

AAPC Pole Movement Rulings - 2020

This is an open working document, subject to change.

Advanced Movements not allowed: Any trick considered "elite"

Somersault style flips on or off the pole (Butterfly flip and Ragdoll pop over excluded)
Extreme flex - Rainbow Marchenko, Spatchcock, Eagle
Shoulder pops, Fonji/Kamikaze
Phoenix
Bird of Paradise

Intermediate movements not allowed: Any trick considered "advanced"/extreme flex

Knee grip without point of contact assist (IE One hand must remain in moves like 'Marley', 'Jeanie' and 'Jasmine'
Drops and tumbles (basic slides OK. IE- NO Holly, Jade, Martini drop. Lowering down into movement ok, but no dynamic drops/tumbles.)
Suspended walks (while rising or lowering. IE-Shoulder mounting or staircase spin)
Handsprings into Ayesha – Basic Ayesha and variations allowed in all grips (true/split, twisted and cup; fang N/A)
Elbow grips and inverted elbow tricks (other than upright spins with 2nd point of contact assist or double embrace)
Suicide spins
Gargoyle, Super passe, Stargazer release, Russian layback. Remi layback (seat OK)
Caterpillar climbing, Pantera climb
Parallel handstands (pole assisted allowed – point of contact must rest against the pole, must not perform walkovers)
Pole cartwheels (parallel to pole OR shoulder mount)
Chest Press
Yogini, Reverse pit grips
Iron X and advanced strength; Press ups, Levers, Deadlifts, Hunter press, Flag lifts
Tulip, Bow and Arrow (Butterfly press)
Iguana/Darryl Hannah
Russian split, Allegra box split
Tabletops, Back hold/support (planches, dragon tail etc)
Marion Amber, Sneaky V
Broken doll/Jallegra style movements
Inverted hand near face grips (Pegasus)
Vortex, Machine gun, Janiero,
Cocoon, Bui bend
Unassisted hold cupid
Stomach grip without hand assist/Hiplock roll to Jade

Beginner- movements not allowed: Any trick considered "intermediate"

One hand must remain on the pole during moves with the exception of an "angel seat" or "crucifix twist"

Hips must remain level or below shoulders. No extreme flex.

Ragdoll spin, Sunwheel spins, Ankle hold side spin, Flares
Superman
Hood ornament with pit grip (top hand must remain)
Elbow spins
Pit grips and Teddy holds
Handstands
Stomach grips/Hip grips without hand support
Reiko split, Banana split, Vertical split on pole
Chopstix
Flag arm hold variations (pit tuck with hand and down grip only. No full side extension or side straddle. Front straddle and side, passe OK)
Hip lock drops