



OG Pole Fitness Classic

Judging Criteria and Code of Conduct and Criteria

GENERAL

- To apply honestly, impartially, and objectively all rules governing the competition
- To safeguard the interests of all competitors on equal terms
- To carry out all duties and responsibilities in a manner that will provide the best possible conditions to benefit competitors, officials, and administrators
- To respect the feelings and competitive drive of the OG Pole Fitness (OGPF) athletes and to make reasonable allowances for their heightened emotions during the heat of competition
- To follow the Constitution, Bylaws, Rules & Regulations, and Ethical Code of Conduct of an effective administration and to cooperate willingly and promptly with all other elected officials and administrators
- To cooperate with event organizers by rendering decisions clearly, promptly, and in accordance with the requirements of the competition and judging procedures
- To refrain from influencing the decisions of other judges or officials, and to respect their individual opinions and decisions
- To refrain from discussing any part of the judging process with anyone apart from the judging panel
- To refrain from giving any personal or public feedback to a competitor or replying to questions or statements regarding the judging after competition
- To refrain from coaching or privately training any of the OGPF Finalists leading up to the competition (group classes and workshops are permitted)
- To honor the special trust conferred upon them in their selection as judges and to adhere to the standards of conduct expected of a sports official.
- To cooperate with the OGPF athletes, other officials, and administrators in the development of high standards, both moral and physical, for the sport of Pole Fitness and for the development and growth of OGPF.

TECHNICAL PRESENTATION

A maximum of 50 points is awarded in the Technical Section. This section is to judge the execution and difficulty level of individual pole tricks, combinations of pole tricks, and transitions into and out of pole moves. The judges will look for difficult tricks performed with grace and ease. This section is broken down into the following areas:

Execution

Execution of pole tricks must have the following:

Clean lines – The legs and arms should be correctly positioned, toes should be pointed and fingers should not show tension (no clenched fists or flexed feet). Flexion should be an artistic choice and completely intentional.

Extension – Legs, arms, and torso should be fully lengthened. The shoulders and/or back should not be rounded and the head should be held high without strain.

Posture – Correct body alignment should be used on and off the pole. Proper use of counterforce (push/pull) to maximize efficiency of movement and form.

Body Placement – The body should be in the correct position for the intended trick and should be properly angled in relation to the audience.

Transitions

Transitions refer to the movement between pole moves, the shift from floor to pole and from pole to floor. In order to display the highest level of difficulty (LOD) the athlete must display precise, flowing, graceful and seamless movement.

Level of Difficulty

Level of difficulty (LOD) refers to the advanced level of pole tricks and combinations. LOD can be broken down into flexibility, strength, and dynamic movement.

Flexibility

Flexibility refers to the overall range of motion of the legs, back, and shoulders. In order to display the highest LOD to the judges, the athlete should perform tricks, combinations, and transitions with full extension and mobility, which are flowing and balanced within the routine.

Strength

Strength refers to the power of the arms, core, and legs. In order to display the highest LOD to the judges, the athlete should perform both upper body and core/lower body strength tricks and combinations. Holding and controlling a strength move for three or more seconds will display a higher LOD.

Dynamic Movement

Dynamic movement refers to the body in motion, power of movement and the control of momentum. In order to display the highest LOD to the judges, the athlete must demonstrate powerful movement that allows the body to leave the pole and control when coming back to the pole. Dynamic movement can be drops, catches, leg switches, spins that take the body far away from the pole. The highest LOD of dynamic movement can be measured in the length of time that the body leaves the pole.

Deductions*

Points will be deducted for the following:

- excessive gluteal fold or gluteal cleft exposure, underneath/side of breast
- a fall (apparent break in form and unplanned movement out of a trick)
- a slip (slight break in form that disrupts flow of routine)
- prop malfunction (apparent misuse or fumbling with prop)
- interrupting routine to wait for audience applause
- any type of floor work that could be interpreted as sexual/sensual (ex. body rolls/waves on floor, frontal straddles, twerking, etc)
- any contact with truss, rigging, lights or cables

*Please see scoresheet for exact point deductions

Disqualification

Competitor will be disqualified for exposure of private parts in the chest, front and back pelvic regions.

TECHNICAL SCORE SHEET

Competitor Name _____
 Score is out of 50 points total. Single points (1), half points (.5), or quarter points (.25) allowed

| Judging Criteria | Max Score | Score | Comments |
|--|-----------|-------|----------|
| Execution of tricks, combinations, movements | 10 | | |
| Transitions | 10 | | |
| Flexibility | 10 | | |
| Strength | 10 | | |
| Dynamic Movements | 10 | | |
| Deductions | | | |
| -(1-5) for excessive gluteal fold/cleft, side/under breast exposure | -(1-5) | | |
| -5 for a fall (drastic break from move/interruption of flow) | -5 | | |
| -2 for a slip (slight break in form) | -2 | | |
| -(1-5) for prop malfunction | -(1-5) | | |
| -2 stopping routine to wait for applause | -2 | | |
| -(1-5) inappropriate floor work | -(1-5) | | |
| -5 for contact with rigging, lights, cables | -5 | | |
| Full Disqualification | | | |
| Exposure of private parts in the chest, front and back pelvic regions. | | | |
| Total Points | 50 | | |

Technical Scoring Rubric

5: Performing at superior levels. High level of difficulty in all areas with nearly flawless performance, maintaining perfect form and seamless flow throughout entire routine. Few minor, if any breaks in lines and no slips, mis-grips. Multiple unique moves/transitions and entries/exits of moves and sequences.

4: Performing at very high levels of difficulty in most areas with only a few mis-grips/breaks in form or perfect execution with nearly flawless performance but not as high level of difficulty as level 5. Several unique moves/transitions and entries/exits of moves and sequences

3: Standard level of difficulty with mostly clean lines and good form. May have an occasional move of high level of difficulty or a couple of unique moves/transitions/entries/exits. May have a few mis-grips/breaks in form/lines.

2: Below average/standard level of difficulty with several mis-grips and breaks in form/lines.

1: Poor level of difficulty with several mis-grips and breaks in form/lines.

ARTISTIC PRESENTATION

A maximum of 25 points are awarded in the Artistic Section. This section is to judge the athlete's artistic presentation and interpretation of the music. This is the way in which the athlete expresses and presents herself to the judges and captivates them in her performance. The judges will assess the competitor's ability to convey emotion and expression through movement. The contestant should be confident, engaging, and entertaining in each element of her performance. Costume, music, and performance should all tie together to portray a comprehensive theme.

The athlete should display her unique style to create an original performance and should also use both the spinning and static pole equally. The overall performance should flow seamlessly and effortlessly. Tempo and emotion should vary throughout the routine with highs, lows, and build up. This section is broken down into the following areas:

Originality

Originality refers to the uniqueness of the overall performance: transitions, tricks, combinations, choreography on and off the pole. To achieve the highest point allocation, the athlete should create original pole moves, combinations of tricks, new transitions, new themes and choreography. Higher points should not be awarded for just one or two unique tricks; the judges are looking for overall originality in all components of the routine.

Presentation

Presentation refers to the athlete's physical presentation. To achieve the highest point allocation the athlete should have costume and attire reflective of the performance and music.

Confidence

Confidence refers to the athlete's level of poise, charisma and authority in her performance. To achieve the highest point allocation, the athlete should not show nerves; rather she should carry herself with confidence, be engaging, command the stage and captivate the audience.

Interpretation

Interpretation refers to the athlete's ability to interpret the music, create choreography, and work with the beat of the music. To achieve the highest point allocation, the athlete should create choreography that shows the light, shade, feeling, AND emotion of the music. She should connect with the music and show expression through costume, body, and facial expression.

Character/Stage Persona

Character/Stage Persona refers to the athlete's ability to develop a stage persona or character. To achieve the highest point allocation, the athlete's attitude, personality, and

facial expressions should reflect the music and costume. This can be done by using an alter ego or playing a character in the story told through performance.

ARTISTIC PRESENTATION SCORE SHEET

Competitor Name _____

Score is out of 25 points total. Single points (1), half points (.5), or quarter points (.25) allowed

| Judging Criteria | Max Score | Score | Comments |
|-------------------------|-----------|-------|----------|
| Originality | 5 | | |
| Presentation | 5 | | |
| Confidence | 5 | | |
| Interpretation | 5 | | |
| Character/Stage Persona | 5 | | |
| Total Points | 25 | | |

Artistic Scoring Rubric

- 5: Performing at a superior level of artistry. Impeccable artistic presentation, flow, change of tempo, costume choice and interpretation of music. Maintaining perfect form and seamless flow throughout entire routine.
- 4: Performing at a very high level of artistic presentation, flow, change of tempo, costume choice and interpretation of music.
- 3: Standard level of artistry with a solid presentation of music, costume and flow. There may be some breaks in flow or contradictions with music choice, dance and costume.
- 2: Below average level of artistry. Interruption of flow, random tempo changes, music/costume that does not fit with theme.
- 1: Poor level of artistry with little to no originality, presentation, interpretation, character or concept theme. Costume/music choice do not correspond with dance.

STAGE PRESENTATION

A maximum of 25 points are awarded in the Stage Presentation Section. This section is to judge the athlete's performance on the dance stage. This can be defined by all moves performed around the pole, stage area, or stage surface (not in contact with the pole). The judges will assess the athlete's ability to perform dance and gymnastics choreography, which should be performed with imagination, flow, and flair. This section is broken down into the following areas:

Movement and Dance Performance

Movement and dance performance refer to the lines, postures, and shapes created by the athlete. This can include dance choreography, sequences, gymnastics and acrobatics all performed on the surface of the stage but not on the floor. To achieve the highest point allocation, the athlete should create movements that 1. reflect and work with the beat/ phrase of the music 2. demonstrate flexibility and strength and 3. are engaging and entertaining. Movement between poles should be creative and flowing.

Use of Stage

Use of stage refers to the athlete's ability to use a large portion of the stage while not performing on the pole. To achieve the highest point allocation, the athlete should use the whole stage (back, front, center). There should be a balanced use of upright and floor movements.

Flow

Flow refers to the athlete's ability to create a seamless and effortless performance. To achieve the highest point allocation, the athlete should flow off the pole, between poles, from floor to pole, and from floor to standing/from standing to floor. Sequences, tricks, transitions, choreography and gymnastics/acrobatic movements should flow seamlessly, smoothly, and gracefully. Movement into/out of tricks should occur flawlessly. Routine should not look disjointed.

Floor Work

Floor work refers to the combinations of movements created on the surface of the stage. To achieve the highest point allocation the athlete should create movements that work with the beat and phrase of the music, are reflective of the music, use flexibility and strength and are engaging and entertaining. They should be creative and flowing when moving around the stage.

***Floor work should be very classy and kept to a minimum. There should be absolutely no floor movements that could potentially be interpreted as inappropriate or sexual. See technical deductions section for more details.

Balance

Balance refers to the athlete's ability to create a performance that has equal elements. To

achieve the highest LOD, the athlete should create a balanced routine of tricks, transitions, stage choreography, artistic elements, and the equal use of the spinning and static pole.

STAGE PRESENTATION SCORE SHEET

Competitor Name _____

Score is out of 50 points total. Single points (1), half points (.5), or quarter points (.25) allowed

| Judging Criteria | Max Score | Score | Comments |
|----------------------------|-----------|-------|----------|
| Movement/Dance Performance | 5 | | |
| Use of stage | 5 | | |
| Flow | 5 | | |
| Floor work | 5 | | |
| Balanced Choreography | 5 | | |
| Total Points | 25 | | |

Stage Presentation Scoring Rubric

- 5: Performing at a superior level of presentation. Impeccable stage presentation with a balance of dance, floor work, gymnastics/flexibility maneuvers. Fluid, intentional, seamless movement.
- 4: Performing at a very high level of stage presentation. Balanced use of stage with nearly flawless (only one to a few breaks in) dance, flow, floor work, gymnastics/flexibility movements.
- 3: Standard level of stage presentation with solid dance, floor work, gymnastics/flexibility moves. There may be some breaks in flow/mistakes in movements on stage.
- 2. Below average level of stage presentation with imbalanced use of stage and insufficient dance, floor work, and acrobatic movements off of the pole.
- 1: Poor level of stage presentation with little to no use of stage, insufficient dance, floor work, and acrobatic movements off of the pole.

Print, Sign and Date Below to confirm that you have read and understand the above OG Pole Fitness Classic Judging Code of Conduct and Criteria:

Full Name (Printed) _____

Signature _____

Date _____