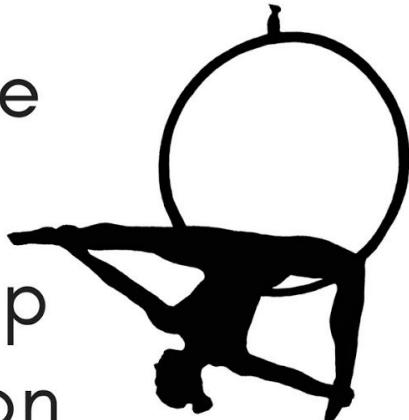




Solent Pole & Aerial Hoop Competition



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Categories & Moves

- 1) Routine maximum length is 3 minutes for youths, beginner, intermediate and advanced hoop, as well as beginner, intermediate and advanced pole.
- 2) The maximum length is 4 minutes for professional hoop and pole, and pole doubles.
- 3) This year both the hoop & pole beginner categories have a theme. The theme for 2018 is in honour of it being 100 years since women have had the vote: Girl Power!
- 4) Pole moves and levels – Anything goes for advanced, professionals, and doubles. For the beginner and intermediate categories please download the additional document.
- 5) Hoop moves and levels - Anything goes for advanced and professional. For beginners, youths and intermediates, please download the additional document. (The youth category is restricted to the same moves list as the intermediate category.)
- 6) Any questions on moves, please get in touch with us! We will publish our answers to any queries on moves on our Facebook Group so everyone knows which moves are allowed. There will be deductions made for illegal moves so please do check before including any moves you aren't sure on!

Equipment

- 1) Poles are 4.2m high, 45mm floor to structure X-poles, on a truss system. They are 2.8m apart. From the stage, looking at the audience, the pole on the RIGHT is on spin.
- 2) Adult hoop: Hoop choices are a 90cm (1in thick) single point hoop, on a swivel which will be rigged so that the bottom of the hoop is approximately 1.6m off the floor OR a 95cm "pro" (1in thick) single point hoop, on a swivel which will be rigged so that the bottom of the hoop is approximately 1.55m off the floor. A crash mat will be available but not compulsory. The hoop will be attached to approx. 1.6m of strop. Clearance to the truss system is 3.5m either side of the hoop.
- 3) Youth hoop: The height of the hoop can be lowered. For this category the hoops on offer are a 90cm or an 85cm hoop. The crash mat will be compulsory for the youth category.
- 4) Doubles can choose to have one pole static, one pole spin or both static. Where it is one of each, from the stage, looking at the audience, the pole on the RIGHT is on spin.
- 5) There will be a warm up pole/hoop available backstage, these are unsupervised.
- 6) Restrictions – There is to be no use of the truss system. There will be no option to bring your own hoop, this is to ensure a smooth show on the day.

Live Final Rules

- 1) Costume – All footwear is allowed, there is to be no nudity, please ensure costumes are well fitting, and use tape if required. Men can go bare-chested and women need at least the coverage of a bikini at all times. Try your costume out before the competition!
- 2) Grip – All grip is allowed except Stickum. Please do not wear moisturiser on the day of the competition. If you aren't sure please contact us.
- 3) Music – No explicit lyrics please. Song choices must be made and emailed in ASAP, there will not be duplicate songs played, and it will be first come, first served. Cut music must be emailed in mp3 format by the 14th of October 2018.
- 4) Judging – Please don't engage in conversation with the judges before or during the competition. Their say is final. Feedback will be received on the day.
- 5) Behaviour – Please be friendly to all staff, helpers, pole cleaners and other competitors backstage! This is a friendly competition.
- 6) Props can be used, but must be able to be set up and cleared away within 1 minute either side of your performance. They must not leave anything on the stage (ie liquid, glitter etc.) that could be dangerous for your fellow competitors. People/animals cannot be used as props! Also, no fire! If you are unsure, please get in touch with us BEFORE rehearsing your routine with props! We will need to be notified of any props prior to the live final.
- 7) The aerial hoop competition is a family friendly show. Please keep routines clean, at the most - sensual/sexy! The pole competition is NOT specifically family friendly so can be a little sexier, but remember there *may* still be children in the audience! Please adhere to minimum costume requirements. If in doubt, email us for clarification!
- 8) Deductions will be made for songs that are over the time limit for the category. We will check your music when you send it in and let you know if you will incur any deductions. You will have the chance to re-submit your music once, or accept the deductions. (You will only be given the chance to re-submit, if your music is in by the deadline above). Deductions are as follows: 3 points per 5 seconds over, up to 15 seconds (9 points). Over 15 seconds and you will not be able to use the song.
- 9) Deductions will also be made for illegal moves, at the following rate: 3 points lost for every illegal move, up to 4. On the 5th illegal move, you will be disqualified. This is at the judges and organisers discretion on the day.

Schedule for the Live Final

This is an estimate and all times and order will be finalised closer to the date. They are subject to change. The final times and order will be published and sent to finalists as soon as it has been confirmed.

This year, as we did last year, we are running two separate events. Our aerial hoop competition will be earlier in the day, followed by our pole competition later on in the evening.

The aerial hoop competition will be a family friendly show.

The pole competition will not be a specifically family friendly show. Children must be accompanied by an adult over 16.

Aerial Hoop Competition

Competitors registration - 8:45-9am

Show starts - 10:30am

Beginners

Youths

Intermediates

Advanced

Professional

Presentations

Show ends - 2:30pm

Pole Competition

Competitors registration - 2:45-3pm

Show starts - 4:30pm

Beginners

Intermediates

Advanced

Professionals

Doubles

Presentations

Show ends - 8:30pm

(There will be a couple of intervals during each competition)

Judging Criteria and Guidelines

Technical - 25 marks available

Has the competitor used moves of an appropriate standard of difficulty?
Have they used innovative moves or combos?
Are the tricks well executed?
Is there a variety of tricks/grips/holds included?
Doubles: Is there a range of basing positions used?
Doubles: Have they included doubles tricks, spins and solo work in unison, or otherwise?
Doubles: Were any acro elements included? If so, were they successful?

Performance/Presentation - 25 marks available

Are their toes pointed? (Or flexed for stylistic purposes?)
Are the lines nice and clean?
Does the competitor have good stage presence?
Do they engage with the audience?
Did the performance hold your attention throughout?
Doubles: Do they seem to 'gel' as a partnership on stage?
Doubles: If one is climbing, does the other one stay still or do they carry on moving/dancing?

Dance/Fluidity/Musicality - 25 marks available

Is the dance well-choreographed and in time to the music?
Is the transition between poles/ onto hoop smooth?
Is the transition between poles/onto hoop interesting?
Are the highs and lows in the music reflected in the routine?
Are transitions between spins and tricks smooth, and fluid?
Doubles: Are they in time with each other?

Costume/Theme - 25 marks available

Is the costume appropriate for style of performance and theme?
Is the music appropriate for the theme?
Have they interpreted the music appropriately? Are any props used effectively?
Are tricks, dance and floorwork appropriate for the music/theme?