



Video Submission Guide for

AMATEUR DIVISION

CPFA Provincial Competitions 2015

Video submissions are required to be considered as a competitor. If you are a returning competitor who has placed in a CPFA Provincial or National competition, please consult the information package "Competitors Earning Provincial or National Placement." The following are guidelines that you can use as a checklist when preparing your video:

- Submissions will be accepted from February 1, 2015 - April 1, 2015, no videos will be considered after 12 midnight on April 1. No late entries accepted for any reason.
- Your video should be no longer than 2 minutes. If you do not trim the video to 2 minutes, any footage falling after the 2 minute mark will be disregarded.
- Your video must be recorded as one continuous take, NOT a compilation of many clips edited into one video
- Your video must contain all 5 of the mandatory moves for your division (depicted below).
- The Amateur division is the only division that contains "restricted moves." Please consult those details at the end of this package and familiarize yourself with them as performing them can lead to deductions that can drastically affect your score.
- You must upload your video to Vimeo, no other sources will be accepted. If you choose to make the video so only the CPFA board can view it, please select "only people with the password" as the security setting, you must use the password "CPFA2015" when creating the security settings.
- Go to www.canadianpolefitnessassociation.com. Register as a member, or log in if you are already a member and then click the "Competitor Video Submission" button on the website and follow the prompts. Please note that the fee for entering your video is non-refundable.

Once all video have been reviewed by the panel of judges, you will be sent an email outlining the individuals who have been accepted into Provincial Competition.

HOW SUBMISSION VIDEOS ARE RANKED

For each province, there are 2-3 assigned judges made up from the CPFA Board of Directors. First the video is evaluated on the mandatory moves for each division, then on the overall impression which is accounted for in the "bonus" category. Each of these moves, as well as the "bonus category" will be given a score of 1-5 (5 being the best score possible).

Evaluation will take into consideration for each of the mandatory moves: technique, presentation, fluidity, strength/flexibility, control and confidence. You are welcome to add into your submission videos additional moves of your choice that highlight your strengths as a performer and athlete as long as they are blended into the 2 minute presentation and not on the restricted moves list.

This 2 minute submission should be a "performance" in that it is to music and has a clear theme and flow. This should not be singular moves performed one at a time in a row.

There are a maximum of 5 bonus points that can be awarded for things like creativity, theme/character, more advance alternate options, extra-ordinary strength or flexibility demonstrated, and complex combinations, etc.

Your overall score will then be used to choose the most complete competitors for each region. Keep in mind that the applicants with the most advanced skills are not necessarily the ones who are selected. The number of competitors selected for each division can vary from province to province and the maximum number of competitors is decided by the provincial competition host based on the layout of the competition and rental agreement of the competition venue.

The CPFA would like to see competitors that have stage presence, creativity, originality, and skill all in one package.

****MANDATORY MOVES ARE FOR APPLICATIONS ONLY, THERE ARE NO MANDATORY MOVES FOR THE ACTUAL LIVE COMPETITIONS! ****



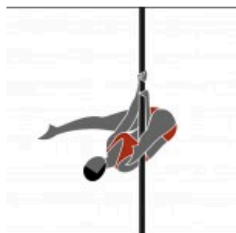
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AMATEUR DIVISION MANDATORY MOVES

- CLIMB OF CHOICE- you can choose any climbing style you wish, you must complete at least 2 climbs in succession to demonstrate your ability to move vertically up the pole. Can be performed on static or spin pole.
- INVERTED STRADDLE HOLD- This can be done on it's own or in part of a sequence or transition. Move must be held static for at least 3 seconds so it is clear where you would like it to be evaluated. Must be presented with both legs straight. Can be performed on static or spin pole.
- FRONT CHAIR TO REVERSE KNEE HOOK SPIN- This is a spin combo, once in the chair spin, the transition into back hook should be done without the feet touching the floor. ***This spin combo must be performed on a STATIC pole.***
- EXTENDED BUTTERFLY- Any grip can be used here as long as it is with the hands (not an elbow grip). Pelvis should face the pole or the ceiling creating a front/back split NOT sideways (as in a center split). Can be performed on static or spin pole.
- SIT TO HAND ON BOTTOM SUPPORT- can be performed on static or spin pole.

Climb of Choice



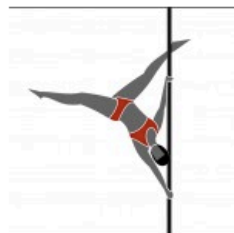
Inverted Straddle Hold



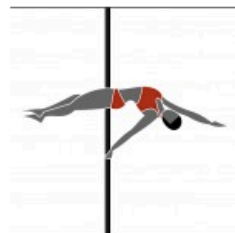
Front Chair to Reverse Hook Spin



Front Chair to Reverse Hook Spin



Extended Butterfly



Sit to Hand on Bottom

Pole Fitness Association

ADDITIONAL NOTES

Submission videos do not need to demonstrate static and spin. Please pay close attention to any mandatory moves that require a particular pole (i.e. static only). If selected for provincial competition, you will be required to demonstrate proficiency on both static and spin poles at the competition. You must show equal time (minimum 2:1 ratio) on both. There are no requirements to the length of time you spend on the floor for video submission or provincial competition. Keep in mind, however that while you need to demonstrate smooth and interesting floor transitions, it is a pole fitness competition and too much time spent on the floor can result in reduced value in your scores. In competition, the spin pole will always be stage left (when on stage, looking at the audience, the spin pole will be on your left). Information on stage dimensions, distance between poles, and pole height will be provided to you by your provincial host if you are selected for provincial competition.

For information on CPFA Provincial and National score cards and category descriptions, please refer back to www.canadianpolefitnessassociation.com and download the PDF files labeled as such.



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RESTRICTED MOVES FOR AMATEUR DIVISION

Handsprings/Handstands

- aerial deadlifts from pole are not allowed (cannot start with hips below the shoulders)
- descending into it is okay as long as you are already inverted
- for all leg positions hips must be above the shoulders (no lever positions)
- straddle/front split positions are fine as long as hips are above shoulders
- no iron x positions
- no deadlifting from any position (even starting from floor is not allowed, e.g. no phoenix)

Elbow grips

- same guidelines as Handsprings/Handstands

Shoulder Mount

- no lever positions, hips must stay above shoulders in presentation
- aerial shoulder mounts to the pole are allowed as long as they are not held in a lever position at any point
- deadlift shoulder mounts from the floor or pole are allowed

Extreme Flexibility Moves

- no Russian Splits on the pole, allowed if the supporting foot is on the floor not the pole
- no Rainbow Marchenko
- no Cocoon from leg hang positions
- no Spatchcock
- no moves where leg is brought fully behind the back/head in an extended position
- front split presentation positions are allowed but disallowed if front leg is in an extreme oversplit such as being pulled behind the head or shoulder

Flips/Tumbles

- gymnastics flips where body disconnects fully from the pole at any time are not allowed
- Fonji/Reverse Fonji not allowed
- Chinese Pirouettes not allowed
- front flips not allowed
- tumble/cartwheel is allowed as long as one body part is connected to the pole throughout the maneuver
- Superman tumble to leg hang is allowed

Pole Drops

- drops where head begins above hips and remains so are allowed as long as it comes to a complete stop before the floor
- drops where head is level with the hips (i.e. Jade) and remains so are allowed as long as it come to a complete stop before the floor
- any drop where body contact remains on the pole is allowed
- if the drop is intended to stop on the pole (i.e. is not used as a dismount) the drop must come to a complete stop on the pole before any body part touches the floor. If this is not demonstrated, there will be a 1 point deduction from the technical judge)



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Drops to Exit the Pole

- drops that remain upright (head above hips) from the air that finish in a split on the floor are allowed
- shoulder mount leaps off pole are allowed
- casts from the pole onto the floor are allowed

Horizontal Moves (pole is at the center of the body/back and head/hips are horizontal to the pole)

- Janeiro is allowed presented one hand or two on the pole, but legs need to be free from hands
- Batwing is allowed
- all horizontal moves are allowed as long as the pole stays centered on the body or spine
- Flag holds are allowed
- Tabletop is allowed
- Hip Hold Planche/Plank is allowed as pole is at the midline of the body when presented
- Meathook is allowed
- Brass Monkey climb is not allowed

Inverted Moves

- Allegra and closed Allegra are allowed
- allowed to close leg hang positions but not pull into extreme flexibility
- Dragontail is allowed
- behind the back grip presented in straddle position is allowed
- basic aerial inversion is allowed (delineated by the pole starting at the side, and inverting to straddle, knee/ankle grip, inside/outside leg hang, etc.)

Iguana Grip (behind the back baseball grip)

- allowed as long as hips stay above the head
- allowed as long as one foot stays on the pole
- no lever positions allowed
- can be used to mount from the floor, but must go up without stopping in a lever position

Upright (head above shoulder) Positions

- all are allowed
- leg casts can be used for transition
- Teddy (armpit/hip holds) are allowed
- Yogini is allowed
- Chopsticks is allowed

Leg Grips

- all leg hangs all allowed (please see extreme flexibility category for specific presentation restrictions)
- all layback positions are allowed (cross ankle, cross knee, and toe hook allowed)

Course of action if any “disallowed” moves are performed

If any disallowed moves are performed in competition, the competitor will lose 5 points per judge in the technical category for every movement performed that is disallowed.