

Rules and Regulations IPAAT 2017

Videos must be submitted via YouTube, YouTube links must be emailed to info@ipaat.co.uk

(You will get a confirmation email.... if you don't get an email we haven't received it)

- Entry is by video submission by 14th October 2017 (deadline is midnight)
- 6 people from each category will go through to the Final.
- You will be marked down for going over your time max 3 minutes for Quarter Finals and 3 minute 30 seconds for Finals.
- Videos must be filmed as one continuous piece.
- No editing is permitted.
- No video will be accepted without an application form and your £30 fee (ONLY ONE FEE PER DOUBLES)
- Music for the Final needs to be sent and confirmed to info@ipaat.co.uk by 9th December 2017, on a first come, first serve basis. No duplicates will be allowed.

Costume

- No heels, ankle boot, ankle shoes, ankle protectors or any type of PVC on the feet or legs at all. No long boots. (EXCEPT FOR CHAMPIONS CATEGORY ONLY)
- Please keep it clean, and tape yourself (both men and women), you will be marked down for any costume malfunction.
- Any exposure you will be disqualified. At the Final, the music will cut off and your performance will finish. (Men can be topless)

Moves

- IPAAT contestants in Intermediate Hoop, Silks and Pole categories, and also Advanced Pole, are not allowed to do certain moves (see below). Unfortunately if you do an illegal move, you will be disqualified.
- If you transition and do an illegal move, points will be deducted. e.g Extended Butterfly and your foot comes off which is a Handspring (you quickly correct yourself and not hold the handspring) points will be deducted. This example applies for Advanced Pole category.
- IPAAT is a Pole Sports event so we do not allow any seductive dance.

Level of categories

- If you have won a competition at the same standard as IPAAT at intermediate level you must go into the Advanced category.
- Same applies to Advanced level you must go into the Expert category.
- Same applies to Intermediate Hoop & Silks levels, you must go into the Advanced category.
- Expert and Doubles have no restrictions however if we believe you are at a higher level than Expert we would invite you to be in our Champion's category.
- If you have any queries about which level you would need to enter please email info@ipaat.co.uk

Feedback and Scoring

- All feedback and scoring will be sent via email from the Quarter Finals, and for the Finals you must complete an envelope at the with you name and address on to receive them.
- The announcements of who is through to the Finals will be put online, in no order.
- However the results of the final will be put online in order with scores.

MOVES ALLOWED / DISALLOWED

Intermediate Pole

You will be marked on Tricks, Transitions on, Transitions off, Fluidity, Stage Presence, Costume and Overall

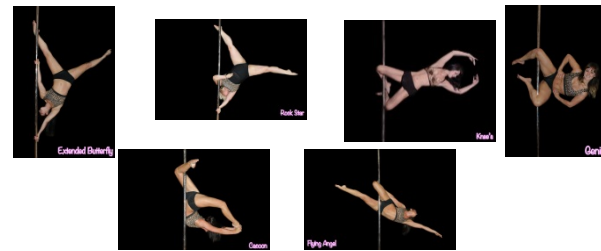
Moves allowed:

Inverts only off the floor.
Handstand and headstands allowed
The following pictures are allowed
Please see picture one has a HAND on the foot
All inner thigh grips allowed



Moves not allowed:

Aerial inverts
Floor, Aerial and Dismounted Shoulder Mount
ANY move that involves just hands or just feet in an inverted position e.g. Straight Edge, Ayesha's, Hand Spring
ANY Extended moves like the two pictures
ANY moves that involve just two body parts on the pole knees genie e.g pictures
Any single knee hands e.g. pictures
NO Drops
If you have won at this level you are not allow to enter this level



NO INSTRUCTORS

Advanced Pole

You will be marked on Tricks, Transitions on, Transitions off, Fluidity, Stage Presence, Costume and Overall

Moves allowed:

All Pictures above allowed
Floor shoulder mounts and complete shoulder dismounts (meaning you can't layout then pull back in but you can go all the way down)

Moves not allowed:

ANY move that involves just hands or just feet in an inverted position e.g. Straight Edge, Ayesha's, Hand Spring
NO Aerial shoulder mounts
If you have won at this level you are not allow to enter this level

NO INSTRUCTORS

Expert Pole

You will be marked on Tricks, Transitions on, Transitions off, Fluidity, Stage Presence, Costume and Overall

No restrictions on this level.

INSTRUCTORS ALLOWED

Doubles Pole

You will be marked on Tricks, Transitions on, Transitions off, Fluidity, Stage Presence, Costume and Overall **INSTRUCTORS ALLOWED**

NO restrictions.

Champions POLE

Routine maximum 5 minutes

Invite ONLY straight to the FINALS

No video or heats needed

No restrictions (if you would like to suggest anyone for this please email me)

If there are any queries on if a certain move is allowed please email me a picture I have a pole and aerial move guide for sale at www.emmaspoledancing.co.uk with all names in OR see www.poledancedictionary.co.uk and send me what they call the move you are querying and I can check it out.

INTERMEDIATE HOOP

You will be marked on Tricks, Transitions On, Transitions Off, Fluidity, Stage Presence, Costume and Overall. **NO INSTRUCTORS**

3 points of contact at all times above the bottom bar with exceptions of mounting the top bar. This can be done with either a pike or straddle. Under bottom bar, no foot and heel hangs. (All mounts under bottom bar allowed, and 1 arm/elbow hangs are allowed too).

ADVANCED HOOP

You will be marked on Tricks, Transitions On, Transitions Off, Fluidity, Stage Presence, Costume and Overall. **INSTRUCTORS ALLOWED**

NO restrictions.

DOUBLES HOOP

You will be marked on Tricks, Transitions On, Transitions Off, Fluidity, Stage Presence, Costume and Overall. **INSTRUCTORS ALLOWED**

NO restrictions.

INTERMEDIATE SILKS

You will be marked on Tricks, Transitions On, Transitions Off, Fluidity, Stage Presence, Costume and Overall. **NO INSTRUCTORS**

NO UNLOCKED DROPS

(Meaning no drops where you are catching as you fall)

ADVANCED SILKS

You will be marked on Tricks, Transitions On, Transitions Off, Fluidity, Stage Presence, Costume and Overall. **INSTRUCTORS ALLOWED**

NO restrictions.