



## Division Guidelines

The following sections detail permitted moves in each category. Please note that example moves are provided for illustration purposes only and do not provide an exhaustive list.

If you are in any doubt about moves permitted in each section, or whether a move you want to include is allowed, please email for guidance.

**Guidelines for each section have been subdivided into the following areas:**

- **Inverts:** when the head is at the same level or below the hips
- **Upright Shapes:** where the head is above the hips.
- **Climbs**
- **Drops & Flips**
- **Spins**

### GENERAL RULES

#### POINT OF CONTACT (POC)

A part of the body that is actively pushing or pulling and being used for grip against the pole.

#### MUSIC

- ★ Music should be kept to a maximum of 3:30
- ★ Profanities or songs that could be seen to be derogatory are not permitted
- ★ Song choice should be submitted as soon as possible as it will be on a first in best dressed basis
- ★ Music will be required to be emailed to [info@corefusionstudios.com.au](mailto:info@corefusionstudios.com.au) in a high res mp3 format

#### POLE CONFIGURATION

- ★ **SOLO** - You may choose any pole configuration - static &/or spin & use 1 or 2 poles
- ★ **GROUPS** (max 4) - You may choose any pole configuration

#### COSTUMES

- ★ No nudity is permitted. This includes see-through costumes.
- ★ G-strings and pasties are not permitted
- ★ Costume can be removed during the performance as long as the above rules are adhered to
- ★ Shoes are optional

#### PROPS

- ★ **All props must be approved.**
- ★ No glitter, confetti, feathers, leaves, oil, water or other product that makes a mess are permitted



## BEGINNERS → Ignite Level 1-3

*The spark of something new ...but already lighting up the stage.*

### GENERAL RULES

- ★ This section is for those who cannot or do not wish to invert
- ★ Spins, sits and climbs are allowed but not a requirement.
- ★ There must be at least three points of contact with the pole when off the floor, unless under the exceptions rule

### Inverts

- NOT PERMITTED
  - No inverts on the pole are allowed - *ie. hips must not be above head when on the pole*
  - Crucifix,
  - Inverted V or leg hangs
  - Any Layback
- PERMITTED
  - Handstands / headstands are permitted as long as there are at least 2 points of contact with the floor

### Upright Shapes

- PERMITTED
  - Any Upright shapes are permitted as long as there are at least 3 POC with the pole when off the floor, unless under the exceptions rule
- Exceptions
  - Pole Squat, Sit or Lean out with one hand on the pole
  - Carousel Kick holding foot
  - Ice Skater
  - Teddy

### Climbs

- PERMITTED
  - Any upright Climb where the legs **and** the arms are used is permitted.

### Drops & Flips

- NOT PERMITTED
  - Drops or Flips are **not** permitted in this category
- Exceptions
  - Drop to Floor Splits

### Spins

- PERMITTED
  - All spins are permitted in this category unless disallowed by the above rules.
  - One hand spins are allowed where there are 2 POC with the legs  
*Eg. Fireman spin, Front Hook or Inside Leg Hook spin, Rockstar*



## INTERMEDIATE → Rise Level 3-5

### *Progressing & rising higher*

#### GENERAL RULES

- ★ Can invert from the floor or enter leg hangs, etc from another method  
*eg, lower down from height or hook from the floor*
- ★ There must be at least three points of contact with the pole when off the floor, unless under the exceptions rule
- ★ Butterfly or Shoulder Mount from the floor are allowed but not a requirement.
- ★ Transitioning from one inverted move to another is allowed as long as it is done in a controlled manner and at no point allows the polder to “drop”
- ★ Inverting should be to leg grip on the pole or controlled lower *eg..to floor or iceskater*

#### Inverts

##### ● PERMITTED MOVES

- Basic Invert to V or crucifix from the floor
- Basic Shoulder Mount from the floor.
- Handstand to the pole with 2 hands
- Cross Knee Release

##### ● NOT PERMITTED

- Aerial Invert
- Aerial Shoulder Mount
- Jamilla to Butterfly.

#### Inverted Moves:

##### ● POINTS OF CONTACT (POC)

- Only inverted tricks with three points of contact or more are permitted.  
If two legs are squeezing the pole these are counted as two POC

##### ● PERMITTED MOVES

- Straight Leg Layback
- Cross Knee Release
- Sitting Lean out
- Basic Butterfly
- Superman
- Straddle/Chopper is allowed
- Maxi
- Inside and Outside Leg Hang
- Leg switch

##### ● NOT PERMITTED

- Any extreme flexibility versions of the above moves
- Extended Butterfly
- Brass Monkey
- Jade
- Allegra
- One-handed pole handstand with one hand on the pole and one on the floor.
- Iguana
- Arms only tricks in any grip - *eg. Inverted D / Pike /Ayesha prep or Ayesha*

## Upright Tricks & Shapes

- **GENERAL RULE**
  - All shapes are permitted in this category, except those excluded in the **Invert** sections.
- **NOT PERMITTED**
  - Any extreme flexibility versions of the above moves

## Climbs

- **PERMITTED MOVES**
  - All climbs are permitted in this category.

## Drops & Flips

- **NOT PERMITTED**
  - Drops and flips **are not** permitted in this category
- **Exceptions ...**
  - Split drop to the floor
  - Ball drop.

## Spins

- **PERMITTED MOVES**
  - All Spins are permitted as long as they abide by General & POC rules
- **NOT PERMITTED**
  - Aerial spins to inverted moves are not permitted (e.g. Aerial Cradle or similar).



## **PREP-ADVANCED → Ascend** Level 4-6

*Reaching towards your full potential.*

- **PERMITTED MOVES**

- Aerial Inverts, Shouldermounts & Jamilla entries
- True grip or twisted grip Ayeshas
- Jade Split

- **NOT PERMITTED**

- Any extreme flexibility moves
- Iron X or similar holds away from the pole

Please remember to be safe! If you are not consistent with a move, don't put it in!

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## **ADVANCED → Shine** Level 6-7

*Glowing in your element & Inspiring others*

- **PERMITTED MOVES - ANYTHING GOES!!**

- All Inverted & Upright Tricks, Climbs, Spins, Drops & Flips are permitted
- We would love to see you use a static and spin pole but this is not compulsory
- Be creative... put your own flair on moves and transitions.

Please remember to be safe! If you are not consistent with a move, don't put it in!

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## **OPEN LOW FLOW → Glow** All Levels

*Grounded, fluid, & expressive*

- ★ **GENERAL RULES**

- Can be in Heels (Exotic flow) or Barefoot (Lyrical)
- Must Primarily use the lower section of the pole
- Should be in contact with the floor at least 80% of the time
- Kips are not permitted
- Maximum one climb height
- Inverts or Pole moves are allowed as long as they abide by the above rules