



POLE UNITY

SOLO DIVISION APPLICATION JUDGING CRITERIA

POLE & TECHNICAL SKILLS (40)	POINT VALUE
<p>EXECUTION, TECHNIQUE & FLOW</p> <ul style="list-style-type: none"> · Display Good Technique, Control, Balance and Endurance with moves appearing "effortless" · Clean or deliberate Lines and body placement as suited to theme and choreography. · Fluidity in transitions on and off the pole and smooth preparations into moves · This should create a flow through the entire piece. 	10
<p>POLE COMBINATIONS & TRANSITIONS - Difficulty & Creativity</p> <ul style="list-style-type: none"> · Length and creativity of pole combinations and transitions · Variety in Ascending & Decending the pole · Able to control the speed of spin, including take offs and landings · Shows ability to move on static pole in a variety of ways · Difficulty of pole combinations while maintaining flow and control 	10
<p>POLE MOVES - Difficulty, Strength, Dynamics</p> <ul style="list-style-type: none"> · Level of Difficulty and Diversity (eg. Floor based & aerial, Deadlifts, Holds, Control, Variation) · Less grip points on the pole equates to a higher level of difficulty · Change in hand and arm grip position can increase LOD due to more stability being required · Distance of body from the pole (centre of mass COM) will increase level of difficulty · LOD & COM is also affected by change in leg / body position (eg. legs together / planche) · Ability to hold and control moves, entries & exits, showing upper body, core and lower body strength · Can include dynamic / power moves done with control, especially at the end of moves / landings · Skills must be performed well to score on them 	10
<p>FLEXIBILITY & MOBILITY</p> <ul style="list-style-type: none"> · Overall range of movement and active flexibility (not flopping into end ranges) · Includes legs, back and shoulders showing good flexion, extension, rotation and mobility · Must be able to enter, hold and exit flexibility moves with control 	10
ARTISTIC COMPONENT, DANCE & PERFORMANCE (20)	POINTS
<p>MUSICALITY & PERFORMANCE QUALITY</p> <ul style="list-style-type: none"> · Captures and engages audience or camera / Has an X-Factor · Choreography is suited to music, including timing, feel, dynamics and movement type · Body and face are used well to show 'feel ' of the music · Maintains character / theme / stage persona both on and off the pole 	10
<p>DANCE</p> <ul style="list-style-type: none"> · Any Non-Pole dance moves & transitions · Maintains continuity and flow in choreography to tie pole and dance sections together · Is technically well presented · Can include Dance, Acrobatic or Floor elements but must be suited to the theme & music 	10
<p>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</p>	