



# ULTRA POLE

# Rules and Regulations

## Freestyle Pole Series



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## WHAT IS ULTRA POLE

ULTRA POLE is a freestyle method of pole that consists of battle style competitive rounds where challengers pull out all the stops to battle it out against fellow freestyle polers to be crowned ULTRA POLE World Champion 20XX. Each ULTRA POLE battle will last a total of 2 minutes – challengers have a maximum of 30 seconds at a time to lay down their challenge, thus alternating the time and allowing each challenger a minimum of 2 turns to show what they can do. There is no minimum time limit. These one-on-one battles are freestyle and not pre-determined routines.

## SCORING

The ULTRA POLE Battle System is based on 5 major approaches / perspectives of judging for each battle round; the scoring system has been put together to compliment the freestyle format of ULTRA POLE. Each of the 5 elements is a different way to evaluate the different components of the battle.

These 5 elements are:

1. Battle Rounds
2. Degree of Difficulty
3. Technical Execution
4. Presentation
5. Overall Performance

“A ROUND is the challenger’s TURN within the full two minute BATTLE. Your round shall last no more than 30 seconds at a time. Use your round to answer your challenger’s challenge, and then to make your own challenge back. The combination of each challenger’s rounds together equal one battle in its entirety.

Three qualified judges are assigned to judge all of the criteria objectively, with one of the three judges being the master judge. The winner is the challenger with the highest score overall.

Each challenger will be judged according to a set structure as follows:

## FREESTYLE ULTRA POLE SCORE SHEET

ATHLETE 1(LEFT):	ATHLETE 2 (RIGHT):	JUDGE:
JUDGING SCALE:	Predominant: Full Points	Not Predominant: No Points

BATTLE ROUNDS	35 POINTS	A1	A2
Visual impact	5	5	5
Musical integration	5	5	5
Dynamic Flow	5	5	5
Creative stunts	10	10	10
Trick innovation	10	10	10
DEGREE OF DIFFICULTY	25 POINTS		
DOD - Stunts	5	5	5
DOD - Pole Strength	5	5	5
DOD - Pole Flex/contort	5	5	5
DOD - Spin	5	5	5
DOD - Base work	5	5	5
TECHNICAL EXECUTION	10 POINTS		
Power and control	5	5	5
Stunts and skills	5	5	5
PRESENTATION	20 POINTS		
Explosive Energy	5	5	5
Sustained Stamina: Effortless battles	5	5	5
Projection, attitude and confidence	5	5	5
Crowd engagement	5	5	5
OVERALL PERFORMANCE	10 POINTS		
Impact and Memorability	5	5	5
Motivational	5	5	5
	<b>SUB TOTAL:</b>		
DEDUCTIONS	- POINTS		
Fall	-2		
Vulgarity (vocal and clothing)	-3		
Break in battle conversation	-3		
TOTAL POINTS (100 Possible)	TOTAL:		

## SCORING OVERVIEW

Skills will be judged in an all or nothing format. If the challenger demonstrates predominance in a skill, then the challenger will be awarded full points. If it is not predominant, no points will be awarded.

## DEFINITIONS OF SCORING SYSTEM

### 1. Battle Rounds

The Battle Rounds section of the scoring system essentially covers the overview of the battle, and how the challenger combines various movements and components to form a freestyle challenge.

#### Visual impact:

This refers to the effect the visual representation of the combinations for battle have on the judge. Does the presentation have an overall wow factor in terms of the visual appearance and conversation?

#### Creative stunts:

How much creativity was incorporated in the challenge being laid down? Does the challenger display innovative thinking and creativity in the stunts they combine as their answer and challenge? Judges will also be looking at the creativity exhibited by challengers in their transitions between their stunts.

#### Dynamic Flow:

As this is a freestyle competition, the judges will be looking for a challenge that is constantly moving – this fast paced version of Pole should flow constantly. Along with this, judges will be looking for transitions that are smooth and thus aid the flow of the entire answer or challenge.

#### Musical integration:

Since the music will be provided by the competition organiser, the challenger must demonstrate their free style ability by incorporating and interpreting the music provided into their challenge. The challenger should use the music in their battle and anticipate the movement of the music.

#### Trick innovation:

This evolving format of pole is the best place to showcase your newest and most innovative tricks, combos and ideas. Judges will be looking for something out of the ordinary and never-before-seen tricks from the challengers that demonstrate ingenuity and understanding of the evolution of the ULTRA POLE format will be heavily rewarded in scoring.

## 2. Degree of Difficulty

Judges will be looking for degree of difficulty across the components that make up a battle round. This includes the following:

<b>Stunts:</b>  This refers to the degree of difficulty displayed in the combinations of stunts included.
<b>Pole Strength:</b>  Judges will be looking at the degree of difficulty strength components included in the battle rounds.
<b>Pole Flex / Contortion:</b>  Judges will be looking for degree of difficulty of flexibility or contortion tricks included in the battle rounds.
<b>Spin:</b>  Judges will be looking for degree of difficulty in the incorporation of spins and spinning components in the battle rounds.
<b>Base Work:</b>  Base work refers to degree of difficulty of any floor or floor-based flow, combinations and movement used to tie together the other components of the battle rounds.

## 3. Technical Execution

This section covers the actual technical execution of the components incorporated in the battle round. The following sections will be judged:

<b>Power and control:</b>  Judges will be looking for a demonstration of power and control throughout the battle rounds – the challenger will need to demonstrate that they have the power to complete their rounds, as well as control throughout the entire presentation of their challenge.
<b>Stunts and skills:</b>  While the degree of difficulty is used to evaluate just how difficult the stunts performed are, this section is used to evaluate the execution of the stunts, as well as the skill used to present the entire battle rounds. Judges will also be looking at the execution of all components in terms of form and mastery.

#### 4. Presentation

This section is used to evaluate the entire presentation of the battle rounds in terms of entertainment, engagement and energy.

##### **Explosive energy:**

The ULTRA POLE format is a high energy format, and judges are thus looking for challengers who display explosive energy appropriately, and displaying accentuation of the music through their actions.

##### **Sustained stamina - Effortless battles:**

The challengers must display sustained stamina throughout the entire battle. As this is a high energy sport, judges will be looking for any indication that challengers endurance levels are waning.

##### **Projection, attitude and confidence:**

This section is about how you present your challenge to the audience, the judges and your challenger – judges will be looking for your projection in terms of stage presence, charisma, attitude and confidence in your challenge.

##### **Crowd engagement:**

Challengers are encouraged to engage with the audience; the more the crowd engages, the more the challenger will be rewarded. Challengers are allowed to use the crowd. This is one of the components that sets ULTRA POLE apart from other pole competitions.

#### 5. Overall Performance

Since ULTRA POLE is about engagement, judges will be evaluating the challengers overall performance by looking for the following:

##### **Impact and Memorability:**

Judges will be looking for that Wow factor. How much of an impact did the challengers make throughout their battle rounds? Is this the type of performance that will make the crowd sit up, take notice, and remember it after the day is done? Is this what people will be talking about tomorrow?

##### **Motivational:**

Will this be one of those demonstrations that drive future polers to take up the challenge? Judges will be looking for a performance that they believe will motivate others in their pole journeys. Does the presentation of the overall battle make you want to jump up and try this immediately?

## 6. Deductions

### **Fall:**

Judges will deduct points per occurrence. A fall is defined as a sudden, rapid descent without control, where the challenger comes into contact with the floor.

### **Vulgarity (vocal, clothing and actions):**

Judges will deduct points if they deem the challenger to be vulgar (whether in clothing, gesturing or vocally). Vulgarity and disrespect toward the audience could lead to a challenger being disqualified. While minor costume malfunctions (such as a strap falling down) will be overlooked due to the expected intensity and high energy in ULTRA POLE, major malfunctions (such as bottoms riding up, tops cutting too low or pieces of the challenger's outfit coming loose and presenting danger to another challenger) will be deducted. Malfunctions leading to genitals being exposed leads to immediate disqualification.

### **Break in battle conversation:**

A challenger will lose points if they try to monopolise battle time and thus break the battle conversation by not allowing their fellow challenger to answer or lay down their challenge. This penalty is to be decided by the Master judge.

## 7. Rules

### 8.1 Battle Criteria

- Battles are single gender.
- Battles are not restricted by age.
- Each battle in its entirety will last exactly 2 minutes.
- Each challenger must alternate in a conversation until time is up.
- Each challenger should not exceed 30 seconds per challenge within the round. There is no minimum time limit.
- Full time of each battle will be indicated by a horn.
- Battles will be in a knockout round format.
- The winner from each round goes through to the next round until the final winner is found
- Deductions will be given for unnecessary breaks in conversation
- The best tricks and combos/stunts on and around the pole will be awarded the highest points
- Interaction between competitors and spectators is allowed and encouraged, such as playful taunting; however contact between competitors or vulgarity of any kind is prohibited.
- The final winner will be the last challenger standing at the end of the knockout rounds.

### 8.2 Judging

- 3 judges will judge each battle
- One of the judges will be master judge
- Each judge will judge all criteria
- Each judge will lift a paddle to indicate their preferred winner based on points / indicate winner based on their scoresheet.
- Judges will complete score cards based on whether each skill was predominant or not.

### 8.3 Poles

- Each competitor will have their own pole.
- Poles will be positioned 3m away from each other.
- 45mm brass poles will be used.
- Both poles will be in the static position.

### 8.4 Music

- Music will be the choice of the organizer.
- The play list will be given to the athletes prior to the event.
- Music will be played randomly.
- Music will be between 120-140 BPMs.



#### 8.5 Clothing / Hair / Make up

- The athlete may choose their own type of clothing, which can include but is not limited to in the street or urban style.
- Clothing must be family friendly.
- Feet must be bare, although foot protectors can be worn.
- Any style of makeup is allowed.
- Any style of hair is allowed.
- Face paint, hair pieces, and hats may be worn as long as it is fixed.
- If any part of the costume does come loose, the challenger must be sure to remove it from stage at the end of their battle.

#### 8.6 Prohibited

- No jewellery.
- No items of clothing that may cause a hazard.
- No masks.
- No items of clothing etc. may be left on stage.
- No profanity or vulgarity.
- No paint, lotions or liquid.
- No props.
- No fire.

