



# POLE UNITY

## DOUBLES APPLICATION JUDGING CRITERIA

POLE & TECHNICAL SKILLS (40)	POINT VALUE
<b>EXECUTION, TECHNIQUE &amp; FLOW</b> <ul style="list-style-type: none"> <li>· Display Good technique, Control, Strength, Balance and Endurance, with moves appearing "effortless"</li> <li>· Clean or deliberate Lines and body placement (eg flexed feet) as suited to theme and choreography.</li> <li>· Fluidity to create continuity 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> <li>· This should create a flow through the entire piece.</li> </ul>	10
<b>POLE PARTNER TRICKS &amp; COMBINATIONS - Base &amp; Flyer</b> <ul style="list-style-type: none"> <li>· Length and creativity of pole combinations and transitions</li> <li>· Variety in Ascending &amp; Descending the pole</li> <li>· Able to control the speed of spin, including take offs and landings</li> <li>· Difficulty of pole combinations while maintaining flow and control</li> </ul>	10
<b>POLE MOVES - Difficulty &amp; Strength</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>· Skills must be performed well to score on them</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
ARTISTIC COMPONENT & PERFORMANCE (20)	POINTS
<b>MUSICALITY &amp; PERFORMANCE QUALITY</b> <ul style="list-style-type: none"> <li>· Captures and engages audience or camera / Has an X-Factor</li> <li>· Choreography is suited to music, including timing, feel, dynamics and movement type</li> <li>· Maintains character / theme / stage persona both on and off the pole</li> </ul>	10
<b>DANCE - INDIVIDUAL &amp; BASE &amp; FLYER</b> <ul style="list-style-type: none"> <li>· Any bob-pole Dance, floor or acro moves - synchronised or individual</li> <li>· Shows Strength, Control &amp; Flow</li> <li>· Choreography suits music, theme, timing, style</li> <li>· Synchronised timing &amp; lines are mirrored or identical</li> <li>· Difficulty &amp; Creativity of Partnered Floor-based Moves, Combinations &amp; Transitions</li> </ul>	10
<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	