



## Your Competition Routine - Amateur Solo & Dance Division

Your performance must be **two and half (2.5) to three (3) minutes for both Amateur and Dance Division.**

**Competition Grade X-Pole Brass 40mm – x1 Spin & x1 Static – 3.5 metres in height.**

**Both Divisions MUST use BOTH poles -Stage left Spin and stage right static. No changing configuration.**

-Any type of footwear is acceptable including barefoot, heels or boots.

-Props can be used but must be approved prior to the event. **Human props are NOT permitted.**

-Prior to the event, you will need to advise us if you are starting ON or OFF stage

-NO nudity or G-strings will be acceptable.

### Amateur Division - Judging Criteria - Total score is out of 65

**(5)** Presentation (music choice, costume, theme & props)

**(10)** Stage Presence (audience engagement, character, use of stage & both poles, overall performance & x factor)

**(20)** Dance (choreography, musicality, floorwork, transitions between poles & on and off poles)

**(30)** Pole Tricks (strength, flexibility, execution/lines, dynamic, technique and difficulty)

### Dance Division - Judging Criteria - Total score is out of 65

**(5)** Presentation (costume, theme & props)

**(10)** Stage Presence (audience engagement, character, overall performance & x factor)

**(10)** Floor work (use of tricks showcasing flexibility, strength, acro, fluidity and the use of pole)

**(10)** Lower third pole work/Basework (transitioning on and off the pole, use of pole, inclusion of pole tricks using the lower part of the pole. No trick combos required).

**(10)** Musicality (acknowledging accents and the use of light and shade)

**(20)** Choreography (difficulty of movement, originality, style and use of stage)