

Guideline For Allowed Moves– NZ Amateur Pole Performer 2019

When entering NZAPP please consider your entry category carefully. Entrants are expected to be honest about their own ability and enter the appropriate category. All pole judges for NZAPP are experienced instructors and will be briefed to look for signs that a competitor has entered a category below their ability level. If any competitor is seen to have entered a category below their own ability to they will be deducted accordingly.

The following sections detail the permitted moves in each category. Please note that where example moves are provided this is for illustration purposes only and do not provide an exhaustive list. Use of illegal moves or attempts to find 'loopholes' in these criteria may result in a competitor being deducted or disqualification in severe cases.

If you are in any doubt about the moves permitted in each category, or whether a move you want to include is allowed, please contact us (with a picture or video if necessary) to make sure – it's better to be safe!

Criteria for each category have been subdivided into the following sections:

Inverts: e.g. Basic Inverted Crucifix, Gemini, Scorpio, Reverse/Caterpillar Climb, Handspring, Brass Monkey etc.

Upright Static Poses: e.g. Rocketman, Scissor Seat, Yogini, Plank, Teddy, Twisted Star, Embrace, Static Boomerang, etc. Note that 'upright' is defined as where the head is above or in line with, the hips.

Climbs: e.g. Basic Climb, Side Climb, Seated Climb, etc.

Drops: e.g. Holly Drop, Superman Drop, etc.

Spins: e.g. Carousel, Back Hook, Cradle, Chopper, etc.

Flexibility: e.g. Jade Splits, Chopstix, Spatchcock, Eagle, Cocoon, etc.

Point Of Contact is defined as a part of the body that is actively pushing and being used for grip against the pole.

Beginner Category

“Someone who can not invert and is only comfortable at the level of spins and transitions. They should really only just be able to climb to the top of a pole and not yet strong enough to invert.”

Inverts

No inverts on the pole are allowed in this category. At no point should the hips be above the head. If there are three or more points of contact with the ground then this rule no longer applies and the hips can be above the head.

Handstand poses and dismounts with less than three ground contact points are **not** permitted.

Upright Static Poses

Any upright static pose where there are at least three points of contact with the pole **is** allowed. If two legs are squeezing the pole, each leg is counted as a contact point.

For example:

Pole Sit has two legs squeezing together, this counts towards two of your contact points so you must either add one hand or hook a foot.

Wrist seat has two hands and tailbone so it is allowed.

Ice Skater has elbow pit, inside of knee and top of foot so it is allowed.

Teddy with armpit, outside hand and back of hip is allowed.

Exceptions to this rule:

- Superman - not allowed
- Titanic - not allowed
- Seahorse - not allowed

Please use common sense when using this rule. There will always be some moves that have three points of contact but are clearly not beginner level moves (see the exceptions above for an example). The pole judges will still be on the lookout for people entered below their level and those with moves that majority of people would agree aren't beginner will still lose points even if they can argue there are 3 points of contact.

Climbs

Any upright Climb where the legs and the arms are used is permitted.

Drops

Drops of any sort are **not** permitted in this category **except** Split drop to the floor.

Spins

All spins are permitted in this category, excluding spins into inverts, spins with no hands and aerial spins where both feet go above the head (e.g. Chopper or similar).

If on a spinner pole then use the static poses guide for what is and isn't allowed.

Flexibility

Splits poses (either front or side splits) on the pole and with both feet off the ground are not permitted, including Diva Splits with one foot on the floor. Splits poses on the floor or with one foot on the ground and head above or level with hips are permitted.

Spatchcock with one foot on the floor is not permitted. Note that full Spatchcock is prohibited by the

Static Poses section.

Intermediate Category

“Students who can invert and do the basics of inverting such as leg hangs and thigh holds. They may be able to Butterfly or basic shoulder mount but this would probably be the max of their level. If they can comfortably transition between multiple invert moves or transition into or out of Extended Butterfly, they are probably above this level.”

Inverts

The only methods of inverting are:

- Basic Invert (through straddle is considered correct technique so is allowed)
- Aerial Basic Invert
- Basic Shoulder Mount (eg, straight to the pole. Through straddle is allowed as is considered correct technique but held Straddle, Jack-Knife and Planche poses are **not permitted**)
- Handstand onto pole (eg. Handstand into Cross Ankle Release)

Any other method of inverting (including Aerial Shoulder Mount and Jamilla to Butterfly) is not permitted.

Only inverted tricks with three points of contact or more are permitted. If two legs are squeezing the pole these are counted as two points of contact.

For example of moves permitted:

- Thigh Hold has inside of thigh on each leg and the calf of one leg so is allowed
- Cross Knee Release has inside of thigh on each leg and a calf so is allowed
- Plank has two thighs squeezing the pole and a bottom hand so is allowed
- Extended butterfly has two hands and a foot so is allowed
- Superman has two thighs and a hand so is allowed

Exceptions to this rule:

- Cross Ankle Release is allowed
- Straddle is allowed

Example of moves Not Permitted:

- Arms-only tricks (e.g Aysha, Straight Edge) in any grip (e.g. elbow grip, twisted grip, etc).
- Pole Shoulder Rolls
- Jade is NOT allowed.
- Moves excluded by criteria in the **Flexibility** section.
- One-handed handstand where one hand is on the pole and one hand is on the floor.
- Iguana Planche poses and repeat Iguana lifts.
- Allegra (other than variations with two hands or an elbow grab on the pole and grip pressure from another body part to bring it to 3 points of contact)

Transitioning from one inverted move to another is allowed as long as it is done in a controlled manner and at no point allows the pole to “drop” due to not enough grip. To confirm this, you should be able to do the transition in slow motion and be able to pause at every step along the way.

Static Poses

All static poses are permitted in this category, except those excluded by the **Flexibility and Invert** section below.

Climbs

All climbs are permitted in this category.

Drops

Drops **are not** permitted in this category **except** split drop to the floor and ball drop.

Spins

All spins are permitted in this category, including spins into basic invert or straddle. Spins into any other type of invert are not permitted (e.g. spins into Shoulder Mount, Butterfly, Arms-only poses, or similar). Aerial spins are not permitted (e.g. Aerial Cradle or similar).

Flexibility

The only splits poses permitted in this category are those that meet the requirements of the inverts section.

Splits poses (either front or side splits) on the floor are permitted.

Extreme flexibility versions of basic moves are not permitted (e.g. Extreme Scorpio, Cocoon etc).

Extreme flexibility moves are not permitted (e.g. Spatchcock, Eagle, etc).

Handstands and moves into handstands are allowed in this level.

Advanced Category

All moves are permitted in this category but please remember to be safe! If you are not consistent with a move, don't put it in!

Open Category

All moves are permitted in this category but please remember to be safe! If you are not consistent with a move, don't put it in!