

COMPULSORY ELEMENTS POLE DANCE

In each division and category, there are always 5 compulsory elements, of which two (2) are flexible elements, two (2) are strength elements, and one (1) is a spin element. Each compulsory element has 5 criteria that the competitor must meet. Each criterion of the compulsory element is worth 1 point. So, if the element is performed 100% correctly and meets all 5 criteria, the competitor receives 5 points for the compulsory element. If all 5 compulsory elements are performed correctly, the competitor receives the full score of 25 points from the judges.

A competitor can receive 0–5 points for one compulsory element. The number of points for the compulsory element depends on the fulfillment of the precisely defined criteria of that compulsory element.

All competitors must fill in a form with the compulsory elements, which they will record in the order they perform them.

These compulsory elements must be marked in the Compulsory Elements form and sent to email: info@acrodancersonline.cz

The form with the compulsory elements to download can be found in the download section at: www.acrodancerscompetition.cz

Explanation of terms:

Stag position = both legs are bent with thighs and calves forming a 90° angle.

Pike position = chest is pushed against thighs and in contact with the legs, legs are together and fully extended.

Fang position = diamond pose, both legs are bent backward, feet are joined and knees are apart at shoulder width.

Tuck position = egg pose, knees are bent together in contact with the chest.

Arabesque = one leg is fully extended, the other bent.

Horizontal = the final position must be performed horizontally to the ground with a maximum deviation of 30°.

Foot flexion = bending of the foot or toes toward the shin.

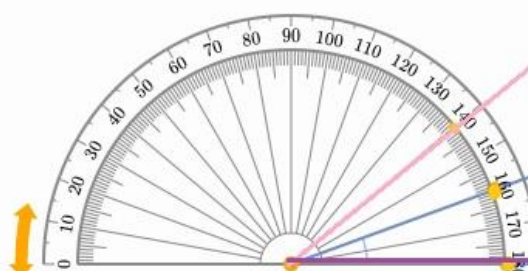
Fixed position = final position, where there must be no bending for a minimum duration of the compulsory element (at least 2 seconds).

Front split = a body position in which both legs are in one line and pointing in opposite directions.

Spins = For a spin to be recognized, each rotation must be in a fixed position and must include a minimum rotation of 720°.






Straddle split = a body position in which both legs are in one line and pointing in opposite directions.

Ranges in splits: demonstration of basic ranges 140°/ 160°/ 180°.








DIVISIONS: AMATEURS, PROFESSIONALS, ELITE





FLEXIBILITY COMPULSORY ELEMENTS

NAME	CRITERIA	ELEMENT
<p style="text-align: center;">INSIDE LEG HANG</p>	<ol style="list-style-type: none"> 1. Hold duration: 2 seconds. 2. Contact points: Inner leg, side of the torso, optionally the shoulder blade and the back side of the inner arm. 3. Range: Front split in the legs, minimum 160°. 4. Arm and leg position: Both arms in a fixed position of choice, hands are not in contact with the pole. 5. Body position: Inverted (head down). 	
<p style="text-align: center;">BRIDGE</p>	<ol style="list-style-type: none"> 1. Hold duration: 2 seconds. 2. Contact points: Hands, inner thighs. 3. Arm position: Both arms fully extended, only hands in contact with the pole. 4. Leg position: Both legs fully extended (may be crossed at the ankles). 5. Body position: Inverted (head down). 	
<p style="text-align: center;">ELBOW STRADDLE SPLIT</p>	<ol style="list-style-type: none"> 1. Hold duration: 2 seconds. 2. Contact points: Ankles (not the soles of the feet), calves (optional), elbows, chest (optional), biceps/forearms (optional). 3. Arm position: Elbow grip (hold). 4. Leg position: Legs fully extended in a straddle position with ankles on the pole. 5. Body position: Upper body must be at a 90° angle to the pole. 	
<p style="text-align: center;">ALLEGRA HALF SPLIT</p>	<ol style="list-style-type: none"> 1. Hold duration: 2 seconds. 2. Contact points: Inner arm hand, inner leg thigh, outer arm, armpit (optional), hip, lower back. 3. Range: Front split in the legs, minimum 140°. 4. Arm and leg position: The inner hand holds the pole around the inner leg, the outer arm is extended and holds the outer ankle. Legs are in a half front split, with the inner (front) leg fully extended and the back leg bent. 5. Body position: Inverted, body arched backward. 	
<p style="text-align: center;">FRONT SPLIT</p>	<ol style="list-style-type: none"> 1. Hold duration: 2 seconds. 2. Contact points: Legs, hands, forearm (optional), foot (optional). 3. Range: Front split in the legs, minimum 180°. 4. Arm and leg position: Grip on the pole is optional, both legs are fully extended in a front split. 5. Body position: Upright. 	

STRENGTH COMPULSORY ELEMENTS

NAME	CRITERIA	ELEMENT
LAYBACK	<ol style="list-style-type: none"> 1. Hold duration: 2 seconds. 2. Contact points: Thighs, glutes. 3. Arm position: In a fixed position of choice, without contact with the pole. 4. Leg position: Both legs fully extended (may be crossed at the ankles). 5. Body position: Inverted (head down). 	
FLAG HANG	<ol style="list-style-type: none"> 1. Hold duration: 2 seconds. 2. Contact points: Both hands. 3. Arm position: Both arms fully extended, grip (hold) optional. 4. Leg position: Both legs fully extended and closed tightly together. 5. Body position: Upright, chest and hips facing away from the pole. 	
HANDSPRING STRADDLE	<ol style="list-style-type: none"> 1. Hold duration: 2 seconds. 2. Contact points: Both hands. 3. Arm position: Both arms fully extended, grip (hold) optional. 4. Leg position: Both legs fully extended in a straddle position, feet positioned lower than the hips. 5. Body position: Inverted. 	
RUSSIAN LAYBACK	<ol style="list-style-type: none"> 1. Hold duration: 2 seconds. 2. Contact points: Hands, knee pit and back of the thigh, ankle, calf (optional), glutes, head (optional). 3. Arm position: Both arms fully extended, holding the pole above the head (relative to the inverted position). 4. Leg position: One leg grips the pole in the knee pit and along the back of the thigh, the other leg is crossed over the first leg. 5. Body position: Inverted. 	
FLAG PLANK	<ol style="list-style-type: none"> 1. Hold duration: 2 seconds. 2. Contact points: Both arms, both hands, chest. 3. Arm position: Flag grip (one elbow is bent, and the pole is held under the armpit and by the hand. The other arm and hand are in a fixed position of choice). 4. Leg position: The upper leg is fully extended, the lower leg is bent. 5. Body position: The upper body and the extended leg are parallel to the floor. 	

SPIN COMPULSORY ELEMENTS

NAME	CRITERIA	ELEMENT
<p>UNDERARM HOLD</p>	<p>1. Hold duration: Rotation in spin, minimum 720°.</p> <p>2. Contact points: Inner arm armpit, inner thigh and calf, inner knee, outer leg, shin/calf of the outer leg (optional).</p> <p>3. Arm position: Arms in a fixed position of choice without hand contact with the pole. Only the armpit of the inner arm is in contact with the pole.</p> <p>4. Leg position: One leg is fully extended along the pole, the other leg is bent backward.</p> <p>5. Body position: Upright.</p>	
<p>INVERTED BALLERINA</p>	<p>1. Hold duration: Rotation in spin, minimum 720°.</p> <p>2. Contact points: Inner arm and hand, outer elbow, back/upper shoulder and upper part of the outer arm, side of the torso, back, neck (optional), inner knee crease, and thigh of the outer leg.</p> <p>3. Arm position: The hand of the inner arm grips the pole, the outer arm is bent at the elbow in contact with the pole behind the head (without wrapping around the pole), with the side of the elbow in contact with the pole.</p> <p>4. Leg position: The inner leg is bent in front of the pole, the outer leg is fully extended behind the pole.</p> <p>5. Body position: Inverted.</p>	
<p>DRAGON</p>	<p>1. Hold duration: Rotation in spin, minimum 720°.</p> <p>2. Contact points: Inner thighs, calf, one hand, inner arm armpit, side of the chest, back.</p> <p>3. Arm position: The inner arm is wrapped around the pole behind the back, the outer arm is bent and gripping the pole at head level or above the head.</p> <p>4. Leg position: Seated position with legs bent together.</p> <p>5. Body position: Upright.</p>	
<p>INVERTED TUCK</p>	<p>1. Hold duration: Rotation in spin, minimum 720°.</p> <p>2. Contact points: Inner thighs, chest.</p> <p>3. Arm position: Arms are wrapped around the legs, without contact with the pole.</p> <p>4. Leg position: Both legs are in an inverted tuck position, bent together (they may be crossed).</p> <p>5. Body position: Inverted (head down).</p>	
<p>OUTSIDE KNEE HOLD</p>	<p>1. Hold duration: Rotation in spin, minimum 720°.</p> <p>2. Contact points: Knee pit and back of the thigh, front of the thigh of the other leg.</p> <p>3. Arm position: Both arms are extended, hands holding the ankle or shin of the same leg.</p> <p>4. Leg position: Legs are bent, knees apart, feet pointing toward each other.</p> <p>5. Body position: Inverted, facing away from the pole.</p>	