



# SCORE CARDS & CATEGORY DESCRIPTIONS

## BASIC OVERVIEW INFORMATION

This package contains the score cards used by the CPFA educated judges for CPFA provincial and national competitions. The package begins with the category descriptions and guidelines for scoring. Please note that these are written *to* the judges and the verbage indicates such.

For CPFA sanctioned competitions, there are to be 6 judges. The judges will be responsible for only ONE category of the score card. There will be 2 judges scoring the Artistry category, 2 judges scoring the Technique category and 2 judges scoring the Presentation category. For the Artistry and Presentation categories, there is a maximum of 20 points a competitor can receive from each of the judges, compiling a potential 40 points for each category. As the CPFA competitions are focused on pole fitness, the score card for each Technique judge is multiplied by 2, resulting in a potential high score of 40 from each Technique judge. Within this system, a perfect score would be 160 points.

Please note that there are different descriptions for the Duo category (found on page 3).

## IN REGARDS TO THE RESTRICTED MOVES IN THE AMATUER DIVISION

The first purpose behind restricting certain moves in the amateur division is to allow the division to be more accessible to a wider and less experienced pool of competitors. The second purpose is to remove the extreme flexibility and strength moves so less experienced athletes are discouraged from training skills beyond their ability in order to attain higher technical scores. Skills that are encompassed in this restricted category are skills that go beyond the average level of flexibility or require abnormal amounts of strength to perform. For a list of restricted moves, please see the downloadable package entitled: Amatuer Video Submission Package.

### **Course of judge's action if any "restricted" moves are performed in the Amateur division of competition**

1. write down on your score card the move you think is restricted, any judge from any category can and should bring to discussion a move in question
2. at the end of the routine, confer with all judges, if even one judge has seen the same move, the head judge will check it against the guideline of restricted moves, if the move is not listed, a judgement will be made on whether or not it requires extreme strength or flexibility (defining criteria for restricted moves)
3. if the move in question is deemed restricted, the technical judge(s) will then deduct 5 points for each restricted move
4. all technical judges will mark this deduction, but ONLY the technical judges



# SCORE CARDS & CATEGORY DESCRIPTIONS

Pro, Semi-Pro, Amateur, Men's & Master's

## Value Continuum

Each category is evaluated on a 1-5 continuum. 1 is the least amount of points scored. A competitor would score a 1 if they at least completed the routine, demonstrated some attempt at skills, but showed a gross lack of competency. 3 is the middle of the continuum and should be awarded if a competitor shows an average level of competency. 5 is the highest score of the continuum and should be awarded if the competitor shows an unusually high competency (to the point of perfection) in a category. Quarter and Half points can and should be used.

## ARTISTRY (max 20 points)

### **COSTUME & THEME- 5pts**

demonstrates a consistent theme throughout costume, character, and movement, showing time and creativity in development of costume, make up and hair

### **DANCE- 5pts**

demonstrates fluid movement both on and off the pole as well as between poles, more than just walking or rolling on the floor, look for movements "between" tricks, are they connected to the theme and are they telling a story, not looking for professional dance, but are looking for thoughtful movement

### **TRANSITIONS- 5pts**

evaluating both movements on the floor between poles as well as movements between tricks on the pole, competitor should move fluidly from trick to trick without an apparent "pause" to stop or start any movement

### **MUSICALITY- 5 pts**

demonstrates the ability to use the high/low, weak/strong points of the music, planned movements to specific points in the song, is their movement specific to this song or could we replace with any other song? Is it incorporated into the movement or is it just background sound?

## TECHNIQUE (max 40 pts)

### **SELECTION- 5pts**

This category is dedicated to evaluating the tricks/moves a competitor selects to present for their strength and flexibility. The competitor should show confidence and conditioning adequate for each skill presented, tricks are performed with no hesitation or wobble, tricks are performed with lifting, controlled energy, no momentum swinging unless dictated by the skill performed. A competitor will score highly in this category if they are demonstrating the strength/flexibility required for the skill they choose (i.e. perfectly flat split in a jade, smooth/strong lift into handsprings). The competitor will score low here if they are presenting moves that they do not have the appropriate flexibility/strength for the moves they chose.

### **LINES & POINT- 5pts**

looking for full extension in all joints in every trick and floor movement, toes must be pointed in all movements unless deliberately flexed for style, are they using full extension of their spine and body to present each move when possible?

### **DIFFICULTY- 5pts**

Aside from strength or flexibility, how difficult are the moves they are presenting? Are they demonstrating floor moves that are challenging? (handsprings, phoenix, tumbling on pole, jameiro are all more difficult than leg hangs, laybacks, 2 handed spins) Evaluation of this category should award competitors points for difficulty if they are able to complete the skill presented (can you tell what they are trying to present), if the execution is off, that will be evaluated elsewhere, movement should look safe even if it not perfect in order to be considered, if there is a fail in the attempt of the skill, it will not be considered when giving the difficulty score

### **EXECUTION- 5pts**

Looking for safe technique when entering, during, and exiting each skill, are joints fully extended? Are they holding the skill with their body rather than throwing the skill up and hoping it will stay? Are they in complete control with every movement? Are they conditioned enough for the entire routine?

### **MISSED SKILLS- max of -3**

Did they attempt a move and fail? Was there a gross uncontrolled slip or fall? One point per occurrence can be deducted up to a maximum of 3

### **PERFORMING RESTRICTED AMATEUR MOVES- 5 point deduction for each occurrence**

Please see the order of operation for handling this situation in the section titled "AMATEUR RESTRICTED MOVES"

## PRESENTATION (max 20pts)

### **BALANCED CHOREOGRAPHY- 5pts**

Where applicable, is competitor using the static and stationary poles equally? Are tricks placed evenly throughout routine (not front loaded)? Are they using the depth of the stage (coming to audience)? Competitors should be presenting unique skills throughout routine, not repeating skills, unless intentional for style.

### **CONFIDENCE- 5 pts**

Do they look ready/confident? Evaluation begins from the stage entrance all the way to the stage exit. Body posture and language should speak to confidence, is their head held high or are they looking at the floor? Do they look frightened/disengaged or excited/composed/present?

### **ORIGINALITY- 5pts**

Is the routine original? Look for the overall theme, music, costume (not whether it is good or not, but is it original?). Are their tricks/transitions unique or have you seen them performed the same way many times before?

### **AUDIENCE CONNECTION- 5pts**

Are they connecting with audience in any way (eye contact, emotion)? Are they engaging or entertaining? Do they keep the audience's attention? Do they turn their energy to the audience at least occasionally? Do they make the audience "feel" something?

## DISQUALIFICATION

In the event that nudity of any sort (nipple, labia, bum crack) or touching of the red zones (rubbing of breasts/crotch) whether accidental or not, a judge will place an X near their name and a word of what they saw and you will continue scoring their performance as if it hadn't happened. At the end of the performance, you will ask if another judge saw it as well. If 2 or more judges saw they same thing, a D with a circle around it will be placed by their name and the competitor will be disqualified.



# SCORE CARDS & CATEGORY DESCRIPTIONS

## Duo Category Only

### Value Continuum

Each category is evaluated on a 1-5 continuum. 1 is the least amount of points scored. A competitor would score a 1 if they at least completed the routine, demonstrated some attempt at skills, but showed a gross lack of competency. 3 is the middle of the continuum and should be awarded if a competitor shows an average level of competency. 5 is the highest score of the continuum and should be awarded if the competitor shows an unusually high competency (to the point of perfection) in a category. Quarter and Half points can and should be used.

### ARTISTRY (max 20 points)

#### **COSTUME & THEME- 5pts**

demonstrates a consistent theme throughout costume, character, and movement, showing time and creativity in development of costume, make up and hair

#### **DANCE- 5pts**

demonstrates fluid movement on and off the pole as well as between poles, more than just walking or rolling on the floor, look for the movements "between" the tricks, are they connected to the theme and are they telling a story, not looking for professional dance, but we are looking for thoughtful movement

#### **TRANSITIONS- 5pts**

evaluating both the movements on the floor between poles as well as the movements between tricks on the pole, competitors should move fluidly from trick to trick without an apparent "pause" to stop or start any movement, this will be applied as well if they are performing hand to hand acro skills

#### **MUSICALITY- 5 pts**

duo should demonstrate the ability to use the high/low, weak/strong points of the music, you should be able to see them hitting movements to specific points in the song, is their movement specific to this song or could we replace with any other song? Is it incorporated into the movement or is it just background sound?

### TECHNIQUE (max 20 pts)

#### **SELECTION- 5pts**

This category is dedicated to evaluating the tricks/moves a competitor selects to present for their strength and flexibility. The competitor should show confidence and conditioning adequate for each skill presented, tricks are performed with no hesitation or wobble, tricks are performed with lifting, controlled energy, no momentum swinging unless dictated by the skill performed. A competitor will score highly in this category if they are demonstrating the strength/flexibility required for the skill they choose (i.e. perfectly flat split in a jade, smooth/strong lift into handsprings). The competitor will score low here if they are presenting moves that they do not have the appropriate flexibility/strength for the moves they chose.

#### **LINES & POINT- 5pts**

looking for full extension in all joints in every trick and floor movement, toes pointed in all movements unless deliberately flexed for style, using full extension of their spine and body to present each move when possible

#### **DIFFICULTY- 5pts**

Aside from strength or flexibility, how difficult are the moves they are presenting? Are they demonstrating floor moves that are challenging? Pole moves? (handsprings, phoenix, tumbling on pole, janeiro are all more difficult than leg hangs, laybacks, 2 handed spins) High point value can be given for hand to hand acro skills both on or off the pole. Evaluation of this category should award competitors points for difficulty if they are able to complete the skill presented (can you tell what they are trying to present), if the execution is off, that will be evaluated elsewhere, movement should look safe even if it not perfect in order to be considered, if there is a fail in the attempt of the skill, it will not be considered when giving the difficulty score

#### **EXECUTION- 5pts**

Looking for safe technique when entering, during, and exiting each skill, are joints fully extended? Are they holding the skill with their body rather than throwing the skill up and hoping it will stay? in complete control with every movement? If they are performing skills in synchro, are they actually synchronized? There is no requirement for synchronicity, however if it is performed at the competition, it must be performed well. Conditioned enough for the entire routine?

#### **MISSED SKILLS- max of -3**

Did they attempt a move and fail? Was there a gross uncontrolled slip or fall? One point per occurrence can be deducted up to a maximum of 3

### PRESENTATION (max 20pts)

#### **BALANCED CHOREOGRAPHY- 5pts**

Is the duo performing and interacting together, as one or does it look like they are performing 2 solo pieces at the same time? Tricks placed evenly throughout routine (not front loaded)? Using the depth of the stage (coming to audience)? Using the full height of the poles? Presenting unique skills throughout routine, not repeating skills, unless intentional for style. Most of the performance should take place on the poles, not on the floor showing acro movements

#### **CONFIDENCE- 5 pts**

Do they look ready/confident? Evaluation begins from the stage entrance all the way to the stage exit. Body posture and language should speak to confidence, is their head held high or are they looking at the floor? Do they look frightened/disengaged or excited/composed/present?

#### **ORIGINALITY- 5pts**

Is the routine original? Look for the overall theme, music, costume (not whether it is good or not, but is it original?). Are their tricks/transitions unique or have you seen them performed the same way many times before?

#### **AUDIENCE CONNECTION- 5pts**

Are they connecting with audience in any way (eye contact, emotion)? Are they engaging or entertaining? Do they keep the audience's attention? Do they turn their energy to the audience at least occasionally? Do they make the audience "feel" something?

### DISQUALIFICATION

In the event that nudity of any sort (nipple, labia, bum crack) or touching of the red zones (rubbing of breasts/crotch) whether accidental or not, a judge will place an X near their name and a word of what they saw and you will continue scoring their performance as if it hadn't happened. At the end of the performance, you will ask if another judge saw it as well. If 2 or more judges saw the same thing, a D with a circle around it will be placed by their name and the competitor will be disqualified.



# SCORE CARDS & CATEGORY DESCRIPTIONS

## Artistry All Categories

AMATEUR	PRO						
MASTERS	SEMI-PRO						
DUO	MEN						
<b>ARTISTRY</b>							
		<b>COSTUME &amp; THEME</b>	<b>DANCE</b>	<b>TRANSITIONS</b>	<b>MUSICALITY</b>		<b>TOTAL</b>
		max 5	max 5	max 5	max 5		max 20
<b>Division:</b>							
<b>NAME:</b>							

NOTES:

Canadian Pole Fitness Association



## SCORE CARDS & CATEGORY DESCRIPTIONS

## Technique Amateur Only

AMATEUR ONLY							
<i><b>TECHNIQUE</b></i>							
SELECTION max 5	LINES & POINT max 5	DIFFICULTY max 5	EXECUTION max 5	MISSED SKILL DEDUCTIONS max -3	RESTRICTED MOVES PERFORM -5 per occur	TOTAL max 20	
NAME:							
NOTES:							



