is: split grip - Leg position is: both legs are fully extended in split position - Body position is: inverted - Angle of split is: minimum of 140°
F7		Bridge	0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both hands, inner thighs - Arm position/grip is: basic grip, arms are extended (20° tolerance) - Leg position is: both legs are fully extended and closed - Body position is: back arched with hips and both legs parallel to the floor (20 degree tolerance) - Body position: inverted
F8		Superman Crescent	0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: both hands, inner thighs - Arm position/grip is: basic or cup grip - Leg position is: both legs are fully extended and closed - Body position is: back arch with hips and both legs parallel to the floor (20° tolerance)
F9		Handstand Vertical Split	0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: back, one leg - Arm position/grip is: only one hand has contact with the floor, the other is holding the ankle of the front leg, floor based arm is fully extended - Leg position is: both legs are fully extended in split position - Body position is: inverted handstand, with a straight back - Angle of split is: a minimum of 140°
F10		Allegra Passé	0.4	<ul style="list-style-type: none"> - Hold the position: a minimum of 2 seconds - Points of contact are: inside arm hand, thigh of inside leg, outside arm, side/ lower back - Arm position/grip is: inside hand grips pole, above the inside leg, outside arm is extended and hand is holding the outside leg - Leg position is: split position with inside leg fully extended, outside leg in attitude - Body position is: back arch - Angle of split is: a minimum of 140°



8. TECHNICAL BONUS

It is not compulsory for athletes to include technical bonuses, but it is one way to improve the overall final score. The Technical Bonuses may only be used once each in any given performance. Technical Bonus abbreviations must be noted on the score form in the correct order of appearance to be judged.

There are three options for Technical Bonuses in Bronze and Silver Divisions.

SP/SP (spinning pole)

Points available if bonus achieved 0.5

SP/SP means combining spins with other spins on the spinning pole.

It refers to all spins (any spin you can think of!), combined with another spin on the spinning pole.

You must hold your first chosen spin in a fixed position and spin for two full rotations / spins / 720°, then you must change to your second spinning position (with no contact to the floor) and spin again for another two full rotations / spins / 720°.

If you choose to perform the Technical Bonus SP/SP in your routine, all you have to do is add 'SP/SP' in the technical bonus section, you don't have to tell us which spins you will actually do. The judge will just be looking out for 2 x 720° spins back to back, on the spinning pole.

SP/ST (static pole)

Points available if bonus achieved 0.5

SP/ST is when a static pole spin combines with another static pole spin.

You can choose any spins to combine!

The first spin must be held in a fixed position and spin all the way around the pole once / 360°, it must then combine directly (with no contact to the floor) into the second spin all the way around the pole once/360°.

If you choose to perform the Technical Bonus SP/ST in your routine, all you have to do is add 'SP/ST' in the technical bonus section, you don't have to tell us which spins you will actually do. The judge will just be looking out for 2 x 360° spins back to back, on the static pole.

D (on either static or spinning pole)

Points available if bonus achieved 0.2

D means Drop.

A rapid controlled descent of the pole, which must be a minimum of 1 metre. There must be no hand contact to the pole during the drop. The drop must be clean and have a clear catch position at the end.

If you choose to perform the Technical Bonus D in your routine, all you have to do is add 'D' in the technical bonus section, you don't have to tell us which drop you will actually do. The judge will just be looking out for your drop.

9. ARTISTIC AND CHOREOGRAPHY PRESENTATION

This section is to judge the athlete's artistic presentation, interpretation and stage performance. Artistic presentation is the way in which the athlete expresses and presents him or herself to the judges. The judges will assess the athlete's ability to convey emotion and expression through movement. They should be confident, engaging, entertaining and show a high level of stage presence in each element of their performance on and off the pole. The costume, music, and performance should be reflective of each other. The athlete should create an original performance and display a unique style. The overall performance should flow seamlessly and effortlessly ensuring that highs and lows (shades) are demonstrated. Choreography presentation is defined by all movements performed around the pole, stage area, or stage surface, but not in contact with the pole. The judges will assess the athlete's ability to perform dance and acrobatic choreography that is performed with imagination, flow, and flair.

All work where the athlete is not in contact with the pole, must be limited to a **maximum of 40 seconds** for the total length of the routine.

Scoring Artistic and Choreography

0 = poor Almost non-existent, less than 20% of routine

0.5 = slight A small amount, between 20% -40% of routine

1 = good Fair amount, between 40% - 60% of routine

1.5 = very good A large amount, between 60% - 80% of routine

2 = extreme Over 80% of routine





Confidence, Stage Presence and charisma (Max +2.0)

Confidence refers to the athlete's level of confidence in his or her routine. The athlete should not show nerves, but rather carry him/herself with confidence and be engaging, command the stage and the audience's attention, making their whole routine look believable. The athlete should capture the attention of the spectators. He or she should be in total control of their performance and carry themselves with an impressive style or manner, which is both engaging and charismatic.

Flow (Max +2.0)

Flow refers to the athlete's ability to create a seamless and effortless performance. The athlete should show a flow off the pole, between poles, from floor to pole, from pole to floor, and from floor to standing or from standing to floor. The sequences, tricks, transitions, choreography and/or gymnastics and acrobatic movements should flow in a seamless, smooth, natural, flawless, and graceful way. Movement in and out of elements should continue to the next element faultlessly. The routine should not look disjointed in any way. An athlete will be marked down if they perform elements and wait for applause.

Interpretation (Max +2.0)

Interpretation refers to the athlete's ability to interpret the music, their facial expressions, their emotions, choreography and the creation of a character or story. The athlete should create choreography that shows the light, shade, feeling, and emotion of the music. They should connect with the music and show expression through their costume, body, and facial expressions. They need to show they can work their choreography to the beat and phrase of the music and melody.

Originality of the overall presentation (Max +2.0)

This refers to the originality and creativity of the overall performance of tricks and combinations, elements and original movements on and off the pole and the originality of choreography throughout the entire routine. The athlete should create original combinations of tricks and create new themes in choreography. Judges are not just looking for just one or two unique tricks and combinations but for overall originality in all components of the routine.

(Max +2.0)

10. TECHNICAL DEDUCTIONS

Singular Technical Deductions are given **every time** they are seen by the judges.

Knee and toe alignment

The knee and toe should be aligned. There should be a straight line from the kneecap to the big toe. The foot and toe should be pointed. The toes should not be clenched or showing tension. No unnecessary grabbing or gripping the pole with toes. Relaxed/sloppy feet **-0.2**

Drying hands on costume, body, pole or floor and/or adjusting hair or costume

Drying or wiping hands on costume, body, pole or floor and/or wiping hair away from face or neck, pulling at or fixing costume. **-0.5**

Fall/Bad slip

A definition of a fall is a sudden rapid uncontrolled drop onto the floor. This can be from any position on or off the pole. A bad slip is when an athlete performs a movement and they temporarily and unintentionally lose control of their equilibrium or positioning of their body or part of their body on or off the pole. **-1.0**

11. COMPULSORY SCORE FORM

Once you have decided on your Technical Bonuses (optional), Compulsory Moves (compulsory!) and know the order they will go in during your routine, you can add them to your score form.

Please see the example score forms below. We have created sample forms, one for Bronze Division and one for Silver Division. Please complete a score form and email it to us in **Word document**. Please type your score forms, no hand-written score forms please.





SAMPLE COMPULSORY SCORE FORMS:

BRONZE & SILVER FORM					
Please complete form in order of sequence as in routine. Please use black print.					
Athlete(s) : SARAH JONES				Date: 01 / 01 / 2018	
Division: SILVER		Category: SENIOR		Judge Name :	
COMPULSORY ELEMENT SECTION					
Element No	Element Code No	Element Name	Technical Value	Score (Judge only)	Notes (Judge only)
1	S5	SKATER (LONG ARM ONE HANDED)	0.4		
2	SP1	PENCIL - FOREARM GRIP	0.2		
3	SP7	CRADLE SPIN PIKE, NO HANDS, LEGS FULLY STRETCHED	0.5		
4	S7	IGUANA	0.4		
5	F4	FRONT SPLIT ON THE POLE	0.3		
6	ST8	SPINNING INTO A SHOULDER MOUNT STRADDLE	0.5		
7	S9	FLAG GRIP SIDE PASSÉ	0.5		
8	F6	BUTTERFLY EXTENSION	0.3		
9	F9	HANDSTAND VERTICAL SPLIT	0.4		
10	S10	ELBOW GRIP STRADDLE	0.6		
TOTAL SCORE					

SINGLES TECHNICAL BONUS SECTION				
Please complete form in order of sequence as in routine.				
Order	Bonus Code	Bonus Score Value	Score (Judge only)	Notes (Judge only)
1	SP / SP	0.5		
2	D	0.2		
3	SP / ST	0.5		
TOTAL SCORE				

NEXT TWO SECTIONS ARE FOR THE JUDGES ONLY

ART & CHOREOGRAPHY SECTION		
	Score (Judge only)	Notes
Confidence, Stage Presence and Charisma	/ 2	
Flow	/ 2	
Interpretation	/ 2	
Originality of the Overall Presentation	/ 2	
TOTAL SCORE	/ 8	

DEDUCTIONS	
DEDUCTION TYPE	Tally
Knee & Toe Alignment -0.2 each time it occurs	
Drying Hands on Costume, Body, Pole or Floor and/or Adjusting Hair/Costume - 0.5 each time it occurs	
Fall/Bad Slip -1.0 each time it occurs	
TOTAL SCORE	





ATHLETES TO COMPLETE:

BRONZE & SILVER FORM

Please complete form in order of sequence as in routine. Please use black print.

Athlete(s) :	Date:
Division:	Category:
Judge Name :	

COMPULSORY ELEMENT SECTION

Element No	Element Code No	Element Name	Technical Value	Score (Judge only)	Notes (Judge only)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
TOTAL SCORE					

SINGLES TECHNICAL BONUS SECTION

Please complete form in order of sequence as in routine.

Order	Bonus Code	Bonus Score Value	Score (Judge only)	Notes (Judge only)
1				
2				
3				
TOTAL SCORE				

NEXT TWO SECTIONS ARE FOR THE JUDGES ONLY

ART & CHOREOGRAPHY SECTION

	Score (Judge only)	Notes
Confidence, Stage Presence and Charisma	/ 2	
Flow	/ 2	
Interpretation	/ 2	
Originality of the Overall Presentation	/ 2	
TOTAL SCORE	/ 8	

DEDUCTIONS

DEDUCTION TYPE	Tally
Knee & Toe Alignment -0.2 each time it occurs	
Drying Hands on Costume, Body, Pole or Floor and/or Adjusting Hair/Costume - 0.5 each time it occurs	
Fall/Bad Slip -1.0 each time it occurs	
TOTAL SCORE	

