

POLE UNITY

JUDGING CRITERIA - UP & COMING

· **MUST ABIDE BY SKILLS RULINGS - RESTRICTED SKILLS WILL RESULT IN DEDUCTIONS & POSSIBLE DISQUALIFICATION**

POLE SKILLS (40)		POINT VALUE	
POLE TRICKS & COMBINATIONS - SPIN			
- Length and creativity of pole combinations and transitions - Variety in Ascending & Descending the pole - Is able to control the speed of spin, including take offs and landings - Difficulty of combinations and transitions while maintaining flow and continuity		10	
POLE TRICKS & COMBINATIONS - STATIC			
- Length and creativity of pole combinations and transitions - Variety in Ascending & Descending the pole - Shows ability to move on static pole in a variety of ways to make it appear like a spin pole - Is able to control angles for positions on static pole (ie. direction facing) - Difficulty of pole combinations and transitions while maintaining flow and continuity - Transitions from floor to pole shows good flow and movement and creative entries and exits.		10	
POLE SKILL - Level of Difficulty & Strength			
- Level of Difficulty and Diversity (eg. Floor based & aerial, Holds, Control, Variations) - Less grip points on the pole equates to a higher level of difficulty - Distance of body from the pole (centre of mass COM) will increase level of difficulty - Ability to hold and control moves, entries & exits, showing upper body, core and lower body strength - Skills must be performed well to score on them (eg. Not just a hard trick done badly)		10	
DYNAMIC MOVEMENT			
- Power of movement and Control of Momentum (<i>force x velocity</i>) - The longer amount of time the body leaves the pole will equate to more dynamic movement - Includes Drops, Regrips, Leaps, Jumps, Flips, Catches, Flares, Spins that create more distance from the pole - Should be done with control, especially at the end of moves / landings - Skills must be performed with good technique		10	
TECHNICAL SKILLS (30)		POINTS	
EXECUTION & TECHNIQUE			
- Display Control, Strength and Balance - Clean Lines and body placement (both on and off the pole) as well as all-round posture and technique. - Can include deliberate foot, arm or line variations (eg flexed feet) as suited to theme and choreography. - Shows good alignment through whole body . - Does not "hang" or regrip unnecessarily, but maintains good control of the body on the pole at all times		10	
FLOW & STAMINA			
- Display Endurance, with moves appearing "effortless" - Ability to maintain control throughout the entire piece - Does not show loss of strength or stamina as piece progresses - Ability to recover / cover errors without losing the "show" - Fluidity throughout performance to create flow in all transitions on and off the pole - Includes transitions from floor to pole (& vice versa) and smooth preparations into moves - This should create a flow through the entire piece.		10	
FLEXIBILITY & MOBILITY			
- Shows good level of overall range of movement and active flexibility (on and off the pole) - Includes legs, back and shoulders showing good flexion, extension, rotation - Shows mobility through joints, movement and body positioning - Must be able to enter, hold and exit flexibility moves with control		10	
ARTISTIC COMPONENT & PERFORMANCE (30)		POINTS	
CONCEPT / THEME / COMPOSITION			
- Clear presentation of concept through choice of music and choreography / story telling - Start and finish positions effective & engaging - Effective use of costume and use of any props, video, etc to enhance the show or mood - Choreography, costume and music suit the concept, mood or theme - Maintains character / theme / stage persona both on and off the pole - Balanced use of stage, poles and any dance or floorwork		10	
DANCE			
- Any Non-Pole dance moves & transitions - Is relevant to and enhances the music and theme - Maintains continuity and flow in choreography to tie pole and dance sections together - Is technically well presented - Can Include Acrobatic, Floor, Dance elements but must be suited to the theme & music		10	
STAGE PRESENCE / MUSICALITY PERFORMANCE QUALITY			
- Choreography is suited to music, including timing, dynamics and movement type) - Body and face are used well to show 'feel' of the music - Captures and maintains audience attention - Engages the audience through emotion, character and / or showmanship - Stays in time and is able to express dynamics, flow & accents to suit music "Performs" from start to finish		10	
DEDUCTIONS		POINTS	
PERFORMING PROHIBITED SKILL			
- Minus 2 for each prohibited skill - Disqualified for performing more than 1 prohibited move		-2	Disqualified for >1 prohibited move
COSTUME MALFUNCTION OR NOT MEETING GUIDELINES			
- Minus 0.5 for costume adjustments (eg. pants or bra) - Minus 0.5 for obviously wiping hands on costume - Minus 1 for not meeting costume guidelines		-0.5 -0.5 -1	Disqualified for full exposure
CONTACT WITH RIGGING			
- Minus 1 for contact with floor rigging / stage equipment		-1	Disqualified for hanging from top rigging
FALL			
- Minus 1 for each Obvious Fall from pole / floor move		-1	

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 or errors.