

Rules Club Championships

G.S.P.V DE NOORDPOLE 2017- 2018

G.S.P.V De NoordPole

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1. Categories

For the categories below, it's only possible to take part in the level that you originally train, or an higher level. Rules about music, attributes and clothing can be found under Item 2 (these apply to all categories).

Solo act

In a solo act, a member will individually perform a routine and is judged according to the evaluation criteria under Item 6 in the Regulations.

There are four (4) solo categories:

- Beginner (level A)
- Intermediate (level B)
- Intermediate 2 (level C)
- Advanced (level D)

The solo act regulations apply to participants in one of the abovementioned categories.

Duo act

In a duo act, two members from the same level will perform a joint routine and will be judged according to the evaluation criteria under Item 7 in the Regulations.

There are three (3) duo categories:

- Beginner (level A)
- Intermediate (level B)
- Advanced (level C)

The duo act regulations apply to participants in one of the abovementioned categories.

Mixed duo act

In the mixed category two members from different levels perform a joint routine. Under Item 2 'music, attributes and clothing' the rules concerning the music can be found (these apply to all categories). The duo act rules apply to participants competing in the mixed category.

2. Music, attributes and clothing

Music

Participants are required to send their music (in .mp3 format) to bestuurnoordpole@gmail.com. If the song is available on Spotify and the whole song is used for the performance, it is allowed to send the song information only*. Failure to deliver the music on time will lead to disqualification. Participants must adhere to the following criteria:

- I. Length of the number/song:
 - a. Beginners solo/duo
between 1:30 and 2:00 minutes
 - b. Intermediate 1 solo/duo
between 2:00 and 3:00 minutes
 - c. Intermediate 2 solo/duo
between 3:00 - 3:30 minutes
 - d. Advanced solo/duo
between 3:30 - 4:30 minutes
 - e. Mixed
between 2:30 and 3:30 minutes
- II. If several participants submit the same number, the person whose number was first received will be allowed to dance on the number. The board will inform the other participant(s) as soon as possible.
- III. The music may include vocals and may be a mix of different songs.
- IV. The music will be started when the begin position is assumed. If a participant wants a silent beginning, they must provide a number with the silent piece included.
- V. The length of the music equals the length of the act.
- VI. * *If using a Spotify song, the complete song must be used and it must be within the correct length for the participant's level.*

Attributes

The use of attributes is allowed during the club championships. To keep the event safe and fun, the participants are requested to indicate an attribute they want to use in advance to the board by stating this at the registration. It must be indicated in advance if help is needed at setting up or removing the attributes.

Clothing

Participants must adhere to the following rules:

- Participants are not allowed to wear too short undergarments such as a g-string or other sexually provocative clothing.
- Participants are not allowed to wear shoes or socks during their act.
- **Participants are not allowed to wear clothes that improve their grip such as stickyleggings, shoes and gloves.**
- Participants are not allowed to wear any clothing that can damage the pole, such as rings, shorts or tops that have metal rings, etc.

3. Rules solo act

	Beginners	Intermediate 1	Intermediate 2	Advanced
Length of act	1,5-2 minutes	2-3 minutes	3-3,5 minutes	3,5-4,5 minutes
Spins (various)	Minimum 2	3 spins, of which 2 in combination (a step in between is allowed)	3 spins, of which 2 in combination (without a step in between)	3 spins on static pole, of which 1 with change of posture and 2 in combination (without step in between)
Climbs	Minimum once, the higher the better	Minimum once, to the top of the pole	Minimum 2 times (same climbing technique may be used)	Minimum 2 different climbing techniques must be performed
Mandatory elements	Butterfly, helicopter, vertical break	1 element upside down, 1 flexibility posture, 1 power posture	2 elements upside down, 2 flexibility postures, 1 power posture held for 2 seconds	1 pole handstand form, strength posture held min 3 seconds, 2 flexibility postures, drop/ tumble
Forbidden elements	Extended butterfly, superman, Ayesha, handspring, shoulder mount, iguana, flying ballerina, brass monkey, Marley, fang, tuck through straddle spin, all forbidden elements mentioned in intermediate 1 and 2 category	Dragon tail, yogini, Ayesha elbow grip, jade, Marion amber, full moon, elbow-grip handspring, russian lay back, pole-radslag, remi sit, remi bridge, janeiro, titanic, Oona split, iron x, pole drops & tumbles, Suicide spin, all forbidden elements mentioned in intermediate 2 category	Dragontail, pole radslag, janeiro, oona split, pole tumbles, phoenix, spatchcock, remi bridge, rainbow marchenko, machine gun, dangerous bridge, starfish, iron-x.	-
Spinning pole	-	Minimum 1 element	Minimum 2 elements	Minimum 3 elements

4. Rules duo act

N.B.: Both participants have to perform the following elements. This means that, for example, a beginner duo does 4 spins in total and thus 2 different spins per person.

Participants in the mixed category will be judged on their own level.

The following applies here:

- **duo beginner/intermediate:** duo moves on intermediate level
- **duo beginner/advanced:** duo moves on intermediate level
- **duo intermediate/advanced:** duo moves on advanced level

	Beginners	Intermediates	Advanced
Length act	1,5- 2 minutes	2- 3,5 minutes	3,5- 4,5 minutes
Spins	Minimum 2 different spins p.p. <i>Minimum 4 per duo</i>	3 different spins, of which 2 in combination per person (a step in between is allowed) <i>Minimum 6 per duo of which 4 in combination</i>	3 different spins on static pole per person, of which 1 includes a posture change and 2 are in combination (a step in between is allowed) <i>Minimum 6 per duo of which 2 include a posture change and in combination</i>
Climbing	Minimum once per person, the higher the better <i>2 times per duo</i>	Minimum once per person, to the top of the pole <i>Twice per duo</i>	Minimum 2 climbs per person using different climbing techniques <i>4 times per duo</i>
Mandatory elements	Butterfly, helicopter, vertical break	1 element upside down, 1 flexibility posture, 1 power posture	1 pole handstand form, strength posture held min 3 seconds, a flexibility posture, drop/tumble
Forbidden elements	Extended butterfly, superman, handspring, shouldermount, Ayesha, iguana, flying ballerina, brass monkey, marley, fang, tuck through straddle spin, all forbidden elements mentioned in intermediate 1 and 2 category	Dragontail, yogini, ayesha (elbow grip), jade, marion amber, full moon, elbowgrip handspring, russian lay back, pole-radslag, remi sit, remi bridge, janeiro, titanic, oona split, iron x, pole drops & tumbles	-

Spinning pole	-	Minimum 1 element	Minimum 3 elements
Mandatory duo moves	1 duo spin in the same pole	In a static pole a pole-sit with a helicopter hanging from the arm (the participant who is doing the helicopter is allowed to hold the pole with one hand)	1 duo-trick in spinning pole
Synchronized elements	Minimum 1 spin	Minimum 1 spin and 1 other move	Minimum 3 elements of which 1 in a spin

5. Registration procedure

Participants must complete the registration form below. The form must then be sent to bestuurnoordpole@gmail.com or delivered/ mailed to the mail box of G.S.P.V. De NoordPole. The registration forms that are not fully completed or not submitted on time are not processed, hence rendering the applying members unqualified to participate in the club championship. After successful registration the participants will receive a confirmation via email.

All fields marked with an asterisk (*) are mandatory.

Registration form	
Surname*	
First name*	
Age*	
Study*	
Student number *	
Category* (e.g. solo intermediate)	
First- and surname and student number of participant 2 (in case of duo or mixed category)	<u>First name:</u> <u>Surname:</u> <u>Student number:</u>
Attributes	Yes No
Music* (file must be enclosed)	Artist – Song – Length –
Special features	
Title of the performance*	
Should something else be told about your act? (e.g. theme, message)	

5. Registration procedure

The questions below must be answered to complete the registration but may be submitted later. The submission dates will be announced in the newsletter, social media and through email.

Questions	Your answers
How did you find about pole dancing and when did you start?	
What is your favourite pole dance move? And what is your 'nemesis' move?	
Have you done or do you currently do other sports besides pole dancing?	
Which pole dance move do you wish to accomplish next?	
If you could have one superpower, what would you choose?	
What do you like to do in your spare time?	
What was the last (most recent) thing you learned?	
What is the funniest, craziest or memorable pole dancing moment you have had?	
Describe your performance in one sentence.	

6. Rating/ evaluation criteria solo act

The performance will be judged by the judges. To carry out a good performance, elements in the pole are as important as elements outside of the pole. The following evaluation form will be used by the judges to judge the participants in the solo category.

Category/ level	
Participant:	

Components		
Strength exercises	Maximum	Points
Difficulty level <i>(keeping the level of the participant in mind)</i>	10	
Execution - <i>Pointed toes/ knees</i> - <i>flow</i>	10	
Total	20	

Flexibility exercises	Maximum	Points
Difficulty level <i>(keeping the level of the participant in mind)</i>	10	
Execution - <i>Pointed toes/ knees</i> - <i>flow</i>	10	
Total	20	

General	Maximum	Points
Variation <i>(no repetition of the same moves)</i>	10	
Obligated components <i>(did them all? Used the spinning pole for B/C level)</i>	10	
Technic <i>(are all moves executed in a nice and graceful way)</i>	10	
Total	30	

6. Rating/ evaluation criteria solo act

Show	Maximum	Points
Dance (steps, use of space, length of the dance)	10	
Expression (appearance, empathy etc.)	10	
Clothing/ /attributes	10	
Originality (music/theme/ general act)	10	
Total	40	

Total score	Maximum	Points
	110	

Apart from the first, second, and third place, participants can win certain certificates. These certificates can also be won by participants who already won a prize. The first two certificates (strength and gracefulness) can also be won by a participant who took part in a solo act.

- Strongest participant
- Most graceful participant
- Most original act
- Best interpretation of the music

7. Rating/ evaluation criteria duo act

The performance will be judged by the judges. To carry out a good performance, elements in the pole are as important as elements outside of the pole. The following evaluation form will be used by the judges to judge the participants in the duo category.

Note: participants in a mixed category will be judged on their own level, duo moves for a mixed duo will be judged according to the regulations for the duo acts.

Category/ level participant A	
Category/ level participant B	
Participant A:	
Participant B:	

Components			
Strength exercises	Maximum	Points A	Points B
Difficulty level <i>(keeping the level of the participant in mind)</i>	10 p.p.		
Execution - <i>Pointed toes/ knees</i> - <i>flow</i>	10 p.p.		
Total	40		

Flexibility exercises	Maximum	Points A	Points B
Difficulty level <i>(keeping the level of the participant in mind)</i>	10 p.p.		
Execution - <i>Pointed toes/ knees</i> - <i>flow</i>	10 p.p.		
Total	40		

General	Maximum	Points A	Points B
Variation <i>(no repetition of the same moves)</i>	10 p.p.		

7. Rating/ evaluation criteria duo act

Obligated components <i>(did them all? Used the spinning pole for B/C level)</i>	10 p.p.		
Technic <i>(are all moves executed in a nice and graceful way)</i>	10 p.p.		
In sync <i>(performing the moves at the same time, it is however not necessary that both participants turn the same way)</i>	10		
Total	70		

Show	Maximum	Points A	Points B
Dance <i>(steps, use of space, length of the dance)</i>	10 p.p.		
Expression <i>(appearance, empathy etc.)</i>	10 p.p.		
Clothing/ /attributes	10 p.p.		
Originality <i>(music/theme/ general act)</i>	10 p.p.		
Total	80 p.p.		

Total score	Maximum	Points
	230	

Apart from the first, second, and third place, participants can win certain certificates. These certificates can also be won by participants who already won a prize. The first two certificates (strength and gracefulness) can also be won by a participant who took part in a solo act.

- Strongest participant
- Most graceful participant
- Most original act
- Best interpretation of the music

8. General rules and regulations

- I. All grip materials are not allowed on the pole. It is, however, allowed to apply grip materials on the body.
- II. With permission of the judges an act can be restarted or redone.
- III. All participants are expected to be present during the award ceremony.

List with permitted elements per level

For intermediate & advanced: *L = flexibility, Kr = strength*

Beginners

- All basic spins (kneeturn, flashdance, fireman, carousel-spin, chair, attitude spin, swan, basic gate, dramaqueen, horse spin and combinations of these)
- Basic straddle (3/4 split)
- Vertical break (hands loose)
- Helicopter
- Basic climb
- Take five/polesit
- Thigh hold
- Butterfly (normal/extended)
- Angel
- Outside leghang
- Inside leghang
- Flatline scorpio
- Ballerina (normal and flying)
- Genevieve (martini glass sit)
- Pole handstand (handstand to the pole, with your back to the pole).

Intermediate

- All basic spins (kneeturn, flashdance, fireman, carousel-spin, chair, attitude spin, swan, basic gate, dramaqueen horse spin and combinations of these)
- Tuck through straddle
- Basic straddle (3/4 split) (**Kr**)
- Vertical break (hands loose)
- Everything mentioned in the beginners category is allowed
- Outside leghang (closed variation: **L**)
- Inside leghang (closed variation: **L**)
- Hangover (cross knee release/cross ankle release) (**Kr**)
- Ballerina (**L**)
- Flying ballerina (**L**)
- Allegra (**L**)
- Pole handstand (handstand to the pole, with back to the pole).
- Handstand against the pole to polesit

- Outside leghang to inside leg hang (switch)
- Flatline scorpio (**L**)
- Extended butterfly (**L**)
- Superman (**Kr**)
- Handspring (**Kr**)
- Shouldermount (**Kr**)
- Iguana (pencil/fang)
- Brass monkey (**Kr**)
- Marley (**L**)
- Fang
- Pike

Note: for the advanced category there are no restrictions, use the list of flexibility- and strength exercises of the intermediate-level as an indication of the allowed tricks.

Not all possible moves are included in this list. When in doubt: ask your trainer or the board.