

# POLE UNITY

## JUDGING CRITERIA - DOUBLES

POLE & TECHNICAL SKILLS (40)	POINT VALUE	
<b>EXECUTION, TECHNIQUE &amp; FLOW</b> <ul style="list-style-type: none"> <li>· Display Control, Strength, Balance and Endurance, with moves appearing "effortless"</li> <li>· Clean Lines and body placement (both on and off the pole) as well as all-round posture and technique.</li> <li>· Can include deliberate foot, arm or line variations (eg flexed feet) as suited to theme and choreography.</li> <li>· Fluidity throughout performance to create flow in all transitions on and off the pole</li> <li>· Includes transitions from floor to pole (&amp; vice versa) and smooth preparations into moves</li> </ul>	10	
<b>POLE TRICKS &amp; COMBINATIONS - BASE &amp; FLYER TRICKS</b> <ul style="list-style-type: none"> <li>· Length &amp; Creativity of Partnered Pole Moves, Combinations &amp; Transitions</li> <li>· Difficulty in Partnered Pole Moves - Strength</li> <li>· Difficulty in Partnered Pole Moves - Flexibility</li> <li>· Shows control, flow and continuity in all partnered entries and exits</li> </ul>	10	
<b>POLE TRICKS &amp; COMBINATIONS - SYNCHRONISATION</b> <ul style="list-style-type: none"> <li>· Synchronisation in timing and lines in all pole moves - can be mirrored or identical</li> <li>· Able to control speed of spin, including take offs and landings to stay synchronised</li> <li>· Difficulty of Synchronised pole combinations and transitions while maintaining flow and continuity</li> </ul>	10	
<b>POLE MOVES Difficulty &amp; Strength</b> <ul style="list-style-type: none"> <li>· High Level of Difficulty and Diversity in individual moves (eg. Floor based &amp; aerial, Deadlifts)</li> <li>· Less grip points on the pole equates to a higher level of difficulty</li> <li>· Ability to hold and control moves, entries &amp; exits, showing upper body, core and lower body strength</li> <li>· Skills must be performed well to score on them (eg. Not just a hard trick done badly)</li> </ul>	10	
<b>FLEXIBILITY &amp; MOBILITY</b> <ul style="list-style-type: none"> <li>· Shows good level of overall range of movement and active flexibility (not flopping into end ranges)</li> <li>· Includes legs, back and shoulders showing good flexion, extension, rotation and mobility</li> <li>· Must be able to enter, hold and exit flexibility moves with control</li> <li>· Includes Pole &amp; Non- Pole Movement</li> </ul>	10	
<b>DYNAMIC MOVEMENT</b> <ul style="list-style-type: none"> <li>· Power of movement and Control of Momentum (<i>force x velocity</i>) in individual or partnered moves</li> <li>· The longer amount of time the body leaves the Pole or Partner will equate to more dynamic movement</li> <li>· Includes Drops, Regrips, Jumps, Flips, Catches (<i>pole or partner</i>), Spins that create distance from the pole</li> <li>· Should be done with control, especially at the end of moves / landings</li> <li>· Skills must be performed with good technique</li> </ul>	10	
DANCE, ARTISTIC COMPONENT & PERFORMANCE (20)	POINTS	
<b>MUSICALITY &amp; PERFORMANCE QUALITY</b> <ul style="list-style-type: none"> <li>· Choreography is suited to music, including timing, dynamics and movement type)</li> <li>· Interacts well with partner</li> <li>· Body and face are used well to show 'feel ' of the music</li> <li>· Captures and maintains audience attention</li> <li>· Engages the audience through emotion, character and / or showmanship</li> <li>· Maintains character / theme / stage persona both on and off the pole</li> </ul>	10	
<b>THEME / CONCEPT / COMPOSITION</b> <ul style="list-style-type: none"> <li>· Clear presentation of concept through choice of music and choreography / story telling</li> <li>· Effective use of costume and use of any props, video, etc to enhance the show</li> <li>· Choreography and music tie together to create a full well-rounded "show' piece</li> <li>· Balanced use of stage, poles and any dance or floorwork</li> </ul>	10	
<b>DANCE - INDIVIDUAL / SYNCHRONISED</b> <ul style="list-style-type: none"> <li>· Any Non-Pole dance moves &amp; transitions performed as synchronised or individual where appropriate</li> <li>· Maintains continuity and flow in choreography to tie pole and dance sections together</li> <li>· Can Include Acrobatic, Floor and /or Dance elements</li> <li>· Synchronised timing &amp; lines should be mirrored or identical</li> </ul>	10	
<b>DANCE - BASE &amp; FLYER</b> <ul style="list-style-type: none"> <li>· Difficulty and Creativity of Partnered Floor-based Moves, Combinations &amp; Transitions</li> <li>· Difficulty in Partnered Floor-based Moves - Strength, Stability, Control &amp; Flow</li> <li>· Shows control, flow and continuity in all partnered entries and exits</li> </ul>	10	
DEDUCTIONS	POINTS	
<b>COSTUME MALFUNCTION</b> <ul style="list-style-type: none"> <li>- Minus 1 for costume adjustments (eg. pants or bra)</li> <li>- Minus 0.5 for obviously wiping hands on costume</li> </ul>	-1 -0.5	Disqualified for full exposure
<b>CONTACT WITH RIGGING</b> <ul style="list-style-type: none"> <li>- Minus 1 for contact with floor rigging / stage equipment</li> </ul>	-1	Disqualified for touching top rigging
<b>FALL</b> <ul style="list-style-type: none"> <li>- Minus 1 for each Obvious Fall from pole / floor move</li> </ul>	-1	
<b>Scoring Guide</b> 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 or errors.		