

AAPC

AUSTRALIAN AMATEUR PERFORMER COMPETITION

AUSTRALIAN AMATEUR PERFORMER COMPETITION POLE PERFORMER

RULES AND REGULATIONS

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<http://australianamateurperformercompetition.com/>
www.facebook.com/australianamateurperformercompetition
www.facebook.com/AAPCPolePerformer
www.instagram.com/AustralianAmateur
#AusAmateur #AAPCPolePerformer #AAPCpole

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PREAMBLE

The AAPC is made up of 4 categories of competition...

Pole Performer

Burlesque Beauty

Pinup – Pageant & Princess

Inked Idols

Each category is split into divisions for competition (IE Pole=Beginner/Intermediate/Open, Inked=Male/Female) and rules are structured for each category.

These rules stand as a base for the competition.

We aim to offer an event with AAPC that is fun as well as informative; experience and character building. We would like to introduce people new to the sport/arts to what a competitive environment is like; without having the same stress and strain as a national comp (although it is). We are all inclusive, and any person fitting the skill requirements is permitted to compete in the division in which they feel appropriate.

These rules are in place to help, aid and assist; not to hamper... So please, abide by them. Competitors will be told a number of times both written and verbally that certain things will not be tolerated, and dismissal could be the result if any of the rules are broken. This is a last resort; but we won't hesitate to disqualify trouble makers and ANY entrant performing intoxicated. This said... we are a pretty fair bunch so no decisions will be made lightly.

Thank you for taking the time to prepare an entry, promote, perform and be involved in AAPC. We hope to offer you a helpful, supportive, community environment in which to flourish and have an amazing time 😊

1) ABOUT US

1.i) Organizer Outline

"AAPC" refers to the Australian Amateur Performer Competition on a whole, inclusive of all categories of competition; territories, sections, video heats, live heats, studio shows, and finals.

"The performer or entrant" refers to the person making this application, intending on competing in the AAPC's.

"The organiser" refers to Hayley (Bella) and the Adelaide Dance Parlour. The founder, and facilitators of this event. The Organiser or authorized representative is not liable for injury or damage to persons or property resulting from participation in the competition. This includes any transportation to and from the event. The Organiser reserve the right to change the rules contained herein without notice.

All decisions not addressed in this document will be made by the Organiser. A decision by the Organiser is binding and final.

The Organizer reserves the right to disqualify any individual at any time from participation in any stage of the program with reason, including, without limitation, any threatening behaviour or harming another person or violating the official rules or other rules then in effect or the standards and practices and policies of the Organiser. Disqualification may result in, among other things, immediate forfeiture of any prize otherwise awarded or award-able.

1.ii) What is AAPC?

AAPC is the only event of its kind, not only in Australia; but worldwide.

Combining modern artistic and creative flair within 4 categories of competition – Pole Performer, Burlesque Beauty, Inked Idol and the Pinups; our aim is to open a unique platform for all levels of up & coming amateur and semi-professional performers wishing to embrace their competitive streak; Plus offer those who don't want to progress to a career, to come together and showcase their skills in a competitive yet supportive environment and experience what a live audience is like through a live performance. AAPC is comprised of 2 skill based categories for competition, plus 2 modern style pageants, and an ideal place for people new or seasoned to be able to compete for a title in a relaxed and professional environment.

How does it impact the community?

We offer a creative outlet for the amateur performers in the pole and burlesque communities, along with up and coming pageant models to showcase their training, improvement and progress through a presentation in a competitive environment. Competitions can provide valuable feedback for training and goal planning to advance development for entrants and we offer a support network to all competitors during the season for guidance and assistance. A facility to do this on an annual basis; the AAPC offers a recognition platform. Tickets are available for the general public offering a unique experience to view the inside world of these artistic forms.

1.iii) GENERAL COMPETITION INFO

Under the Australian Standard of Pole Competitions – we are ranked as a social competition.

Competitors may be studio or self-taught.

Pole performers must be 18+ or if competing in the Junior divisions, be 6-16 years old and have the permission and signature of parent/guardian, with full supervision on day of competition.

Performers can be male or female; All competitive sections are open to all genders.

Entrants may elect to compete in a division they have previously won to "defend their title" for a maximum of 3 times. Should the performers trick/skill level increase, they are required to move up a division.

2) TIMELINE

<u>Entries open</u>	January 20 th 2020
<u>Entries Close</u>	April 5 th
<u>Entries Close (Video Submit Only)</u>	August 31 st
<u>Announcements to competitors</u>	April 20 th – 26 th
<u>SA live heat</u>	June 13th
<u>Vic live heat</u>	June 27th
<u>Studio in-house comps</u>	July-Aug where applicable
<u>Grand Finals</u>	October 10 th (SA)

3) HOW TO ENTER

3.i) Steps for entry

To enter, Contestants are required to submit an application form including entry video via google forms, \$40 application fee and supply 1 professional photograph for promotions. All pieces of application must be completed for the entry to be deemed successful (Application fees are per person – duo/group charged at \$30 per person) Late entries will be accepted up to 3 days after closing, but incur a fee of \$50.

There are 2 options for submitting a video entry. Competitors may elect to enter whichever state heat (SA or VIC) they prefer. For states where no live show is offered, we endeavour to offer a studio show; but in the event of this not happening, entrants may elect to submit video only. These videos will be judged against the same criteria as a live heat so videos must include costuming as these points will also be judged.

Entrants who elect to apply for the state heat may send videos not including full costuming as the submission videos will not be judged on costuming section.

After submission, applications are reviewed and a confirmation email sent. When entries close we will judge the videos and the highest ranking entries will be accepted to compete in a heat or finals.

All entrants will be emailed after the first selection for live shows with either an unsuccessful message, or a link to the registration form.

Video only entries will stay open for the duration of scheduled studio show dates or allocated time.

After all studio heats where applicable, video only entries will be judged as the same format will be used above for notification to competitors of success.

Registration forms must be received at latest 2 weeks before the events. This is to ensure we can process all documents and send the appropriate information to each staff member.

Details for competing

- i) The Performer may choose the music/costume/styling etc for his/her show where applicable.
- ii) The Performer may enter multiple categories (IE- Ink & Pinup) but only one skill based division (IE- Pinup Miss only. Cannot enter Miss and Ms). A separate application must be received for each category or state the entrant intends on competing.
- iii) Male and female entrants permitted.
- iv) Competitors may compete again in the same division to “defend their title” if skill level does not permit them to move up a division to a maximum of three times.
- v) Entrants may elect to compete in multiple states. If an entrant competes in one state, and wins, they are not eligible to win another state they compete in. They may still compete and be judged, these scores however will be voided for the heat, but count towards the Face of AAPC scores.
- vi) Competitors will not be paid for any part of the competition nor reimbursed for travel, accommodation or expenses.
- vii) An expert judging panel from the industries will score the competitors presentation (performance or parade, their decision is final.
- viii) The Organiser reserves the right to expel a performer from participation or to disqualify any individual at any time from participation in any stage of the program with reason, including, without limitation, any threatening behaviour or harming another person, violating the official rules or other rules in effect or the standards and practices and policies of the Organiser. Disqualification may result in, amongst other things, immediate forfeiture of any prize otherwise awarded or award-able along with barring from future events.
- ix) During the competition, the performer must abide by the rules and arrive in advance as stated by the Competition Organizer. Any failure to abide by the rules as set will result in immediate disqualification.
- x) It is expected all finalists invited to compete in the Grand finals will be able to attend the event in South Australia. AAPC does not provide transport or accommodation, travel is the onus of competitors.
- xi) All performers must show skill through tricks and combinations on both floor, through movement (dance, acro) and on the pole throughout their routine.
- xii) On the day of competition; there will be a semi-dress rehearsal. This is a time for each person to run through their routine/parades. We will run through any choreography and standing positions on the day.
- xiii) Competitors may join the audience after their performance provided they have purchased a reserved seat.
- xiv) Performers may not communicate with members of the judging panel before, during or after the designated times of Heats, Semi-finals or the Grand Final Competition;

3.ii) Application Info

Application forms MUST include song choice. This is to ensure there is no doubling up on music choices. Any changes made after entries have closed need to be in writing and are subject to approval.

Photographs may be professional or taken at home/in studio. Please be aware that these will be shared within our social media and for advertising purposes so please have a nice clear shot, and not too much background clutter. For examples, please see our facebook page for prior competitor announcement images.

3.iii) Entry Videos

The video must be well lit, with the performer and stage area/pole easily visible. The video may not be edited in any way, it must show a continuous performance of the applicant for a minimum of 2 minutes. Videos with footage exceeding 4 mins will not be viewed beyond this point. Video entry must be clearly labelled with 'AAPC Pole Performer', Performer name and division applying for and year of submission. Videos may be uploaded to youtube/vimeo or dropbox, and link sent to organiser. Videos may be studio or previous performance and does not need to be the routine you intend on competing; but it must show your approximate skill level.

It is expected videos will be in costume but HMUA is not required. Video entries will be judged in the first instance by the Organiser and a panel of judges. The top ranking competitors from each division will be invited to compete in live heats or the finals competition. If you are a successful finalist you will receive a registration pack and you will be notified of further details closer to the date.

3.iv) Initial Selection Criteria

- i) The Performer must have at least 6 months of training and experience
- ii) The Performer must be at least 18 years of age OR have guardian sign-off
- iii) The Performer must be an Australian citizen or Australian resident.
- iv) Competitors can be studio trained or self taught.
- v) It is assumed that the performer is ready for performance.
- vi) The entrant declares they have no contracts of obligation to other organizations or persons related to performance, modelling or entertainment.

3.v) Application and Entry conditions

- i) May only be submitted by the Performer/Entrant.
- ii) For an application to be deemed successful, receipt of all components is required. A completed and signed application form accompanied with registration fee, promotional photograph and copy of video entry if required, prior to competition closure dates. Fees will apply for late entries.
- iii) Participation in the competitions (heats, semi-finals and/or finals) requires receipt of the completed and signed forms with all components and close adherence to all the conditions outlined within the rules and regulations.
- iv) A successful application will receive a confirmation email, and document if we require further information for the events.
- v) A successful finalist for the grand finals will receive a registration pack and be notified of further details closer to the date of event.
- vi) The Performer declares that he/she has no contracts of obligations by other organisations or persons related to dancing or performance and entering AAPC will not be a conflict of interest
- vii) A non-refundable registration fee of \$40 will be charged to every person submitting an entry (duo and group applications are charged per person at \$30). If this fee is not received with receipt of registration forms and video link prior to closure dates, application will be deemed unsuccessful. This does not include "Calendar Contests"; these sections of the competition are free to enter.
- viii) Submitting an application does not guarantee performance in a live competition.
- ix) Final registration forms (containing tech requests and stage notes) plus music must be submitted at least 1 week prior to the live event dates electronically in MP3 format only. All media must be clearly labelled or attached with note of performer name & division, length of music and title of show/song where possible.
- x) Please ensure all media sent (music, photographs and any video) is clearly renamed or labelled with performer name and division of competition.

4) COMPETITION LAYOUT

Heats will be conducted through 3 different formats and scores tabulated to determine state heat entrants and finalists.

Within the heats section we offer a "Stage heat" (a live theatre show held in both SA & Vic)

"Video entry only" (if unable to attend a live heat video only may be selected for an opportunity to move straight to finals) plus a component open to studios across Australia - "Studio Shows" (in-house performances – available Aus wide, subject to availability)

All live heats, videos and studio heats will be viewed and judged by a panel to the same criteria, with the exclusion of costume and music points for video submission to live event judging.

HEATS

Video entries are required to allow us to choose the top ranking competitors to go on to compete in the stage heats if there are large numbers of competitors; or be judged AS the heats for states where no live heats are available.

SA and Vic – a maximum of 15 competitors in a single division (Beginner, Intermediate, Advanced, Amateur & Open) 10 Junior, and 5 Duo/Group to a total of 50 competitors will be chosen from the video entries to move onto the live heats.

States where no studio heat or live heat is unavailable; the videos will be scored to the same criteria as these heats and top scoring videos will be counted towards finals selection.

Competitors may elect to enter a state heat they do not reside in. (IE- participant from WA may elect to compete in the SA staged live heats OR have their video judged for a chance to move straight to finals)

FINALS

Top scoring finalists across all heats sections will be invited to compete in the Grand Finals with the inclusion of judges wildcard selections. Winner & Runner-up of each stage event held will be offered automatic entry to compete in the Grand Finals. Approximately 8-10 finalists will be chosen per division.

5) DIVISION BREAKDOWNS

Please note, it is not expected that you have competed or performed previously. The explanations below is only a guideline and pertains to the maximum level you can reach for that division before moving to the next.

AAPC's Australian Junior Pole Performer

JUNIOR—open competitors age 6-16 years-Parent/Guardian must accompany to event and sign off.

Minimum 6 months training. Limited skill level. No handprings, Iron X, Extreme flex or acro, No elite moves. Movements upto and including and Intermediate/Advanced level.

AAPC's Australian Junior Elite Pole Performer

JUNIOR ELITE—open to competitors age 6-16 years-Parent/Guardian must accompany to event and sign off.

Minimum 12 months training. Open skill level.

AAPC's Australian Beginner Pole Performer

Minimum 6 months training. NO INVERTING. Floor work, spins and climbing permitted; hips must remain below shoulders at all times during pole work, with the exception of a head/forearm stand (back against pole). One hand must remain on the pole at all times during pole work/spins with the exception of "angel seats" and "twisted crucifix".

Acro and floorwork is permitted at a beginner-intermediate level.

AAPC's Australian Intermediate Pole Performer

Dancers may invert and leg hang and Aysha, but not handspring in this category. There are rulings on upside down movement. Instructors at a beginner teaching level and previous performers/competitors are permitted to enter this category.

Acro and floorwork is permitted at an intermediate level.

AAPC's Australian Advanced Pole Performer

Dancers may handspring and perform advanced tricks and flex moves in this category, but no elite movement or extreme flex.

There are rulings on movement within this category. Instructors at an Intermediate level and previous performers/competitors are permitted to enter this category. This section is open to entrants who may have previously competed in a competition upto and including an amateur/semi pro division; and not placed first.

AAPC's Australian Amateur Pole Performer - AMATEUR (high level ADVANCED/ELITE movement allowed)

This section is open to entrants who may have previously competed in a competition upto and including an amateur/semi pro division; and placed. (Placement is not required, but you may have placed in the top 3 of an Amateur division) Instructors and paid performers are permitted to enter this category. There is no restriction on movement in this category.

AAPC's Australian Duo/Group Pole Performers (upto 5 people)

Duo/Group pole – This division is open to any groups under a national level. Open skill level.

6) ROUTINE REQUIREMENTS

6.i Pole details

The poles used in the stage heats (SA/Vic) will be 38mm brass Pussycat poles at a height of 3-3.5mtr. Poles are set approximately 2.4 mtrs apart and 2.5 inset from stage front and each wing. All pole setups will be 2 poles. Stationary stage right and spinning stage left.

*When standing on the stage, looking at the crowd, the static pole is on your right. With the exception of Duo/Group where both poles will be set to spin.

They will be dry wiped between each performance. Metho upon request, Dry Hands can also be applied prior to performance if requested. Please advise if you have a different preference of grip aide or preparation. Itac and similar long prep/cleanup times cannot be used – sorry.

Junior/Beginners may use one or both poles. Intermediate and above must use both poles.

(The poles for studio shows will depend on each studio's previous setup. This will either be 45mm Stainless or 40mm brass or similar.)

6.ii Routine Components

The performance is a routine of competitor's choice and choreography. Routines are permissible in any category or 'genre' of pole dancing. Presentations must be within PG/M guidelines as we have underage competitors within the pole competition. Please use language and trigger warnings if you have strong themes, sexual references and coarse language.

Length - Routine lengths for all divisions = Minimum 2.00 min - Maximum 2.30 min
(Duo/Group Maximum routine length 3.00 min)

Compulsory – All competitors must include minimum 1 minute of total pole work in their routine. This includes tricks, transitions, spins, jumps and balance; interaction on, around and using the pole.

DUO/GROUP - routines must include unison spins/movements as well as interaction movements.

HEATS

There will be 1 section to the competition

- Performance

GRAND FINAL

There will be 2 sections to the competition

- Parade (not judged – introduction only)
- Performance

6.iii Presentation

i) Clothing removal is OK but Pole Performer competitors may not perform nude or partially nude

ii) Footwear is optional. You may wear heels, boots, sneakers or have bare feet.

Parade: This will be a catwalk style parade in division, to our chosen music.

Can be formal, themed or costume – it's the competitor's choice. This is not scored; it is an introduction to the judges. If not parading in your competition costume, please choose outfits fitting a black/white/gold theme.

6.iv Props

PLEASE NOTE: there is a difference between heats and grand finals props/cleanup.

- A competitor may use props in their show. In any heat, only hand held props accepted, no setups or cleanups. For Grand finals, larger props and cleanups permitted (No long cleanups – penalties may apply)
- There is to be NO fire/flames or live animals, and no large amounts of liquid. No exceptions.
- Performers are not permitted to use members of the crowd, or leave the stage and during their show.
- Back up dancers or other people are permitted on stage during the performer's show. A plant in the audience may be used, but crowd participation is not permitted.

HEATS - No large props, hand held and small easy setup only. Absolutely NO multiple prop setup. If you can't carry your props on yourself; they are too big. No "mess" cleanups (IE glitter, petals, confetti.)
Human props/Back up dancers are permitted.

FINALS - May use larger props with setup and props that are considered messy (IE large confetti, petals, easy sweep things. No small glitter or powder, large amounts of liquid or animals) but no long cleanups please. Any longer than 90secs will incur a 5 point loss for every 30 seconds over. Please note all confetti/glitter use must be approved by organiser before use.

Finals - Official titles available for 2020:

AAPC Australian Junior Pole Performer
AAPC Australian Junior Elite Pole Performer
AAPC Australian Beginner Pole Performer
AAPC Australian Intermediate Pole Performer
AAPC Australian Advanced Pole Performer
AAPC Australian Amateur Pole Performer
AAPC Australian Pole Performer Duo/Group
Finals - Supplement Awards: (subject to change)
AAPC Pole Performer Media Mogul
AAPC Pole Performer Judges Choice
AAPC Pole Performer Sponsors Choice
AAPC Pole Performer Trixter Award
AAPC Pole Performer Dancer Award
AAPC Pole Performer Costume Award

Titles will be available for state heats with a theatre show

~ IE: AAPC(year) SA Beginner Pole Performer

Winner in each division at studio heats will receive the award of

~ AAPC(year) (state) (division) Pole Performer Studio Show winner

An overall title is also available across the entire AAPC competition, all categories. The 'Face of AAPC' is a sponsored title awarding the overall highest scorer of the competition with first place, and a second place is also awarded to the second highest score, but highest score from a differing category.

8) CODE OF CONDUCT

We will not tolerate unsportsman like behaviour from competitors or coaches. When back stage, EVERYONE is reportable to the Stage Manager and AAPC staff, and their direction must be adhered to.

- i) No entrant is to arrive at the venue or perform while intoxicated or under the influence. Failure to adhere to this will result in immediate disqualification.
- ii) No bitchiness will be tolerated. You are there to promote your sport and art in a positive light, so no backstage bitching. Be helpful and supportive of your fellow competitors please! Any major disturbances could result in disqualification.
- iii) There are to be NO friends, family or partner's backstage on the night of the show. The dressing rooms are only for competitors and staff. Your coach/trainer may enter the bay area. This helps to ensure privacy of competitors and safety for persons and belongings. Female and male performers/competitors will be sharing the same space; so please be aware of this and act in a professional manner. We will have back stage runners and helpers to assist competitors.
- iv) It is expected that all competitors will assist with promotion through social media and marketing activities to enhance awareness, advertising and ticket sales.
- v) Entrants are expected to maintain a high level of integrity and moral code.
- vi) Failure to comply could result in ejection from the event and disqualification.

9) FILM & PHOTOGRAPHY

- i) Any images or footage submitted to the competition for promotions must have photographer permission to use. This is the responsibility of the performer to ensure no copyright infringement. Express permission must be given for use within promotion and the purposes of the competition, including digital media and print
- ii) All photography, video and any other footage taken at events and live competitions remain the property of the Organiser and photographer/s. The Performer has no rights to compensation for photography and other footage made before, during and after the competition.
- iii) The Performer explicitly and irrevocably agrees that all footage and photography can be used by the Organiser for promotional, advertising and commercial purposes.
- iv) It is preferred that any photos provided for use will have a watermark of the photographer's logo. The Organiser reserves the right to publish said photos for the purposes of promoting the AAPCs'.
- v) Where possible, we will provide all competitors with copies of their images and video. This may be at a cost.

10) **LIABILITY & MEDIA RELEASE**
Acknowledgement, Release and Indemnity

- I acknowledge that this is a condition of participating in this Activity that I do so at my own risk.
- I acknowledge that participating in this Activity may involve a risk of serious injury or even death from various causes including: over exertion, dehydration, equipment failure and accidents with equipment and surroundings.
- I understand the nature of this Activity. I attest I am physically fit to participate safely in the Activity and that a qualified medical practitioner has not advised me otherwise. I am not aware of any medical condition, injury or impairment that will be detrimental to my health if I participate in this Activity. In the event that I become aware of any medical condition, injury or impairment that may be detrimental to my health if I participate in this Activity the Organiser will be immediately informed.
- I give the Organiser permission to use any photographs or video images submitted to the competition or taken during the competition of me for whatever purpose they deem appropriate. I understand the copyright will belong to the photographer and Organiser and hereby surrender any ownership of such images and footage and understand I am not entitled to compensation for use of media items. I am also aware I have the right to request any media not presented on social media or internet platforms.
- I understand my personal data will be protected and not shared or sold, with the exception of disclosure of stage name and email address to sponsors of the AAPC competition to allow the supply of communication in regards to prizes and promotions.
- I accept all risk and hereby indemnify and release the Organiser, Venue, their agents, affiliates, employees, members, sponsors, promoters and any person or body directly and indirectly associated with them, against all liability (including theft, injury, property or personal damage or liability for their negligence and the negligence of others) claims, demands and proceeding arising out of or connected with my participation in this Activity.
- This release and indemnity is forever continuing and binds my heirs, successors, executors, personal representatives and assigns.
- I certify that I am 18 years or older and have read this document and fully understand it

OR

- As the parent or guardian of the junior applicant, I have read this document and fully understand it, allowing my child to compete.

I, _____ agree to abide by the Rules and Regulations set out within this document as part of the Australian Amateur Performer Competition.

I understand that this is a legally binding document containing liability, indemnity and photo release.

Signed: _____

(Digital submission of name will count as a signature)

Name: _____

Date: _____

(if applicable) Child's name: _____

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