



# POLE UNITY

## POLE ARTISTRY APPLICATION JUDGING CRITERIA

POLE & TECHNICAL SKILLS (30)	POINT VALUE
<b>EXECUTION, TECHNIQUE &amp; FLOW</b> <ul style="list-style-type: none"> <li>· Display Good Technique, Control, Balance and Endurance with moves appearing "effortless"</li> <li>· Clean or deliberate Lines and body placement as suited to theme and choreography.</li> <li>· Fluidity in transitions on and off the pole and smooth preparations into moves</li> <li>· This should create a flow through the entire piece.</li> </ul>	10
<b>POLE COMBINATIONS &amp; TRANSITIONS - Difficulty &amp; Creativity</b> <ul style="list-style-type: none"> <li>· Length and creativity of pole combinations and transitions</li> <li>· Creates interesting flow</li> <li>· Able to control the speed of spin, including take offs and landings</li> <li>· Shows ability to move on static pole in a variety of ways</li> <li>· Difficulty of pole combinations while maintaining flow and control</li> </ul>	10
<b>POLE MOVES - Difficulty, Strength, Dynamics, Flexibility, Mobility</b> <ul style="list-style-type: none"> <li>· Level of Difficulty and Diversity (eg. Floor based &amp; aerial, Deadlifts, Holds, Control, Variation)</li> <li>· Less grip points on the pole equates to a higher level of difficulty</li> <li>· Change in hand and arm grip position can increase LOD due to more stability being required</li> <li>· Distance of body from the pole (centre of mass COM) will increase level of difficulty</li> <li>· LOD &amp; COM is also affected by change in leg / body position (eg. legs together / planche)</li> <li>· Ability to hold and control moves, entries &amp; exits, showing upper body, core and lower body strength</li> <li>· Can include dynamic / power moves done with control, especially at the end of moves / landings</li> <li>· Flexibility = Overall range of movement, mobility and active flexibility (not flopping into end ranges)</li> <li>· Must be able to enter, hold and exit strength and flexibility moves with control</li> </ul>	10
ARTISTIC COMPONENT, DANCE & PERFORMANCE (30)	POINTS
<b>MUSICALITY &amp; COMPOSITION</b> <ul style="list-style-type: none"> <li>· Choreography and music tie together to create a full well-rounded "show" piece</li> <li>· Maintains continuity and flow in choreography to tie pole and dance sections together</li> <li>· Choreography is suited to music, including timing, feel, dynamics and movement type</li> </ul>	10
<b>DANCE</b> <ul style="list-style-type: none"> <li>· Any Non-Pole dance moves &amp; transitions</li> <li>· Maintains continuity and flow in choreography to tie pole and dance sections together</li> <li>· Is technically well presented</li> <li>· Can include Dance, Acrobatic or Floor elements but must be suited to the theme &amp; music</li> </ul>	10
<b>SHOWMANSHIP &amp; PERFORMANCE QUALITY</b> <ul style="list-style-type: none"> <li>· Engages the audience through emotion and / or showmanship</li> <li>· Captures and maintains attention (audience or camera)</li> <li>· Maintains character / theme / stage persona both on and off the pole</li> <li>· Body and face are used well to show 'feel' of the music</li> <li>· Has an X-Factor</li> </ul>	10

### Scoring Guide

- 9-10: Exceptional; Flawless; High Level of Expertise
- 7-8: Very Good; Above average with Minimal faults or errors.
- 5-6: Satisfactory, competent skill level ; Some faults or errors.
- 3-4. Lower Level of Proficiency and / or Regularly faults or errors.
- 1-2: Minimal or No skills performed in this criteria and / or Many faults