



POLE UNITY

UP & COMING DIVISION APPLICATION JUDGING CRITERIA

· MUST ABIDE BY SKILLS RULING IF RESTRICTED SKILLS ARE INCLUDED THIS COMPETITOR CANNOT QUALIFY

POLE & TECHNICAL SKILLS (40)	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 · Variety in Ascending & Descending the pole · 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 - MUST ABIDE BY SKILLS RULING · Level of Difficulty and Diversity (eg. Floor based & aerial, Holds, Control, Variation) · 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 · Ability to hold and control moves, entries & exits, showing upper body, core and lower body strength · Can include dynamic moves done with control, especially at the end of moves / landings · Skills must be performed well to score on them	10
FLEXIBILITY & MOBILITY - MUST ABIDE BY SKILLS RULING · 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	10
ARTISTIC COMPONENT, DANCE & PERFORMANCE (20)	POINTS
MUSICALITY & PERFORMANCE QUALITY · Captures and engages audience or camera / Has an X-Factor · Choreography is suited to music, including timing, feel, dynamics and movement type · Body and face are used well to show 'feel ' of the music · Maintains character / theme / stage persona both on and off the pole	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

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