



2023 PCS POLE OPEN DIVISIONS

Welcome to the **7th Annual PCS Pole Open!** We will offer **13 Open divisions** in 2023:

- ★ **Women's Amateur Level 1**
- ★ **Women's Amateur Level 2**
- ★ **Women's Amateur Level 3**
- ★ **Women's Amateur Level 4**
- ★ **Women's Semi-Pro**
- ★ **Women's Pro**
- ★ **Master's**
- ★ **Grand Master's**
- ★ **Men's**
- ★ **Men's Pro**
- ★ **Double's**
- ★ **Double's Pro**
- ★ **Junior's**



Instructions for Choosing Your Division

Please read each division carefully to see where you best fit. The types of move examples, maximum level of difficulty and restrictions described below will help you determine which division is most appropriate for your current skill level. Select a division that matches your full capabilities. Competing in an appropriate division is considered in the judging process (please read full rules, regulations and judging criteria document).

Important Requirements:

- Solo women competitors, please enter only one solo division.
- If you fall in the age range for Masters (40-50) or Grand Masters (51+), you can choose between competing in a skill-based division (6 listed below) **or** a Master's division. Note that you cannot compete in both. Please choose one.
- If you placed 1st, 2nd or 3rd in a prior PCS Pole Open, you must compete in a higher level division this year. Exceptions such as a major injury setback may be considered.
- If you're unsure what division to enter and do not want to risk deductions for entering an inappropriate division for your skill level, please email a recent performance video to Lindsey@polechampionshipseries.com for suggested placement.

Women's Solo Divisions

There are **6** PCS Pole Open Women's solo divisions based on skill-level.

- ★ **Women's Amateur Level 1**
- ★ **Women's Amateur Level 2**
- ★ **Women's Amateur Level 3**
- ★ **Women's Amateur Level 4**
- ★ **Women's Semi-Pro**
- ★ **Women's Pro**



★ **Women's Amateur Level 1 (ages 16+, women, solo)** This is a **beginner** division.

Examples of suitable moves for level 1 include:

- Basic standing techniques (pole walk, fan kick, pull up sit, martini kicks, long sit)
- Simple upright climbs (basic climb, forearm press climb)
- Basic grip positions (handshake, stronghold, cup)
- Basic spins that require push/pull only rather than pull ups/lifts (fireman, chair, front/back hook, reverse attitude)
- Basic mounts (basic floor stand, full bracket to stand, tuck spin to stand)
- Basic dismounts (pin up, back arch, split, back slide lifted leg, back slide thread the needle, back slide to floor)
- Simple transitions (pirouette, dip, walk, pole plie, pirouette)
- Simple floor work (front/back roll, shoulder/hip swivels)
- Basic upright holds (basic flag with one or two legs bent, upright pencil hold, upright straddle hold)
- Moves on the pole (teddy straddle, wrist seat, wrist seat jazz split, plank)
- Basic inversions from standing (chopper, outside/inside leg hang, inverted T/crucifix)
- Basic dismounts from inversions (mermaid)

Examples of maximum level 1 difficulty of moves:

- wrist seat, plank with two hands on the pole, basic inversions from floor (chopper, outside leg hang, inside leg hang, inverted T/crucifix).

Not allowed in level 1 (points will be deducted for the following moves):

- Laybacks (no-handed inverted thigh holds)
- Shoulder mounts
- Descents to shoulder mounts
- Aerial inversions
- Descents to aerial inversions



★ **Women's Amateur Level 2** (ages 16+, women, solo) Competitor is an **intermediate** level amateur with more strength, fluidity of movement, variety of transitions and combinations, and comfort performing on stage compared to a level 1 competitor.

Examples of suitable moves for level 2 include all of level 1 moves plus:

- Standing techniques that require greater pull up strength (lifted fan kick)
- Upright climbs with hand and leg grip variations (side climb, spin climb)
- Lifted spins and spin combinations (lifted back hook spin, basic reverse grab, carousel, straddle with feet at hip height, cork screw, tuck spin)
- Mounts that require pull up and push up strength (full bracket to stand with leg variations, forearm or handstand from floor into cross ankle sit up)
- Dismounts that require pull up strength (rotating passe dismount)
- Transitions are fluid, clean and seamless compared to level 1
- Floor work (basic shoulder stands, shoulder and arm balances)
- Upright holds that require pull up and strength to hold (pencil, passe, stag, straddle legs, basic flag with two legs straight)
- Moves on the pole (apprentice, genevieve sit, regular and extended butterfly, 1-handed plank, caterpillar, hood ornament, cross knee layback, cross ankle layback, hip hold)
- Basic inversions in combination (outside leg hang pull up, outside leg hang to basic butterfly, inside leg hang to flat line scorpio)
- Dismount to floor from inverted position (twister, shoulder dismount to floor)
- Descents to aerial inversions

Examples of maximum level 2 difficulty of moves:

- Cross knee layback, cross ankle lay back, forearm stand, inverted T variations, extended butterfly, caterpillar, descents to aerial inversions, shoulder dismount to floor

Not allowed in level 2 (points will be deducted for the following moves):

- Shoulder mounts
- Aerial inversions



★ **Women's Amateur Level 3** (ages 16+, women, solo) Competitor is an **intermediate/advanced** level amateur with more precision and solidity in execution of tricks, mastery and control of movement, fluidity in transitions, dance, and floor work than a level 2 competitor.

Examples of suitable moves for level 3 include all of level 1-2 moves plus:

- Intermediate upright techniques (aerial fan kick to sit on pole, flair entrance to spins/inverts)
- Inverted climbs (two-handed caterpillar climb)
- More grip variations (elbow, knee pit, forearm, foot)
- Spins (one armed spins, spins that carry body further away from pole with more momentum such as a dynamic reverse grab with a flair entrance, straddle with legs at shoulder height, helicopter/spinning straddle, rockstar, wrist seat spin)
- Mounts (pencil, handstand to outside leg hang pull up, split heel mount from floor, shoulder mounts)
- Dismounts (1-armed such as twisted grip descent, controlled drops)
- Transitions are more fluid, clean, complex and seamless compared to level 2
- Floor work (shoulder and arm balances, backbends)
- Upright hold variations and combinations (pencil to apprentice/hip hold, armpit hold variations, yogini, static rotations)
- Moves on the pole (butterfly handstand, inverted D, superman, superman variations, ayesha with leg variations, brass monkey, marley, outside leg hang pull up to climb, crucifix to inverted thigh hold, cupid, genie, tulip, side superman, jade split)
- Aerial inversions

Examples of maximum level 3 difficulty of moves:

- Brass monkey, aerial inversions, handspring with leg variations, ayesha, ayesha variations, jade split, shoulder mounts starting from floor

Not allowed in level 3 (points will be deducted for the following moves):

- Aerial shoulder mounts
- Pressed inverts and deadlifts
- Moves where body and legs are fully suspended and held away from the pole (held iron X's, held shoulder mount planks)



★ **Women's Amateur Level 4** (ages 16+, women, solo) Competitor is an **advanced** level amateur with more precision and solidity in execution of tricks and combinations, mastery and control of movement, fluidity in transitions, dance, and floor work than a level 3 competitor but is not yet at the Semi-Pro level.

Examples of suitable moves for level 4 include all of level 1-3 moves plus:

- Dynamic upright techniques (castaways into leg grips or split heel to inversions)
- Complex climbs (circus, foot, one-handed caterpillar, thread the needle)
- Grip variations from inverted positions (elbow, knee pit, forearm, foot, twisted)
- Dynamic spins and spin combinations (spins into shoulder mounts and inverts)
- Mounts (brass monkey press up, aerial shoulder mounts)
- Dismounts (side tumble in elbow grip)
- Transitions are more fluid, complex, and choreographed compared to level 3
- Floor work (acrobatic, gymnastic and dance based, backbend walkovers, held forearm and handstands, more advanced dance form and technique)
- Moves on the pole (dragons tail, allegra, jallegra, reverse poisson, split heel mount starting on pole with leg variations, banana split, plus sign, layback variations including crescent moon, bow and arrow with leg variations, baby bird of paradise)

Examples of maximum level 4 difficulty of moves:

- baby bird of paradise, jade split variations, brass monkey variations and transitions, aerial shoulder mounts, dragons tail, reverse poisson, allegra, jallegra, crescent moon

Not allowed in level 4 (points will be deducted for the following moves):

- Pressed inverts and deadlifts
- Moves where body and legs are fully suspended and held away from the pole (held iron X's, held shoulder mount planks)



★ **Women's Semi-Pro** (ages 16+, women, solo) Competitor has advanced beyond amateur level 4 and is nearing the professional level. Competitor is able to cleanly perform all techniques included in the amateur levels and stretch beyond in flexibility, strength and grace. Advanced moves are effortlessly completed with sharp lines, maximum flexibility, strength and control. Mastery over all parts of the performance including advanced floor acrobatics, gymnastics, refined classical dance technique and stage presence are displayed plus original and creative transitions and spin offs on moves and combinations that develop over time with experience.

Examples of suitable moves for semi-pro include all of amateur level 1-4 moves plus:

- phoenix, presses and deadlifts from floor, iron x's, held shoulder mount planks, marion amber plus variations, poisson variations, janeiro

***Women's Semi-Pro does not include move restrictions.**



★ **Women's Pro Open** (ages 16+, women, solo) Competitor has competed at the pro level in a prior competition.* Competitor displays top notch execution of the most advanced maneuvers, has perfectly clean lines and extension, advanced gymnastics and acrobatic tricks, advanced to contortion level flexibility, professional dance technique and superb stage presence.

**If you are at the pro level, but have not yet competed in a pro division, please email a video to Lindsey@polechampionshipseries.com.*

Examples of professional level moves include:

- spatchcock, spatchcock entrance variations, aerial deadlifts and presses, full eagle, full bird of paradise, rainbow marchenko, fonji, flips, original moves invented by the competitor

****Women's Pro Open does not include move restrictions.***

******Top 3 Winners (1st, 2nd and 3rd place) of the Women's Pro Open automatically earn a spot to compete in the PCS Championship the same evening!***



PCS Divisions

The following 7 PCS divisions are based on demographic criteria, include all skill levels, and do not have any move restrictions. Doubles competitors can also compete in one solo division.

★ **Master's** (ages 40-50, women, solo)

one division open to all skill levels

★ **Grand Master's** (ages 51+, women, solo)

one division open to all skill levels

★ **Men's** (ages 16+, men, solo)

one division open to amateur level

★ **Men's Pro** (ages 16+, men, solo)

one division open to pro level

★ **Double's** (ages 16+, men, women or mixed pairs, doubles)

one division open to amateur level

★ **Double's Pro** (ages 16+, men, women or mixed pairs, doubles)

one division open to pro level

★ **Junior's** (ages 10-15, boys, girls, solo)

one division open to all skill levels