

Judging Criteria – Artistic

Strength & Dynamics (Max 10 Points)

Does the competitor show strength in their routine, are they dynamic? Do they use a range of different hand grips? Are their legs straight in their lifts? Do they show a range of grip changes or flips? Do they use any unusual transitions?

Flexibility (Max 10 Points)

Does the competitor show flexibility in their routine, this can be both on and off the pole? Are there splits and back bends? If there are only splits do they show a good range of leg flexibility and extensions, are their splits flat with a clean line. If mainly back bending do they show a range in their spine? Do they only use their lower back? Or their shoulders?

Technical Execution (Max 10 Points)

Are all the above performed correctly, are moves held confidently (unless a dynamic movement) are their entries, exits and transitions smooth and controlled? Does the competitor show correct muscle posture and alignment in tricks?

Choreography and(or) Floorwork (Max 10 Points)

Is there choreography between the poles? Does the movement fit the style of routine, do they use a range of highs(dancing) and lows(floorwork) to travel across the stage? Do they use the full stage, is it clean? Is there poise and balance if dancing? Are there extensions through the arms?

Lines & Visuals (Max 10 Points)

Are their legs straight, arms extended and feet pointed? Is their back foot pointed in their climbs? Is the routine clean and visually pleasing to watch? If flexed feet are a part of the act does it work with the music.

Stage Presence (Max 10 Points)

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

Artistic Expression (Max 10 Points)

Is the piece representative of the theme and portrayed well? Is the performance innovative? Is the style unusual? If playing a character is this true with the theme from start to finish. Do they have their own style?

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.