



Judging criteria for No Heels Categories

Competitors will be judged on **four clearly defined criteria**, each worth **10 points**, to avoid overlap and ensure consistent judging across video entries and live finals.

Total Marks per Judge: 40

Judging Criteria Overview

Theme & Show – 10 points

Does the performer engage the audience and command the stage?

Judges will consider:

- Clarity of theme or overall vibe
- How well the theme aligns with the music choice
- Confidence, focus, facial expression, and intention
- Balance of the routine (tricks, floorwork, transitions)
- Overall cohesion and performance quality

Focus: Costume should support the performance and not distract but is not judged separately.

Tricks, Transitions & Spin Combinations – 10 points

Does the performance demonstrate a variety of appropriate pole content?

Judges will consider:

- Variety of tricks, transitions, and spin combinations
- Level appropriateness for the entered category
- Creativity and interest within combinations
- Control, confidence, and safety in execution
- Whether tricks look intentional and well chosen rather than forced

Strength & Flexibility On and Off the Pole – 10 points

Does the performer demonstrate strength and flexibility appropriate to the movements chosen?

Judges will consider:

- Visible strength through stability, control, and holds
- Ability to transition smoothly without visible struggle
- Range and quality of flexibility relevant to the tricks performed
- Clear articulation of flexibility (e.g. split lines, extensions)

Flexibility is assessed in context — quality and control are prioritised over extreme range alone.

Technical Ability & Movement Quality – 10 points

Does the performance demonstrate strong technical foundations and fluid movement?

Judges will consider:

- Smooth entry and exit of tricks
 - Clean, intentional lines (pointed toes, straight legs, body alignment)
 - Fluidity and flow throughout the routine
 - Safe, confident, and controlled execution
 - How effectively pole work links with floorwork and travelling
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Special Awards (Not Scored)

The following awards are judged separately and **do not contribute to the overall score**:

- **Best Stage Presence**
 - **Most Creative Tricks**
 - **Best Choreography**
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General Judging Notes

This scoring system applies to **both video entries and live finals**

All judges' decisions are final

A **2-point deduction** will be applied for any illegal move performed

If a routine is deemed **too advanced for the entered category**, judges may move the competitor to a more advanced category