

Judging Criteria – Heelography

Basework & Flow (Max 10 Points)

This applies to tricks around the base of the pole. Do they incorporate low flow, is it smooth, does it look effortless, are their ankles strong? Is the technique of their chosen heel style performed correctly, i.e. are flow movements smooth, varied and visually creative? If hard style, are the combinations dynamic? Does it include kips, flips or rolls, if so are they performed correctly and with safe and effective technique? Are transitions from pole to floor and floor to pole performed smoothly?

Pole Tricks & Technique (Max 10 Points)

This applies to tricks UP the pole. Does the competitor use unique transitions and combinations, are they difficult? Are they performed strong and confidently, are tricks held confidently (unless dynamic movements) Are entries and exits nice and controlled, are legs straight where possible, are their lifts smooth.

Heel Technique & Execution (Max 10 Points)

Are feet pointed, ankles engaged and stable where possible (unless for a stylistic choice). If edgework is present, is it stable, smooth and does it flow, does the competitor make full use of all the surfaces of the shoe. Are transitions from pole to floor and floor to pole performed smoothly? Do the heels clearly contribute to the routine and does the competitor make good use of their platforms? Does the competitor utilise different ways up off the floor, rather than repeating movements?

Strength & Flexibility (Max 10 Points)

Does the competitor show a range of both strength and flexibility, this can be on and off the pole? Is there a range of leg and back flexibility? Are splits flat? If back bending are they bending with all of their spine, is their back strong as well as flexible?

Floorwork (Max 10 Points)

Is there floor work between the poles, does the floor work fit the chosen heel style, does it flow well together. Is it clean and smooth? If a more dynamic floor section is chosen is there correct technique, i.e. if performing kips/handstands etc

Lines & Visuals (Max 10 Points)

Are their legs straight, arms extended and body posture strong and confident? Is the routine clean and visually pleasing to watch?

Stage Presence (Max 10 Points)

Is the competitor confident, do they engage with the audience and judges? Does the routine draw you in?

Musicality & Interpretation of music (Max 10 Points)

Has the competitor made good use of movement in relation to the song? Have they incorporated interesting use of accents in the music? Have they used levels throughout their piece, i.e. speeding up and slowing down where necessary? Have they made the song their own? Do they highlight the sounds; do they emote the mood of the song?

Deductions (Max 5 Points)

A max of 5 deductions can be taken if the competitor slips, trips or falls.