



Video Submission Guide for
PRO 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." All other divisions are open to any move you'd like both in video submission and competition.
- 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.

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.

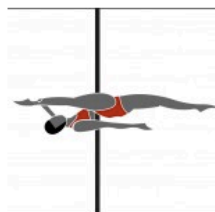
Your overall score will then be used to choose the most complete competitors for each region. Keep in mind that the applicants with the most advanced skills are not necessarily the ones who are selected. The number of competitors selected for each division can vary from province to province and the maximum 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.

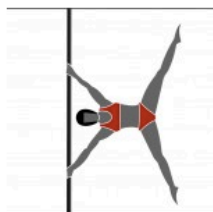
****MANDATORY MOVES ARE FOR APPLICATIONS ONLY, THERE ARE NO MANDATORY MOVES FOR THE ACTUAL LIVE COMPETITIONS! ****

PRO DIVISION MANDATORY MOVES

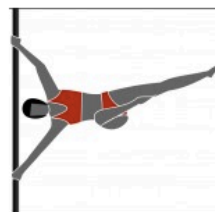
- JADE SPLIT**- higher points awarded for a 180 degree split and inside arm free of the pole
- AERIAL HANDSPRING**- this move is evaluated when the feet are free of the pole and floor, when the body begins upright and finishes inverted with the feet/legs free of the pole. You can present the legs in any position you wish. You can use any grip you wish and you can descend into the “upright” beginning position. Phoenix will be accepted as an aerial handspring as long as the feet do not touch the floor when inverting
- AERIAL SHOULDER MOUNT**- entry into this move must begin with the feet free from the pole and floor. You must invert fully to a pencil or straddle position, then you are welcome to present the legs in any position you choose, or create a lever.
- FLYING BODY SPIRAL**- this spin must begin with one hand only on the pole and must stay that way until the body has transitioned fully in front of the pole. Higher points are given for good momentum and the ability to lift the hips above the shoulders in the “fly through” part of the spin. You may complete the landing any way you wish. ***This spin combo must be performed on a STATIC pole.***
- YOGINI**- this move must be entered from up on the pole and you are welcome to present it by holding both legs, only one leg or no legs at all (as in rocketman position).



Jade Split



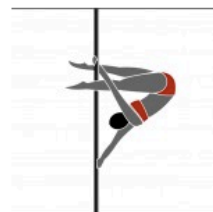
Aerial Stand/Spring (option a)



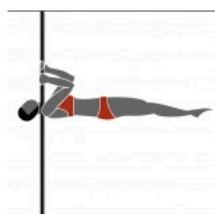
Aerial Spring/Stand (option b)



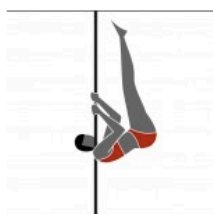
Aerial Spring/Stand (option c)



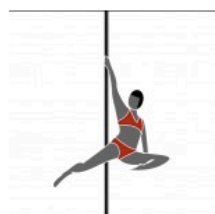
Aerial Spring/Stand (option d)



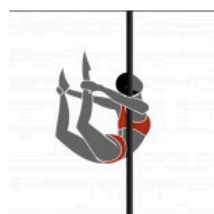
Aerial Shouldermount



Aerial Shouldermount



Flying Body Spiral



Yogini

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.