



NSK GUIDELINES

G.S.P.V. DE NOORDPOLE

2023-2024

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1. CATEGORIES

For the categories below, it's only possible to take part in the level that you originally train, or a higher level. If there is a valid reason for it, an exception can be made after a formal request to bestuurnoordpole@gmail.com, Rules about music, attributes, and clothing can be found under Item 2. Music, Attributes and Clothing.

SOLO ACT

In a solo act, a member will individually perform a routine and is judged according to the evaluation criteria under Item 5. Rating/Evaluation Criteria Solo Act in the regulations.

There are three (3) solo categories.

- (1) Beginner
- (2) Intermediate
- (3) Advanced

The solo act regulations apply to participants in one of the above-mentioned categories.

Duo Act

In a duo act, two members from the same level will perform a joint routine and will be judged according to the evaluation criteria under Item 7. Rating/Evaluation Criteria Duo Act in the regulations.

There are three (3) duo categories:

- (1) Beginner
- (2) Intermediate
- (3) Advanced

The duo act regulations apply to participants in one of the above-mentioned categories.

MIXED DUO ACT

In the mixed category, two members from different levels perform a joint routine and will be judged according to the evaluation criteria under Item 7. Rating/Evaluation Criteria Duo Act in the regulations. Under Item 2. Music, Attributes and Clothing the rules concerning the music can be found. These apply to all categories.

ARTISTIC ACT – SOLO, DUO

In the artistic act, one member can perform individually, or two or more members can perform together. They will be judged according to the evaluation criteria under Item 6. Rating/Evaluation Criteria Artistic Pole Solo, Item 8. Rating/Evaluation Criteria Artistic Pole Duo respectively in the regulations.

2. MUSIC, ATTRIBUTES AND CLOTHING

MUSIC

Participants are required to upload their music in .mp3 format to the registration form at least 2 weeks before the competition. Failure to deliver the music on time will lead to disqualification. Participants must adhere to the following criteria:

- (1) Length of the song

Category	Song length
<i>Beginners solo/duo</i>	Between 1:00 and 2:00 minutes
<i>Intermediate solo/duo</i>	Between 1:45 and 3:30 minutes
<i>Advanced solo/duo</i>	Between 3:15 and 4:30 minutes
<i>Duo mixed</i>	Between 2:00 and 3:30 minutes
<i>Artistic solo/duo</i>	Between 1:00 and 4:30 minutes

- (2) If several participants submit the same song, the person whose song was first received will be allowed to dance to the song. The board will inform the other participant(s) as soon as possible.
- (3) The music may include vocals and may be a mix of different songs.
- (4) The music will start when the beginning position is assumed. If a participant wants a silent beginning, they must provide a song with the silent piece included.
- (5) The length of the music equals the length of the act.

** When using a full Spotify song, the complete song must be used and it must be within the correct length for the participant's level.*

ATTRIBUTES

The use of attributes is allowed during NSK. To keep the event safe and fun, the participants are requested to indicate an attribute they want to use in advance to the board by stating this with the registration or by emailing champcienoordpole@gmail.com. It must be indicated in advance if help is needed at setting up or removing the attributes.

CLOTHING

Participants must adhere to the following rules when it comes to clothing:

- (1) Participants are not allowed too short undergarments such as a g-string or other sexually provocative clothing.
- (2) Participants are not allowed to wear speedos or similar clothing.
- (3) Participants are not allowed to wear shoes or socks during their act. an exception can be made for artistic acts, permission must be requested by sending an email to champcienoordpole@gmail.com
- (4) Participants are not allowed to wear clothes that improve their grip such as sticky leggings, shoes, and gloves.
- (5) Participants are not allowed to wear any clothing/shoes that could damage the pole, such as rings, shorts or tops with metal rings or buttons

3. RULES SOLO ACT

Participants competing solo must adhere to the following rules.

	Beginners	Intermediate	Advanced
<i>Length of act</i>	Between 1:00 and 2:00 minutes	Between 1:45 and 3:30 minutes	Between 3:15 and 4:30 minutes
<i>Spins (various)</i>	Minimum 2	3 spins, of which 2 in combination (a step in between is allowed)	3 spins on static pole, of which 1 with change of grip and 2 in combination (without step in between)
<i>Climbs</i>	Minimum once, the higher the better	Minimum 2 times (same climbing technique may be used) 2 metre height minimum requirement	Minimum 2 different climbing techniques must be performed to the top of the pole (4 metres)
<i>Mandatory elements</i>	Butterfly Helicopter Vertical break (crucifix)	2 element upside down 1 flexibility posture held for 1 second* 1 strength posture held for 1 second*	1 pole handstand form Strength posture held at least 2 seconds* 2 flexibility postures held at least 2 seconds* Drop/tumble
<i>Forbidden elements</i>	Extended butterfly Ayesha Handspring Shoulder mount Iguana Flying ballerina Brass monkey Marley Fang Tuck through straddle spin All forbidden elements are mentioned in higher categories	Dragontail Yogini Ayesha elbow grip Elbow grip handspring Russian layback Pole cartwheel Janeiro Titanic Oona split Iron X Pole drops & tumbles EXCEPT basic sideway sit drop Suicide spin Pole cartwheel Pole tumbles Phoenix Spatchcock Remi bridge Rainbow Marchenko Machine gun Dangerous bridge Starfish Marion amber Full moon All forbidden elements are mentioned in higher categories	
<i>Spinning pole</i>	Minimum 1 element	Minimum 2 elements	Minimum 3 elements

*See Item 9. General Rules and Regulations for flexibility and power posture suggestions.

ARTISTIC ACT

For the Artistic act, moves are allowed and forbidden according to the participant's level. This information can be obtained by the table above. There are NO mandatory elements. Further information can be found under Item 6. Rating/Evaluation Criteria Artistic Pole Solo.

4. RULES DUO ACT

N.B.: Both participants have to perform the following elements. This means that, for example, a beginner duo does 4 spins in total and thus 2 different spins per person. Participants in the mixed category will be judged on their own level. The following applies here:

- (1) Duo beginner/intermediate: duo moves on Intermediate level
- (2) Duo beginner/advanced: duo moves on Intermediate level
- (3) Duo intermediate/advanced: duo moves on Intermediate level

	Beginners	Intermediate	Advanced
<i>Length act</i>	Between 1:00 and 2:00 minutes	Between 1:45 and 3:30 minutes	Between 3:15 and 4:30 minutes
<i>Spins per person</i>	Minimum 2 different spins per person –	3 different spins, of which 2 in combination per person (a step in between is allowed) –	3 different spins on static pole per person, of which 1 includes a change of grip and 2 are in combination (a step in between is allowed) –
<i>Spins per duo</i>	<i>Minimum 4 spins per duo</i>	<i>Minimum 6 per duo of which 4 in combination</i>	<i>Minimum 6 per duo of which 2 include a grip change and in combination</i>
<i>Climbing</i>	Minimum once per person, the higher the better – <i>2 times per duo</i>	Minimum once per person, to the top of the pole – <i>Twice per duo</i>	Minimum 2 climbs per person using different climbing techniques – <i>4 times per duo</i>
<i>Mandatory elements</i>	Butterfly Helicopter Vertical break	1 element upside down 1 flexibility posture* 1 strength posture*	1 pole handstand form Strength posture held at least 3 seconds* A flexibility posture* Drop/tumble
	Beginners	Intermediate	Advanced
<i>Forbidden elements</i>	Extended butterfly Superman Handspring Shoulder mount Ayesha Iguana Flying ballerina Brass monkey Marley Fang Tuck through straddle spin All forbidden elements mentioned in higher categories	Dragontail Yogini Ayesha elbow grip Elbow grip handspring Russian layback Pole cartwheel Titanic Iron X Pole drops & tumbles EXCEPT basic sideway sit drop Suicide spin Pole cartwheel Janeiro Oona split Pole tumbles Phoenix Spatchcock Remi bridge Rainbow Marchenko Machine gun Dangerous bridge Starfish Marion amber Full moon All forbidden elements mentioned in higher categories	
<i>Spinning pole</i>	Minimum 1 element	Minimum 2 elements	Minimum 3 elements

<i>Mandatory duo moves</i>	1 duo spin in the same pole	In a static pole a pole-sit with an invert (eg. helicopter, fang) hanging from the arm. The participant who is doing the invert is allowed to hold the pole with one hand.	1 duo trick in spinning pole
<i>Synchronised elements</i>	Minimum 1 spin	Minimum 1 spin and 1 other move	Minimum 3 elements of which 1 in a spin

**See Item 9. General Rules and Regulations for flexibility and power posture suggestions.*

ARTISTIC DUO ACT

For the Artistic duo act, moves are allowed and forbidden according to the participant's level. This information can be found in the table above. There are NO mandatory elements. Further information can be found under Item 8. Rating/Evaluation Criteria Artistic Pole Duo

5. RATING/EVALUATION CRITERIA SOLO ACT

The performance will be judged by the judges. To carry out a good performance, elements in the pole are as important as elements outside of the pole. The following evaluation form will be used by the judges to judge the participants in the solo category.

Please reference Item 10. Criteria Definitions for the Judges as a guideline on the exact criteria.

N.B.: The rating and evaluation are for the judges only.

Category/level	
Participant	

Strength exercises	Maximum	Points
Difficulty level <i>(keeping the level of the participant in mind)</i>	10	
Execution - Pointed toes - Flow	10	
Total	20	

Flexibility exercises	Maximum	Points
Difficulty level <i>(keeping the level of the participant in mind)</i>	10	
Execution - Pointed toes + straight legs in postures that require it (eg. jade split, helicopter, vertical split) - Flow	10	
Total	20	

General	Maximum	Points
Variation <i>(no repetition of the same moves)</i>	10	
Obligated components - Did them all - Completed minimum spinning pole elements	10	
Technique <i>Are all moves executed in a nice and graceful manner?</i>	10	
Total	30	

Show	Maximum	Points
Dance <i>(Steps, use of space, length of dance)</i>	10	
Expression <i>(Appearance, empathy, etc.)</i>	10	
Clothing/attributes	10	
Originality <i>(Music, theme, interpretation, general act)</i>	10	
Total	40	

Total score	Maximum	Points
	110	

Besides the first, second, and third place, participants can win certain certificates. These certificates can also be won by participants who already won a prize.

- (1) Most powerful participant
- (2) Most flexible participant
- (3) Most graceful participant
- (4) Most enthusiastic act
- (5) Most original act
- (6) Best use of music

6. RATING/EVALUATION CRITERIA ARTISTIC POLE SOLO

The performance will be judged by the judges. To carry out a good performance, elements in the pole are as important as elements outside of the pole. The following evaluation form will be used by the judges to judge the participants in the artistic solo category.

Please reference Item 10. Criteria Definitions for the Judges as a guideline on the exact criteria.

N.B.: The rating and evaluation are for the judges only.

Category/level	
Participant	

Pole moves	Maximum	Points
Difficulty level <i>(Keeping the level of the participant in mind)</i>	10	
Execution - Pointed toes/knees - Flow	10	
Balance between strength and flexibility moves <i>(Keeping the level of the participant in mind)</i>	10	
Total	30	

General	Maximum	Points
Variation <i>(No repetition of the same moves)</i>	10	
Energy <i>(Effortless routine)</i>	10	
Technique <i>(Are all moves executed in a nice and graceful way)</i>	10	
Total	30	

Show	Maximum	Points
Visual effectiveness	5	

<i>(Entertaining; music; costume; choreography; skill combined)</i>		
Creative combinations <i>(Combinations that are different, combinations creatively choreographed to the music)</i>	5	
Creative interpretation <i>(Ability to translate a theme, display/communicate a message in an original way)</i>	5	
Flow <i>(Seamless transitions both in and out of the pole, how the flow is used to reflect the music)</i>	5	
Musical interpretation <i>(Through movement, through costume, through use of props*)</i>	5	
Storytelling <i>(Is the story clear, focused and engaging, is there an obvious narrative flow, i.e. beginning, middle, end)</i>	5	
Theme <i>(Clear connection between music and choreography)</i>	5	
Originality <i>(In the choreography, movement, tricks, transitions, and combinations)</i>	5	
Total	40	

Total score	Maximum	Points
	100	

**If a prop is used*

Besides the first, second, and third place, participants can win certain certificates. These certificates can also be won by participants who already won a prize.

- (1) Most powerful participant
- (2) Most flexible participant
- (3) Most graceful participant
- (4) Most enthusiastic act
- (5) Most original act
- (6) Best use of music

7. RATING/EVALUATION CRITERIA DUO ACT

The performance will be judged by the judges. To carry out a good performance, elements in the pole are as important as elements outside of the pole. The following evaluation form will be used by the judges to judge the participants in the duo category. For participants competing in a mixed category, their respective levels will be taken into account, but the points will be awarded to the duo together.

Please reference Item 10. Criteria Definitions for the Judges as a guideline on the exact criteria.

N.B.: The rating and evaluation are for the judges only.

Category/level participant A	
Category/level participant B	
Participant A	
Participant B	

Strength exercises	Maximum	Points
Difficulty level <i>(keeping the level of the participant in mind)</i>	10	
Execution - Pointed toes - Flow	10	
Total	20	

Flexibility exercises	Maximum	Points
Difficulty level <i>(keeping the level of the participant in mind)</i>	10	
Execution - Pointed toes + straight legs in postures that require it (eg. jade split, helicopter, vertical split) - Flow	10	
Total	20	

General	Maximum	Points
Variation <i>(no repetition of the same moves)</i>	10	
Obligated components - Did them all - Used spinning pole for B/C/D level	10	
Technique <i>Are all moves executed in a nice and graceful manner?</i>	10	
Total	30	

Show	Maximum	Points
Dance <i>(Steps, use of space, length of dance)</i>	10	
Expression <i>(Appearance, empathy, etc.)</i>	10	
Clothing/attributes	10	

Originality <i>(Music, theme, interpretation, general act)</i>	10	
Total	40	

Total score	Maximum	Points
	110	

Apart from the first, second, and third place, participants can win certain certificates. These certificates can also be won by participants who already won a prize. The first three certificates (strength, flexibility, gracefulness) can also be won by an individual participant who took part in a duo act.

- (1) Most powerful participant
- (2) Most flexible participant
- (3) Most graceful participant
- (4) Most enthusiastic act
- (5) Most original act
- (6) Best use of music

8. RATING/EVALUATION CRITERIA ARTISTIC POLE DUO

The performance will be judged by the judges. To carry out a good performance, elements in the pole are as important as elements outside of the pole. The following evaluation form will be used by the judges to judge the participants in the artistic duo category. For participants competing in a mixed category, their respective levels will be taken into account, but the points will be awarded to the duo together.

Please reference Item 10. Criteria Definitions for the Judges as a guideline on the exact criteria.

N.B.: The rating and evaluation are for the judges only.

Category/level participant A	
Category/level participant B	
Participant A	
Participant B	

Pole moves	Maximum	Points
Difficulty level <i>(Keeping the level of the participant in mind)</i>	10	
Execution - Pointed toes/knees - Flow	10	
Balance between strength and flexibility moves <i>(Keeping the level of the participant in mind)</i>	10	
Total	30	

General	Maximum	Points
Variation <i>(No repetition of the same moves)</i>	10	
Energy <i>(Effortless routine)</i>	10	
Technique <i>(Are all moves executed in a nice and graceful way)</i>	10	
In sync/complementation to each other <i>(Performing the moves at the same time, or executing the dance in complementation to each other. It is however not necessary that both participants turn the same way)</i>	10	
Total	40	

Show	Maximum	Points
Visual effectiveness <i>(Entertaining; music; costume; choreography; skill combined)</i>	5	
Creative combinations <i>(Combinations that are different, combinations creatively choreographed to the music)</i>	5	
Creative interpretation <i>(Ability to translate a theme, display/communicate a message in an original way)</i>	5	

Flow <i>(Seamless transitions both in and out of the pole, how the flow is used to reflect the music)</i>	5	
Musical interpretation <i>(Through movement, through costume, through use of props*)</i>	5	
Storytelling <i>(Is the story clear, focused and engaging, is there an obvious narrative flow, i.e. beginning, middle, end)</i>	5	
Theme <i>(Clear connection between music and choreography)</i>	5	
Originality <i>(In the choreography, movement, tricks, transitions, and combinations)</i>	5	
Total	40	

Total score	Maximum	Points
	110	

**If a prop is used*

Besides the first, second, and third place, participants can win certain certificates. These certificates can also be won by participants who already won a prize. The first three certificates (strength, flexibility and gracefulness) can also be won by an individual participant who took part in a duo act.

- (1) Most powerful participant
- (2) Most flexible participant
- (3) Most graceful participant
- (4) Most enthusiastic act
- (5) Most original act
- (6) Best use of music

9. GENERAL RULES AND REGULATIONS

- (1) All grip materials are not allowed on the pole. It is, however, allowed to apply grip materials on the body.
- (2) With permission of the judges an act can be restarted or redone.
- (3) All participants are expected to be present during the award ceremony.

LIST WITH PERMITTED ELEMENTS PER LEVEL

For intermediate & advanced: *F = flexibility, S = strength.*

BEGINNERS

- All basic spins (front hook/back hook, fan kick, fireman, carousel spin, chair, attitude spin, swan, drama queen, horse spin, cradle spin, and combinations of these)
- Basic straddle (3/4 split)
- Vertical break (hands loose)
- Helicopter
- Basic climb
- Take five / pole sit
- Thigh hold
- Butterfly (normal / extended)
- Angel
- Outside leg hang
- Inside leg hang
- Flatline scorpio
- Ballerina (normal, not flying)
- Martini
- Pole handstand (handstand to the pole, with your back to the pole)
- Hooded ornament
- Superman

INTERMEDIATE

- All basic spins (front hook/back hook, fan kick, fireman, carousel spin, chair, attitude spin, swan, drama queen, horse spin, cradle spin, and combinations of these)
- Tuck through straddle spin
- Basic straddle (3/4 split) (*S*)
- Vertical break (hands loose)
- Outside leg hang – closed variation (*F*)
- Inside leg hang – closed variation (*F*)
- Hangover (cross knee release/cross ankle release) (*S*)
- Ballerina (*F*)
- Flying ballerina (*F*)
- Allegra (*F*)
- Pole handstand (handstand to the pole, with back to the pole)
- Handstand against the pole to pole sit
- Outside leg hang to inside leg hang (switch)
- Flatline scorpio (*F*)
- Extended butterfly (*F/S*)
- Superman (*S*)
- Handspring (*S*)
- Shoulder mount (*S*)
- Iguana (pencil/fang)
- Brass monkey (*S*)
- Marley (*F*)
- Fang
- Pike

Note: for the advanced category there are no restrictions. Use the list of flexibility and strength exercises of the intermediate level as an indication of the allowed tricks.

Not all possible moves are included in this list. When in doubt: ask your trainer, the ChampCie at champcienoordpole@gmail.com or the board at bestuurnoordpole@gmail.com

10. CRITERIA DEFINITIONS FOR THE JUDGES

Following is a list of criteria definitions for the judges. Participants can reference these definitions for a better understanding of what the judges will be looking at.

Criteria	Definition
<i>Flow</i>	<p>The grace of a performer's movement or dance. Flow is also usually called as being continuous, which would mean that the stream or momentum of movement does not stop. A good dancer has flow in their movement and gives the impression that it is effortless.</p> <ul style="list-style-type: none"> - Seamless transitions between steps - Seamless transitions between stage movements - Seamless transitions between pole movements - The control of flow - How flow is used to reflect the music
<i>Technique</i>	<p>Combining advanced and/or new skills and tricks throughout the entire routine on both floor and pole. Clean execution throughout the performance is required.</p> <ul style="list-style-type: none"> - Body placement on and off the pole which should be executed with clean alignment - Clean entrance and exit into tricks and combinations - Clean technique
<i>Use of space</i>	<p>The ability to use the available space on stage to reinforce the theme / message / story.</p>
<i>Originality</i>	<p>The creation of stage and / or pole work with the use of imaginative or original ideas.</p> <ul style="list-style-type: none"> - Originality and / or imagination in the performers' choreography and movement - Originality and / or imagination in the performers' tricks, transitions, and combinations
<i>Musical interpretation</i>	<p>Musical interpretation is the interaction between music, movement, and creativity. Musicality in dance has two main components, namely receptivity and creativity.</p> <ul style="list-style-type: none"> ☐ Receptivity = the ability to receive, comprehend, be sensitive to, and have a working knowledge of musical concepts such as rhythm, tempo, phrasing, and mood

	<p>☒ Creativity = the ability to connect with accompanying music, interpret it, or phrase and add movement dynamics that relate to music even in the absence of accompaniment, in a way that is unique and interesting</p>
<p><i>Creative interpretation</i></p>	<p>☒ Creative = the creation of stage and/or pole work with the use of imaginative and original ideas</p> <p>☒ Interpretation = the ability to explain the meaning of something</p>
<p><i>Theme</i></p>	<p>A unifying or dominant idea that is a recurrent element in artistic work. A theme should marry music, costume, choreography, and movement together so that the concept can be understood by the audience.</p> <ul style="list-style-type: none"> - A clear connection between music and choreography - A visual communication of the theme throughout the performance