



POLE UNITY

POLE ARTISTRY APPLICATION JUDGING CRITERIA

POLE & TECHNICAL SKILLS (30)		POINT VALUE
EXECUTION, TECHNIQUE & FLOW - 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
POLE COMBINATIONS & TRANSITIONS - Difficulty & Creativity - Length and creativity of pole combinations and transitions - Creates interesting flow - 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
POLE MOVES - Difficulty, Strength, Dynamics, Flexibility, Mobility - 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 - Flexibility = Overall range of movement, mobility and active flexibility (not flopping into end ranges) - Must be able to enter, hold and exit strength and flexibility moves with control		10
ARTISTIC COMPONENT, DANCE & PERFORMANCE (30)		POINTS
MUSICALITY & COMPOSITION - Choreography and music tie together to create a full well-rounded "show" piece - Maintains continuity and flow in choreography to tie pole and dance sections together - Choreography is suited to music, including timing, feel, dynamics and movement type		10
DANCE - 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
SHOWMANSHIP & PERFORMANCE QUALITY - Engages the audience through emotion and / or showmanship - Captures and maintains attention (audience or camera) - Maintains character / theme / stage persona both on and off the pole - Body and face are used well to show 'feel' of the music - Has an X-Factor		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