

## **Guideline For Allowed Moves – NZ Amateur Pole Performer**

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 they may 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 disqualified 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 email your heat (with a picture or video if necessary) for guidance. Please note, this guidance and opinion only, on the night things may be seen differently due to timing issues, variance of speed, and overall competitor level, therefore judges decision on the night is final and may be different than what you were told by us.

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

- **Inverts:** defined as when the head can rest at the same level of below the hips
- **Upright Static Poses:** defined as where the head is above 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.

**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 yet invert and is only comfortable at the level of spins and transitions. They should be at the level of only just being able to climb to the top of a pole and not yet able to invert.

### **Inverts**

- No inverts on the pole are allowed in this category.
- At no point should the hips be above the head UNLESS there are three or more points of contact with the ground or one or two feet are in contact with the ground.
- Handstand poses and dismounts with less than three ground contact points are **not** permitted.

### **Upright Static Poses**

- General Rule; All upright poses must have at least three points of contact with the pole.
- List of moves **allowed** outside this rule
  - Pole Sit
  - Wrist seat
  - Ice Skater
  - Teddy
- List of moves **not allowed** outside this rule
  - Superman
  - Titanic
  - Seahorse

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 the 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 except where taken into moves disallowed by above rules.
- If on a spinner pole then use the static poses guide for what is and isn't allowed.

## **Intermediate Category**

Students who can invert and do the basics of inverting such as leg hangs and thigh holds. They may be able to do moves such as Butterfly or basic Shoulder Mount but this would 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 above this level.

### **Inverts**

The only methods of inverting allowed are:

- Basic Invert (through straddle is considered correct technique so is allowed)
- Aerial Basic Invert
- Basic Shoulder Mount from the floor, and straight to the pole. Through straddle is allowed as is considered correct technique.
- 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.

Inverting should be straight to Crucifix or Leg Hang holds.

Inverted Moves:

- General Rule; 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.
- List of moves **allowed** outside this rule
  - Thigh Hold
  - Cross Knee/Ankle Release
  - Plank
  - Extended butterfly
  - Superman
  - Straddle/Chopper is allowed
  - Marley with just knee pit and thigh connection is allowed
  - Inside and Outside Leg Hang
- List of moves **not allowed** outside this rule
  - Any extreme flexibility versions of the above moves. Eg Cocoon
  - Crescent
- Examples of moves not allowed under this rule
  - Arms-only tricks (e.g Aysha, Straight Edge) in any grip (e.g. elbow grip, twisted grip, etc).
  - Pole Shoulder Rolls
  - Jade
  - One-handed handstand where one hand is on the pole and one hand is on the floor.
  - Iguana Planche poses
  - 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 poler 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.

### **Upright Static Poses**

- General Rule; All static poses are permitted in this category, except those excluded by the **Invert** sections.
- List of moves **not allowed** outside this rule
  - Eagle
  - Dove
  - Spatchcock

### **Climbs**

- All climbs are permitted in this category.

### **Drops**

- Drops **are not** permitted in this category
- **Except**
  - split drop to the floor
  - 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).

**Expert 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!