

TECHNIQUE & TRANSITIONS (Max 30)

Precision and execution of pole tricks, spins, and combinations
 Clean lines, strength, flexibility, and control
 Safe, controlled movement with proper grip use
 Smooth, seamless transitions between tricks and poses
 Effective use of flexibility, strength and body alignment.

Score	Points
1	15
2	18
3	21
4	24
5	26
6	28
7	30

PERFORMANCE QUALITY (Max 15)

Engagement with the audience, confidence, and charisma on stage.
 Energy and connection to the routine.
 Use of facial expressions, gestures, and body language.
 Engagement with audience, expression and stage presence.

Score	Points
1	8
2	9
3	10
4	11
5	12
6	14
7	15

MUSICALITY & MOVEMENT (Max 15)

Showing Light & Shade in movement, Timing & Rhythm
 How well the performance is synchronised with the music.
 Fluidity in movement and flow throughout the routine.
 Interpretation of musical accents, beats, and tempo changes.
 Smooth flow and connection between movements and sequence.
 Showing Light & Shade in movement, Timing & Rhythm

Score	Points
1	8
2	9
3	10
4	11
5	12
6	14
7	15

DIFFICULTY & CHOREOGRAPHY (Max 15)

Challenging without compromising routine cleanliness
 Inclusion of challenging moves suited for the level with strength holds and dynamic tricks.
 Creativity and originality in the choreography, combinations and transitions
 Connection between music & choreography.
 Challenging without compromising routine cleanliness.

Score	Points
1	8
2	9
3	10
4	11
5	12
6	14
7	15

PRESENTATION & COSTUME (Max 15)

Appropriateness, creativity and impact of the costume.
 Overall aesthetic of the performance including props, if used.
 Presentation and appropriateness of costume if themed.

Score	Points
1	8
2	9
3	10
4	11
5	12
6	14
7	15

IMPACT (Max 10)

Artistic Impact
 Emotional Impact
 Memorable Performance
 Overall judges enjoyment

Score	Points
1	5
2	6
3	7
4	8
5	9
6	9.5
7	10