

POLE UNITY

JUDGING CRITERIA - SOLO

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 · This should create a flow through the entire piece.		10	
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 pole 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 MOVES Difficulty & Strength			
· 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 · Skills must be performed well to score on them (eg. Not just a hard trick done badly)		10	
FLEXIBILITY			
· 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		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, Jumps, Flips, Catches, Leg switches, 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	
ARTISTIC COMPONENT & PERFORMANCE (40)		POINTS	
MUSICAL INTERPRETATION			
· Choreography is suited to music, including timing, dynamics, character and movement type · Body and face are used well to show 'feel' of the music		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, spin and static pole 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			
· Captures and maintains audience attention · Engages the audience through emotion and / or showmanship · Maintains character / theme / stage persona both on and off the pole		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.			