



Saturday 21 & Sunday 22 October
Category Information and Requirements

Acro Pole Art Classic consist of 8 categories: Acro Pole, Pole Art, Classique Pole , Flying Pole, Silks Art, Lyra Art, Aerial Hammock/Net Art & Pole or Aerial Showcase in any of the above categories.

This competition gives athletes and performers the opportunity to compete in the field of their strength and style preference. We will be hosting APAC over 2 days at The Poling Station No 2 Conrad Drive Blairgowrie



Athletes will have the following Categories to choose from:

1) Acro Pole:

This category is unique as it offers a side to pole where strength, stamina, flexibility and control are the key elements to your routine. No props allowed.

Pole combos on both static and spinning poles are required in combination with floor tumbling, balance and poses between the poles. Tumbling can include cartwheels, handstands, forward rolls, splits, flick flacks etc. to travel from one pole to the next. No acting or dancing is necessary in this category.

Male & Female - Novice (age 8 -12) Junior (age 13-17) Senior (age 18+)
Bronze, Silver, Gold

COMPULSORY SCORE CARD REQUIRED FOR ALL ACRO DIVISIONS

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Male & Female - Novice (age 8 -12) Junior (age 13-17) Senior (age 18+)- Bronze, Silver, Gold

Novice age 8-12

Junior 13-17

Women 18+

Men 18+

ACRO DIVISION 1: BRONZE

- Routine 2min to 2:45 minutes in length
- Minimum of 1 x spinning pole combination (minimum of 1 transition from 1 move/element to another on the pole without having floor contact)
- Minimum of 1 x static pole combination (minimum of 1 transition from 1 move/element to another, on the pole without having floor contact)
- *1 Dead lift from the floor (DL)
- *3 pole strength moves – must be held with control (SM)
- *3 pole flexibility moves – must be held with control (FM)
- *1 Static spin - min 360° Rotation or requirement as per APAC code of points) (STS)
- *1 Spinning pole spin - 720° Rotation (SPS)
- *1 hand grip change (HGC)
- *2 Dynamic Pole Moves (DPM)
- 2 floor tumbling/acro combinations sequences
- *2 dynamic floor moves (DFM)
- *1 Floor strength move – must be held with control (FSM)
- *1 Floor flexibility move – must be held with control (FFM)



Select Strength moves with a **point value** between 1 and 5
Select Flexibility moves with a **point value** between 1 and 5
Select Static pole spin with a **point value** between 1 and 4
Select Spinning pole spin with a **point value** of 1 and 5

*all 16 Bronze compulsory requirements with * must appear on compulsory score card in the order they occur in your routine with the move value stipulated

ACRO DIVISION 2: SILVER

- Routine 3min to 3min45 minutes in length
- Minimum of 2 x spinning pole combination (minimum of 2 transitions from 1 move/element to another on the pole without having floor contact)
- Minimum of 2 x static pole combination (minimum of 2 transitions from 1 move/element to another, on the pole without having floor contact)
- *1 Dead lift from the floor or aerial (DL)
- *3 pole strength moves – must be held with control (SM)
- *3 pole flexibility moves – must be held with control (FM)
- *1 Static spin - min 360° Rotation or requirement as per APAC code of points) (STS)
- *1 Spinning pole spin - 720° Rotation (SPS)
- *1 Drop (D)
- *2 hand grip changes (HGC) OR 1 hand grip change & 1 Acrobatic catch (AC)
- *2 Dynamic Pole Moves (DPM)
- 2 floor tumbling/acro combinations sequences
- *2 dynamic floor moves (DFM)
- *2 Floor strength move – must be held with control (FSM)
- *2 Floor flexibility move – must be held with control (FFM)

Select Strength moves with a **point value** between 3 and 7
Select Flexibility moves with a **point value** between 3 and 7
Select Static pole spin with a **point value** between 3 and 6
Select Spinning pole spin with a **point value** of 3 and 6
Select Deadlift with a point value between 3 and 7



*all 20 SILVER compulsory requirements with * must appear on compulsory score card in the order they occur in your routine with the move value stipulated

ACRO DIVISION 3: GOLD

- Routine 3 min 40 to 4 minutes in length
- Minimum of 3 x spinning pole combination (minimum of 2 sequential transitions from 1 move/element to another on the pole without having floor contact)
- Minimum of 3 x static pole combination (minimum of 2 sequential transitions in a row from 1 move/element to another, on the pole without having floor contact)
- *1 Aerial Dead lift (DL)
- *3 pole strength moves – must be held with control (SM)
- *3 pole flexibility moves – must be held with control (FM)
- *1 Static spin - min 360° Rotation or requirement as per APAC code of points) (STS)
- *1 Spinning pole spin - 720° Rotation (SPS)
- *1 Drop (D)
- *1 hand grip change (HGC)
- * 1 regrip (RG)
- *1 Acrobatic catch (AC)
- *3 Dynamic Pole Moves (DPM)
- 3 floor tumbling/acro combinations sequences
- *3 dynamic floor moves (DFM)
- *3 Floor strength move – must be held with control (FSM)
- *3 Floor flexibility move – must be held with control (FFM)

Select Strength moves with a **point value** between 6 and 10
Select Flexibility moves with a **point value** between 6 and 10
Select Static pole spin with a **point value** between 6 and 10
Select Spinning pole spin with a **point value** of 6 and 10

*all compulsory requirements with * must appear on compulsory score card in the order they occur in your routine with the move value stipulated



- 2) **Pole Art** is for the artistic, dancing, theatrical pole dancers, no matter how you decide to express yourself this is the genre for you (no nudity allowed) There are 4 divisions that fall under Pole Art: Beginner, Intermediate, Advanced and Professional. Flow, expression, musicality, flexibility, strength, artistic and entertainment value are the key elements to your routine. Props are allowed and encouraged. NO SWEARING IN MUSIC ALLOWED

Divisions available:

Novice Solo (age 6 -12) Beginner, Intermediate, Advanced
Novice Duet (age6-12) Beginner, Intermediate, Advanced
Junior Solo (age 13-17) Beginner, Intermediate, Advanced
Junior Duet (age 13-17) Beginner, Intermediate, Advanced
Senior Solo (age 18+) Beginner, Intermediate, Advanced, Professional
Senior Duet (age 18+) Beginner, Intermediate, Advanced

Entry Requirements:

BEGINNER

- **Novice** routine 1:30 to 2:00 min in length
- **Junior, Senior** Routine 2:00 to 2:30 minutes in length
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Beginner** level

INTERMEDIATE

- Routine 2:45 to 3:00 min in length
- A score for Strength & flexibility to be awarded thus to be incorporated & presented as per **Intermediate** level

ADVANCED

- Routine 3:15 to 3:30 min in length
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Advanced** level

PROFESSIONAL

- Routine 3:45 to 4min in length
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Professional** level



3) **Classique Pole:**

This style is all about creating effortlessly beautiful shapes with seamless transitions, whether in the air or on the floor, merging seductive movements, strength, power and flexibility. Heels must be worn, props are encouraged, NO NUDITY allowed

18+ Alluring Apprentice, Mesmerizing Median, Amazing Advanced, Provocative Pro

Entry Requirements:

Alluring Apprentice

- Routine 2min15 to 2min 45 in length
- Spinning & Static pole to be used
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per ***Beginner*** level

Mesmerizing Median

- Routine 3min to 3min30 in length
- Spinning & Static pole to be used
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per ***Intermediate*** level

Amazing Advanced

- Routine 3min15 to 3:45min in length
- Spinning & Static pole to be used
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per ***Advanced*** level

Provocative Professional

- Routine 3min 45 to 4min in length
- Spinning & Static pole to be used
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per ***Professional*** level



4) **Flying Pole Art:**

Flying pole is a silicone covered pole, that is suspended from a rig off the ground and can swing from side to side, as well as spin around. We are extremely excited about this apparatus being added to our categories. Flow, expression, musicality, flexibility, strength, dance and entertainment are the key elements to your routine. Props are allowed and encouraged

- Routine 2min15 to 3:30min in length – no swearing in music allowed
- A score for Strength & flexibility to be awarded thus to be incorporated and presented.

This will be an open division, meaning all age groups and skill levels will compete in one division



5) **Lyra Art** or aerial hoop is for the theatrical, artistic competitors.

Flow, expression, musicality, flexibility, strength, dance and entertainment value are the key elements to your routine. Props are allowed and encouraged. **NO SWEARING IN MUSIC ALLOWED**

Divisions available:

Novice Solo (age 6 -12) Beginner, Intermediate, Advanced
Novice Duet (age 6-12) Beginner, Intermediate, Advanced
Junior Solo (age 13-17) Beginner, Intermediate, Advanced
Junior Duet (age 13-17) Beginner, Intermediate, Advanced
Senior Solo (age 18+) Beginner, Intermediate, Advanced
Senior Duet (age 18+) Beginner, Intermediate, Advanced



Entry Requirements:

BEGINNER

- **Novice** routine 1:30 to 2min in length
- **Junior, Senior** Routine 2:00 to 2:30 minutes in length
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Beginner** level

INTERMEDIATE

- Routine 2:45 to 3:00 min in length
- A score for Strength & flexibility to be awarded thus to be incorporated & presented as per **Intermediate** level

ADVANCED

- Routine 3:15 to 3:30 min in length
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Advanced** level

- 6) **Silks Art:** Flow, expression, musicality, flexibility, strength, dance and entertainment are the key elements to your routine. Props are allowed and encouraged
Divisions available: Novice (age 6 -12) Junior (age 13-17) Senior (age 18+) Beginner, Intermediate, Advanced

Flow, expression, musicality, flexibility, strength, dance and entertainment are the key elements to your routine. Props are allowed and encouraged

Divisions available:

Novice (age 6 -12) Beginner, Intermediate, Advanced
Junior (age 13-17) Beginner, Intermediate, Advanced
Senior (age 18+) Beginner, Intermediate, Advanced

Entry Requirements:

BEGINNER

- **Novice** routine 1min30 to 2min in length
- **Junior, Senior** Routine 2 min to 2:30 minutes in length
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Beginner** level

INTERMEDIATE

- Routine 2min30 to 3min in length
- A score for Strength & flexibility to be awarded thus to be incorporated & presented as per **Intermediate** level

ADVANCED

- Routine 3min15 to 3min30 min in length
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Advanced** level



- 7) **Aerial Hammock / Aerial Net Art:** This aerial apparatus is also a new category that we are adding this year. The hammock/net will be rigged from a single point carabiner and swivel. Flow, expression, musicality, flexibility, strength, dance and entertainment are the key elements to your routine. Props are allowed and encouraged.

This will be an open age groups category
Entry Requirements & Divisions available:

BEGINNER

- Routine 2min to 2min30 in length
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Beginner** level

INTERMEDIATE

- Routine 2min30 to 3min in length
- A score for Strength & flexibility to be awarded thus to be incorporated & presented as per **Intermediate** level

ADVANCED

- Routine 3min15 to 3min30 min in length
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Advanced** level



8) **Open Dance & Aerial Showcase:**

open to all ages, skill level - all apparatus & dance forms allowed

If competing is not for you, but the stage is calling your name, come and show us what you've got!!! You can showcase on any apparatus you would like in any genre that you choose – pole, lyra, silks, aerial hammock/net or a dance/acrobatic stage performance.

Please specify what you will be showcasing on your entry form, so we know where to place you on the schedule.

All age groups and levels welcome

If competing is not for you, but the stage is calling your name, come and show us what you've got!!! You can showcase on any apparatus you would like in any genre that you choose – pole, lyra or a dance/acrobatic, solo, duet or group stage performance.



Judging Criteria for Competitor Categories

Artistic Criteria

Overall Artistic presentation & Choreography	/10
Choice of theme, character, song and interpretation thereof	/10
Appropriateness & effectiveness of Costume, use of props, background etc in relation to theme	/10
Choreography of floor work, use of stage	/10
Choreography of apparatus work (pole/lyra)	/10
Presentation of theatrics – continuation of character throughout performance	/10
X FACTOR Personality, stage presence, confidence	/10

Technical Criteria

Presentation of Strength moves (in line with division entered)	/10
Presentation of flexibility moves (in line with division entered)	/10
Transitions, spins, dynamic movements	/10
Overall presentation of angles & lines (knees, feet, moves on and off apparatus)	/10

Deductions

Singing with music – per time
No logical beginning or end to routine
Putting no effort or thought into costume
Wardrobe / prop malfunction (per time)
Minor slip (per time)
Wiping /drying hands (per time)
Fall (per time)
Private areas exposed - IMMEDIATE DISQUALIFICATION

RULES REGULATIONS & INDEMNITY

1. Entries are now open - Entry is open to all male and female competitors, worldwide
2. If you are under the age of 18 Parental/Guardian consent is required
3. Payment due on entry - entries are **non-refundable**
4. Entries close at midnight on 1 October 2023
5. All entrants need to upload a 1 min unedited video of the apparatus you are going to compete in to establish the correct division is being entered.
6. ALL entrants will qualify to compete at APAC 2023
7. Props & music in MP3 format / video & music MP4 format sent via <https://www.wetransfer.com> by 7 October
8. No nudity, g strings, or overtly sexual behaviour is allowed in the art categories and will lead to immediate disqualification.
9. The use of alcohol or drugs is explicitly forbidden and will lead to immediate disqualification.
10. Human props are allowed for all art and sensual categories, they may not do any apparatus work ie they may not touch the pole/lyra/silk/hammock/net. They will be required to purchase a spectator ticket to take part.
11. The change room and warm up areas are for contestants and coaches only. Coaches will need to purchase a coach's ticket (R100) to be allowed permission backstage.
12. If you have won in a specific category in a previous APAC you must enter the next level of the division, if you have placed 2nd or 3rd twice in a division you must move up to the higher division

INDEMNITY

- Entering Acro Pole Art Classic indemnifies the contestants to the following: Participants acknowledge and accept that ACRO POLE ART CLASSIC, its owners or staff and are not liable for any injury, loss or damage resulting from participation in the event

The Organizers reserve the right to add to or amend rules. Failure to abide by these rules may result in disqualification Failure to abide by these rules may result in disqualification

1. All Art:

- Costumes to be in line with theme, we encourage you to be as creative as you like with your costume, this will benefit your overall score
- Boots, shoes may be worn but are not a requirement, heels permitted

1. Classique:

- Min 6 inch Heels compulsory, outfit may be lingerie or more revealing but NO NUDITY ALLOWED

1. Any costume malfunction will lead to point deduction per time

PROPS

All Art & Classique:

- Props are permitted and encouraged but need to be approved before the event. No fire acts
- They need to be set up and removed with ease.
- People are permitted as props, but they may not do any apparatus work. They will be required to purchase a ticket to enter the venue.

GRIP AIDS .

- Athletes may apply grip aids to the pole/lyra excluding the silk, flying pole and hammock/net, and their bodies- as long as the product is easily removed from the apparatus afterwards
- You may check the apparatus before commencing, if you are not happy with the apparatus, the apparatus cleaners will re-clean them, you may also clean the apparatus yourself, but must use the cleaning products supplied by the organizer
- Gloves may be worn by the contestant during their performance to assist with grip. The judges will take this into consideration when scoring.
- No creams or tans to be applied on the day of the competition.

MUSIC

- Music must be cut to the right length required in your selected division in high quality MP3 format before being uploaded to www.wetransfer.com by no later than 7 October 2023. If we do not receive your music by this deadline you will have to dance without music!!!!
- Music may contain lyrics for all divisions (no explicit language allowed except for Classique)
- A selection of songs/tracks may be mixed together.

POLES

- The poles will be 38mm coated, one-piece (no joints) 4m high, secured to a beam and secured / bolted to the floor
- They will be +-3 meters apart from one another
- The spinning pole will be on your left, static pole on your right, if you are standing on stage facing the audience
- Both poles should be used during your performance.

FLYING POLE

- Silicone covered pole
- 3m in length, suspended from the floor – attached to rig by carabiner and swivel

HAMMOCK/NET

- You may bring your own hammock – as long as it can rig to a single point - sling
- We don't have a net so if you would like to use a net, you will have to use your own

LYRA

- You may bring your own lyra
- We will supply 3 options of lyra, if you do not have your own:
- Lyra 1: Untaped, powder-coated, single point, 20mm thick, diameter 90cm
- Lyra 2: Taped, single point, 24mm, diameter 95cm
- Lyra 3: Untaped, powder-coated double point, 24mm thick, diameter 95cm

PHOTOGRAPHY AND FILMING

- Contestants agree to be photographed and filmed throughout the event.
- All photography & footage will remain the property of APAC
- Contestants agree that all photography and footage can and may be used by APAC for promotional, advertising and commercial purposes, without compensation to the contestant.
- Photographs and videos will be available for purchase from the event.