

2021



ACRO • POLE • ART  
CLASSIC

Entry forms to be completed on [www.acropoleartclassic.com](http://www.acropoleartclassic.com) any queries whatsapp 082 312 8155

## ENTRY REQUIREMENTS

1. All Entrants must complete and submit an entry form online <http://acropoleartclassic.com/>,
2. An entry fee of R300 per SOLO is required. Duet entry fee is R250 per person. If you would like to enter 2 or more categories an entry fee of R400 will apply
3. Showcase entries are R300 per solo, Duet R250 per person – please specify which apparatus you will be showcasing in on the online entry form
4. Entry fees are regrettably non-refundable.
5. All entrants will qualify to compete at Acro Pole Art Classic over the week end 15-16 October 2021

## RULES AND REGULATIONS

1. If you are under the age of 18 Parental/Guardian consent is required
2. Entry is open to all male and female competitors.
3. Entries are now open
4. Entries close at midnight on 24 September 2021
5. ALL entrants will qualify to compete at APAC 2021
6. 01 October 2021 - Contestant information, indemnity forms, parental consent forms & Props approval to be submitted. sent To [apac@3gi.co.za](mailto:apac@3gi.co.za)
7. 01 October 2021 music in MP3 format / video & music MP4 format sent via <https://www.wetransfer.com>
8. No nudity, g strings, thongs or overtly sexual behavior is allowed in acro and art and will lead to immediate disqualification.
9. The use of alcohol or drugs is explicitly forbidden and will lead to immediate disqualification.
10. Human props are allowed, they may not do any apparatus work ie they may not touch the pole/lyra/silk. They will be required to purchase a spectator ticket to take part.
11. The change room and warm up areas are for contestants and coaches only. Coaches will need to purchase a spectator ticket to be allowed permission backstage.
12. If you have won in a specific category in a previous APAC you must enter into the next level of the division, if you have placed in 2<sup>nd</sup> or 3<sup>rd</sup> twice in a division you must move up to the higher division
13. The winners of the following divisions will qualify to represent South Africa at the WORLD IBFF CHAMPIONSHIPS in Kota in June 2022

### **Acro Pole:**

Novice Gold 1<sup>st</sup> Place  
Junior Gold 1<sup>st</sup> Place  
Women Gold 1<sup>st</sup> Place  
Men Gold 1<sup>st</sup> Place

### **Pole Art:**

Novice Advanced 1<sup>st</sup> Place  
Junior Advanced 1<sup>st</sup> Place  
18 – 35 Professional 1<sup>ST</sup> Place  
36+ Professional 1<sup>st</sup> Place  
Junior Duet Advanced 1<sup>st</sup> Place  
18+ Duet Professional 1<sup>st</sup> Place

### **Classique Pole :**

Provocative Pro 1<sup>st</sup> Place

### **Lyra Art:**

Junior Advanced 1<sup>st</sup> Place  
18+ Professional 1<sup>st</sup> Place  
18+ Duet Professional 1<sup>st</sup> Place

## **CATEGORIES:**

**Acro Pole Art Classic** is a unique competition that allows all pole & aerial athletes the opportunity to compete & showcase in the field of their strength.

**Acro Pole** is for the more athletic side of pole, if tumbles, tricks, pops, drops and cartwheels are your thing then this is the Category for you. There are 3 divisions that fall under Acro Pole: **Bronze**, **Silver** and **Gold**

This category is unique as it offers a side to pole where strength, stamina, flexibility and control are the key elements to your routine. No props allowed

Pole combos on both static and spinning poles are required in combination with floor “tumbling” and sequences of moves between the poles. Tumbling can include cartwheels, handstands, forward rolls, splits, back flips, side aerials etc. to travel from one pole to the next. Sequences of moves can include turns, leaps & floor based movements. No acting or dancing is necessary in this category.

**Pole Art** is for the artistic, dancing, acting pole dancers, no matter how you decide to express yourself this is the genre for you (no nudity allowed) There are 4 divisions that fall under Pole Art: Beginner, Intermediate, Advanced and Professional.

Flow, expression, musicality, flexibility, strength, dance and entertainment value are the key elements to your routine. Props are allowed and encouraged. **NO SWEARING IN MUSIC ALLOWED**

**Lyra Art** or aerial hoop division, as in pole art, this category is for the theatrical, artistic competitors. Flow, expression, musicality, flexibility, strength, dance and entertainment value are the key elements to your routine. Props are allowed and encouraged. **NO SWEARING IN MUSIC ALLOWED**

Novice Section age 8-12 (Beginner & Intermediate), Junior Section ages 13-17, Senior Section age 18 and up. We will have 4 divisions in these sections: Beginner, Intermediate, Advanced & Professional

**Classique Pole** This Category is for OVER 18's only! This style is all about creating effortlessly beautiful shapes with seamless transitions, whether in the air or on the floor, merging seductive movements, strength, power and flexibility. Heels must be worn (minimum height of 6 inch), props are encouraged, **NO NUDITY** allowed. Make it sassy but keep it classy!!!

**Showcase** All age groups and levels welcome

If competing is not for you, but the stage is calling your name, come and show us what you've got!!! You can showcase on any apparatus you would like in any genre that you choose – pole, lyra, silks or a dance/acrobatic stage performance.

Please specify what you will be showcasing on your entry form so we know where to place you on the schedule

**APAC ONLINE** 18+ Semi Pro \* Professional Division

This ONLINE competition is for the artistic, dancing, acting aerial artists!

Flow, expression, musicality, flexibility, strength, dance and entertainment value are the key elements to your routine. Props are allowed and encouraged.

A high quality MPEG4 video is required for submission by midnight on the 30 September 2021

**NO SWEARING IN LYRICS OF MUSIC ALLOWED**

## **IMPORTANT DATES**

MIDNIGHT 24 September 2021: Entry deadline – entry forms and payments to be submitted.

1 October 2021: Contestant information to [apac@3gi.co.za](mailto:apac@3gi.co.za)

Music in MP3 format to [apac@3gi.co.za](mailto:apac@3gi.co.za) /video with music in MP4

15&16 October 2021: Rehearsals & Final Competition at Emerald Resort & Casino

*Please read below to see each category's divisions and their requirements.*

## **Acro: 3 Divisions:**

COMPULSORY SCORE CARD REQUIRED FOR ALL ACRO DIVISIONS

### **ACRO DIVISION 1: BRONZE**

#### **NOVICE 8-12, JUNIOR 13-17, 18+ WOMEN, 18+ MEN**

- Routine 2min30 to 3 minutes in length
- Minimum of 1 x spinning combination
- Minimum of 1 x static pole combination
- 2 floor tumbling/acro combinations sequences
- \*hold each move for 2 seconds
- \*2 strength
- \*2 flexibility
- \*1 Static spin (360° Rotation)
- \*1 Spinning pole spin (720° Rotation)
- \*Jump on or off the pole

Select Flexibility moves with a **move value** of 1 to 5

Select Strength moves with a **move value** of 1 to 5

Select Static pole spin from STS1 – STS9

Select Spinning pole spin from SPS1 – SPS12

\*all compulsory requirements with \* must appear on compulsory score card in the order they occur in your routine with the move value stipulated

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### **ACRO DIVISION 2:**

#### **SILVER- NOVICE, JUNIOR, 18+ WOMEN, 18+ MEN**

- Routine 3min15 to 3min45 minutes in length
- Minimum of 1 x static pole combination
- Minimum of 1 x spinning combination
- 2 floor “tumbling/acro” combinations or sequences
- hold each move for 2 seconds
- \*3 strength
- \*3 flexibility (all splits 160° tolerance)
- \*1 drop, tumble, hand grip change or pop
- \*1 Deadlift (from floor with bent or straight legs – please specify which you will be doing)
- \*1 Static spin (360° Rotation)
- \*1 Spinning pole spin (720° Rotation)
- \*1 Jump on or off the pole

Select Flexibility moves with a **move value** of 3.5 to 8

Select Strength moves with a **move value** of 3.5 to 8

Select Static pole spin from STS4 – STS10

Select Spinning pole spin from SPS5 – SPS15

Select any deadlift (from the floor)

Please list the drop, tumble, pop or re-grip & jump on or off, you will be doing on your compulsory form in the order you perform it eg: shoulder pop, s/mount jump off, basic upright drop, jump off

\*all compulsory requirements with \* must appear on compulsory score card in the order they occur in your routine with the move value stipulated

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## ACRO DIVISION 3: GOLD

### NOVICE, JUNIOR, 18+ WOMEN, 18+ MEN

- Routine 3min40 to 4 minutes in length
- Use  $\frac{3}{4}$  of length of either pole twice
- 2 Static pole combinations
- 2 spinning pole combinations
- 3 Floor tumbling/acro combinations
- hold each move for 2 seconds
- \*4 Strength
- \*4 Flexibility
- \*1 Drop (no hand contact) tumble, hand grip change or jump on or off
- \*1 Acrobatic catch
- \*1 Aerial dead lift
- \*1 Static spin (360° Rotation)
- \*1 Spinning pole spin (720° Rotation)

Select Flexibility moves with a **move value** of 5.5 to 10

Select Strength moves with a **move value** of 5.5 to 10

Select Static pole spin from STS9 – STS14

Select Spinning pole spin from SPS15– SPS23

Select any deadlift (aerial)

Please list the drop, tumble, pop or re-grip you will be doing

\*all compulsory requirements with \* must appear on compulsory score card in the order they occur in your routine with the move value stipulated

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# Pole Art Divisions

**Pre Novice - Amateur only (age 5-7)**

**Novice – Amateur, Intermediate & Advanced (age 8-12)**

**Junior - Amateur, Intermediate & Advanced (age 13-17)**

**Senior – Amateur, Intermediate, Advanced & Professional (age 18-35)**

**Duet Junior – Amateur, Intermediate & Advanced (age 8-17)**

**Duet Senior – Amateur, Intermediate, Advanced, Professional (age18+)**

## AMATEUR

- **Pre Novice** routine 1 min to 1min30 in length
- **Novice** routine 1min30 to 2min in length
- **Junior, Duet & Senior** Routine 2 min30 to 3 minutes in length
- Spinning & Static poles to be used
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Amateur** level

## INTERMEDIATE

- **Novice** 2min to 2min30 in length
- **Junior, Duet & Senior** Routine 3min to 3min30 minutes in length
- Spinning & Static pole to be used
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Intermediate** level

## ADVANCED

- **All age groups** Routine 3min30 to 4 minutes in length
- Spinning & Static pole to be used
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Advanced** level

## PROFESSIONAL

- Routine 3min45 to 4min in length
- Spinning & Static pole to be used
- A score for Strength & flexibility to be awarded thus to be incorporated & presented as per **Professional** level

## DUET

- Routine length **as per level**, strength & flex of level to be incorporated as score awarded for both.
- May have both poles set on Spinning or Static
- Moves and spins in synchronicity to be presented
- Partner balancing on and off the pole to be presented

ENTRY FORM: <http://acropoleartclassic.com/>

# Lyra Art Divisions

**Novice – Amateur, Intermediate & Advanced (age 8-12)**

**Junior - Amateur, Intermediate & Advanced (age 13-17)**

**Senior – Amateur, Intermediate, Advanced & Professional (age 18-35)**

**Duet Senior – Amateur, Intermediate, Advanced, Professional (age16+)**

## AMATEUR

- **Novice** routine 1min30 to 2min in length
- **Junior, Duet & Senior** Routine 2 min30 to 3 minutes in length
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Amateur** level

## INTERMEDIATE

- Routine 2min30 to 3min in length
- A score for Strength & flexibility to be awarded thus to be incorporated & presented as per **Intermediate** level

## ADVANCED

- Routine 3min30 min in length
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Advanced** level

## PROFESSIONAL

- Routine 3min45 to 4min in length
- A score for Strength & flexibility to be awarded thus to be incorporated & presented as per **Professional** level

## DUET

- Routine length **as per level**, strength & flex of level to be incorporated as score awarded for both.
- Partner balancing, base/fly on and off the lyra to be presented

## Classique

**18+ Only – must wear min 6inch heels, props encouraged, may wear itsy bitsy outfits but strictly NO NUDITY ALLOWED**

### Alluring Apprentice

- Routine 2min15 to 2min 45 in length
- Spinning & Static pole to be used
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Beginner** level

### Mesmerizing Median

- Routine 3min to 3min30 in length
- Spinning & Static pole to be used
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Intermediate** level

### Provocative Professional

- Routine 3min 30 to 3min 45 in length
- Spinning & Static pole to be used
- A score for Strength & flexibility to be awarded thus to be incorporated and presented as per **Advanced** level

## APAC ONLINE COMPETITION

### 18+ Artistic Apparatus Competition

! This ONLINE competition is for the artistic, dancing, acting aerial artists! There are 2 divisions: Semi Pro & Professional.

! Flow, expression, musicality, flexibility, strength, dance and entertainment value are the key elements to your routine.

! Props are allowed and encouraged.

! A high quality video is required for submission by midnight on the 30 September 2021 -This will be the video we judge for the competition.

NO SWEARING IN LYRICS OF MUSIC ALLOWED

#### Semi Pro:

- Routine 3 min 30 to 3min 45 in length
- Aerial apparatus of choice to be used
- A score for Strength & Flexibility to be awarded thus to be incorporated.

#### Pro:

- Routine 3 min 45 to 4min in length
- Aerial apparatus of choice to be used
- A score for Strength & Flexibility to be awarded thus to be incorporated.



## RULES REGULATIONS & INDEMNITY

### **COSTUME**

1. Acro:
  - Costumes must cover the pelvic and gluteal crease for all athletes and the chest area for female athletes. A two-piece or leotard is allowed with the chest area fully covered
  - A one-piece bottom is allowed for men only.
  - No shoes allowed
  - Hair to be neat and away from the face
2. Art:
  - Costumes to be in line with theme, we encourage you to be as creative as you like with your costume, this will benefit your overall score
  - boots, shoes may be worn but are not a requirement, no heels allowed
3. Classique:
  - Min 6 inch Heels compulsory, outfit may be lingerie or more revealing but NO NUDITY ALLOWED
4. Any costume malfunction will lead to point deduction.

### **PROPS**

Acro: NO PROPS ALLOWED

Art & Classique:

- Props are permitted and encouraged but need to be approved before the event. No fire acts
- They need to be set up and removed with ease.
- People are permitted as props, but they may not do any apparatus work. They will be required to purchase a ticket to enter the venue.

### **GRIP AIDS**

- NO products are to be applied to the pole.
- Grip aids may only be applied to the competitor's body.
- The following grip aids are prohibited: Stickum, Rosin.
- Athletes may check the poles/lyra before commencing, if they are not happy with the poles, the pole cleaners will re-clean them, they may also clean the poles themselves if they would like to but must use the cleaning products supplied by the organizer
- Gloves may be worn by the contestant during their performance to assist with grip. The judges will take this into consideration when scoring.
- No creams or tans to be applied on the day of the competition.

### **MUSIC**

- Music must be cut to the right length required in your selected division in high quality MP3 format, or MP4 for videos (there will be a full size LED screen for background projection)- before being uploaded to [www.wetransfer.com](http://www.wetransfer.com) by no later than 1 October 2021. If we do not receive your music by this deadline you will have to dance without music!!!!
- Music may contain lyrics for all divisions (no explicit language allowed except for Classique)
- A selection of songs/tracks may be mixed together.

### **POLES**

- The poles will be 38mm powder coated, one piece (no joints) 4m high, secured to a trussing structure
- They will be +-3 meters apart from one another
- The spinning pole will be on your left, static pole on your right for acro, if you are standing on stage facing the audience
- Both poles should be used during your performance.

## LYRA

- You may bring your own lyra
- We will supply 3 options of lyra, if you do not have your own:
  - Lyra 1: Untaped, powder-coated, single point, 20mm thick, diameter 90cm
  - Lyra 2: Taped, no point, 24mm, diameter 95cm (attached directly to strapping)
  - Lyra 3: Untaped, powder-coated double point, 24mm thick, diameter 95cm

## PHOTOGRAPHY AND FILMING

- Contestants agree to be photographed and filmed throughout the event.
- All photography & footage will remain the property of APAC
- Contestants agree that all photography and footage can and may be used by APAC for promotional, advertising and commercial purposes, without compensation to the contestant.
- Photographs and videos (TBC) will be available for purchase from the event.

## INDEMNITY

- Entering Acro Pole Art Classic indemnifies the contestants to the following: Participants acknowledge and accept that ACRO POLE ART CLASSIC, its owners and staff (the **Organizers**) IBFF SA, the venue Emerald Resort & Casino, their staff and owners are not liable for any injury, loss or damage resulting from participation in the event
- The Organizers reserves the right to add to or amend rules.

**Failure to abide by these rules may result in disqualification.**

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