

POLE UNITY

JUDGING CRITERIA - DOUBLES

POLE & TECHNICAL SKILLS (60)		POINT VALUE	
EXECUTION, TECHNIQUE & FLOW			
• Display Control, Strength, Balance and Endurance, with moves appearing "effortless" • 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. • 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		10	
POLE TRICKS & COMBINATIONS - BASE & FLYER TRICKS			
• Length & Creativity of Partnered Pole Moves, Combinations & Transitions • Difficulty in Partnered Pole Moves - Strength • Difficulty in Partnered Pole Moves - Flexibility • Shows control, flow and continuity in all partnered entries and exits		10	
POLE TRICKS & COMBINATIONS - SYNCHRONISATION			
• Synchronisation in timing and lines in all pole moves - can be mirrored or identical • Able to control speed of spin, including take offs and landings to stay synchronised • Difficulty of Synchronised pole combinations and transitions while maintaining flow and continuity		10	
POLE MOVES Difficulty & Strength			
• High Level of Difficulty and Diversity in individual moves (eg. Floor based & aerial, Deadlifts) • Less grip points on the pole equates to a higher 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	
FLEXIBILITY & MOBILITY			
• Shows good level of 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 • Includes Pole & Non- Pole Movement		10	
DYNAMIC MOVEMENT			
• Power of movement and Control of Momentum (<i>force x velocity</i>) in individual or partnered moves • The longer amount of time the body leaves the Pole or Partner will equate to more dynamic movement • Includes Drops, Regrips, Jumps, Flips, Catches (<i>pole or partner</i>), Spins that create distance from the pole • Should be done with control, especially at the end of moves / landings • Skills must be performed with good technique		10	
DANCE, ARTISTIC COMPONENT & PERFORMANCE (40)		POINTS	
MUSICALITY & PERFORMANCE QUALITY			
• Choreography is suited to music, including timing, dynamics and movement type) • Interacts well with partner • 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 • Maintains character / theme / stage persona both on and off the pole		10	
THEME / CONCEPT / COMPOSITION			
• Clear presentation of concept through choice of music and choreography / story telling • Effective use of costume and use of any props, video, etc to enhance the show • Choreography and music tie together to create a full well-rounded 'show' piece • Balanced use of stage, poles and any dance or floorwork		10	
DANCE - INDIVIDUAL / SYNCHRONISED			
• Any Non-Pole dance moves & transitions performed as synchronised or individual where appropriate • Maintains continuity and flow in choreography to tie pole and dance sections together • Can Include Acrobatic, Floor and /or Dance elements • Synchronised timing & lines should be mirrored or identical		10	
DANCE - BASE & FLYER			
• Difficulty and Creativity of Partnered Floor-based Moves, Combinations & Transitions • Difficulty in Partnered Floor-based Moves - Strength, Stability, Control & Flow • Shows control, flow and continuity in all partnered entries and exits		10	
DEDUCTIONS - MAXIMUM DEDUCTION OF 5		POINTS	
COSTUME MALFUNCTION			
- Minus 0.5 for costume adjustments (eg. pants or bra) - Minus 0.5 for obviously wiping hands on costume		-0.5 -0.5	Disqualified for full exposure
CONTACT WITH RIGGING			
- Minus 1 for contact with floor rigging / stage equipment		-1	Disqualified for touching 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.			