

# INFORMATION

In this competition we hope to find the best Pole Trixster and the Queen of Pole Artistry. Each category will be scored separately from the same performance and to win the Pole Artistry Title you will not be marked down if you chose not to perform any tricks. Pole Artistry is about presentation, moving with fluidity and grace to a carefully chosen piece of music in a well thought out routine. Pole Trixster is about performing complex tricks within a well choreographed routine. Once you have completed your application form you will receive the scoring guidelines for each category along with any other additional information.

You will be performing on a static 50mm chrome pole which is \_\_\_high. You will be on a stage measuring\_\_\_.

Rules:

1. You must have some pole dance experience
2. You must be 18 years old or over
3. The routine may be no longer than \_\_\_
4. Strictly no nudity or partial nudity at any time during your performance. Bottoms must be fully covered (no G-strings)
5. Nipple tassels are not permitted unless attached to a top or bra.
6. No sexual gestures may be made during the performance –e.g. no bottom slapping, excessive caressing of skin/pole or gyrating against the pole.
7. Clothing may be removed if in a non sexual way and there are garments underneath (No nudity)
8. No boots may be worn but heels, securely fastened at the ankle, can be worn at the competitors own risk.
9. Props are permitted if they do not cause a health and safety hazard.
10. Costumes must not promote any pole school.
11. You understand that we may take photographs and videos of you to be used in good taste to promote future competitions.
12. You must behave in an acceptable manner at all times throughout the competition
13. You must not be under the influence of alcohol or drugs
14. The judges may end a routine early if they believe it is in the best interests of health and safety or if the routine is overly sexual
15. No teachers can apply - If found that they are teachers they will be disqualified.
16. Judges decision is final.



Pussycat Poles

**For more information call**

**07944 869 698**

[www.pussycatpoles.co.uk](http://www.pussycatpoles.co.uk)

# SCORING OF POLE COMPETITION

## ARTISTRY:

### Spins:

- 10-8pts All spins performed with good technique, good body position and pointed toes. Smoothly transitioned into with a light landing/end point.
- 7-5pts Most spins performed with good technique, body position and not always pointed toes. Mainly smoothly transitioning in and out of spins not always light landing.
- 4-0pts At least one spin completely failed. Poor transitions in and out of spin and poor technique. Heavy landings. Failure to point toes repeatedly.

**Tricks:** Not essential - If no tricks are performed we will double the spin score.

- 10-8pts All well executed with good technique and pointed toes. Transitions in and out of each trick are smooth.
- 7-5pts Most tricks are performed well with good technique. Occasional jumping into invert/upside down. Toes not always pointed. Transitions into and out of each trick are generally smooth, occasional heavy landing. If a trick fails good recovery is required.
- 4-0pts At least one trick completely failed without a good recovery. Consistently jumping into invert/upside down. Heavy landings and poor transitions in and out of each move. Consistently fails to point toes.

### Fluidity of Movement:

- 10-8pts Moves gracefully throughout performance linking moves together with apparent ease. Good timing. All moves finished well. Attention paid to pointed toes, arm and hand positions throughout performance.
- 7-5pts Generally moves gracefully with occasional pause or mis-step. Most moves linked together well. Generally good timing. Lack of attention to detail in positioning or arms and body.
- 4-0pts Spins and tricks are not linked well, lack of timing. Arm positions not considered with arm not holding pole hanging limply or making erratic movements. Consistently fails to point toes.

### Use of music:

- 10-8pts Routine is choreographed to fit with music well. Music is used to emphasis key moves/tricks in the routine making it more dramatic. Timing is good.
- 7-5pts Routine is choreographed to fit well with music for the most part. Occasional moves don't seem to fit in with the music. Timing is a little off at times. Dramatic changes in music are not used effectively.
- 4-0pts Routine does not seem to fit with the music with multiple timing errors.

### Costume:

- 10-8pts Costume is original and stands out. Fits in with theme matching the music and style of dance.
- 7-5pts Costume is not original or does not stand out. Costume fits with theme, matching music and style of dance.
- 4-0pts Limited effort made in costume choice. It is not original and does not match the style of dance, music or theme.



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## TRICKS:

### Difficulty of most advanced tricks executed well and amount of tricks:

1. 1 basic trick.
2. At least 3 basic tricks.
3. 1 moderately advanced trick with a good mix or basic tricks.
4. At least 3 moderately advanced tricks.
5. 1 advanced tricks with a good mix of basic/moderately advanced tricks.
6. Advanced at least 3.
7. Very advanced tricks, 1 or 2 with a good variety of moderately advanced tricks.
8. Very advanced tricks, at least 3.
9. Super Advanced 1 with a good mix of very advanced.
10. Super Advanced more than 1 with some very advanced moves.

### Variety of trick/Variety of hand grips used:

- 10-8pts Good variation in types of trick – falls, strength holds, complex and quick transitions. Good variety of grips used: Split grip. Elbow grip, forearm grip, thigh grip.
- 7-5pts Fairly good variation in tricks. Fairly good use of variety of grips maybe one or two avoided.
- 4-0pts Mostly one type of grip and mainly one type of trick.

### How well tricks fit into routine:

- 5-4pts Transitions in and out of moves are fluid and well executed fitting well with music.
- 2-3pts Transitions are not particularly fluid and don't fit well with music.
- 0-1pts Pause before trick, poor transitions and tricks don't fit with music.

### Trick grading

#### Super Advanced

Iron X, Special K, Extended Pencil, Floating/Flying Ballerina, Starfish & similar level.

#### Very Advanced

Elbow/forearm grip arch, Handsprings, Shouldermount flip, Eros, Bow and Arrow and similar level (Platinum Plus).

#### Advanced

Shouldermount, Extended Butterfly, Flatline Scorpio, Superman, Teddy/Underarm grab and similar level (platinum).

#### Moderately Advanced

Star, Hotdog, Half Split, Handstand with poses, flag & similar level (Advanced+).

#### Basic

Invert/Upside down, Open for business, french kiss from the floor, basic upright poses & similar level (Advanced).



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## ENTRY FORM

Name

Age

Address

Best Contact Number

Email Address

Pole Experience

Category you want to enter: *tick one*  Pole Artistry  Pole Trixster

Favourite Pole Move

Song Choice

*1st come 1st served with song choice*

Please tick box if you don't want to be contacted by Pussycat Poles with news of forthcoming events

**Please Note:** Pussycat Poles will not be held responsible for any injury whatsoever due to negligence on the part of the performer during the performance.

Please tick box if you agree.



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