

Rules and Regulations IPAAT 2020

Competition Format

To enter you must complete an application form and pay your £30 entry fee (this is per entry, so Double competitors only need to pay one £30). Your video can then be sent to us at a later date.

There are up to 30 people in each category. If we have less than 8 competitors in a category we reserve the right to cancel that category, and will either offer you a refund or the option to be judged alongside another category. Before we do that we will advertise specifically to attract more entries for that category, and will communicate with anyone who has already entered. We do not take these decisions lightly, as we understand the work competitors put into their routines.

The categories are:-

- Intermediate Pole
- Advanced Pole
- Expert Pole
- Doubles Pole
- Champions Pole – Invite Only
- Youth Hoop 8-10 years
- Youth Hoop 11-13 years
- Intermediate Hoop
- Advanced Hoop
- Doubles Hoop
- Intermediate Silks – online competition only
- Advanced Silks – online competition only

Pole & Aerial Hoop

The Quarter Finals are an online competition.

The top 15 entries of each category will be announced on Facebook as our semi-finalists. They will receive their certificates.

The top 6 in the singles categories/top 5 in the doubles then go through to our Live Final, on 20th January 2020 in Nottingham, UK.

Competitors in our Champions Pole category do not need to submit anything for the Quarter Finals. Instead they will simply be invited to come and perform at our Live Final event.

Aerial Silks

The aerial silks categories are an online only competition.

The top 6 will be announced on Facebook as our semi-finalists. They will receive their certificates.

The winner will then be announced and invited to perform at our Live Final.

Quarter Finals & Video Entry

The Quarter Finals are an online competition, judged by 3 - 5 independent judges. We prefer videos to be submitted via YouTube, though we will consider other platforms if you are having copyright issues. We will not accept video files. Video links must be emailed to info@ipaat.co.uk. You will get an email confirmation to say that we have received it.

The deadline to send your video to us is midnight on 7th October 2019. Please be aware that due to the large amount of entries that we receive at the last minute, it is not physically possible for us to check them all and get the email confirmations out by that deadline. We highly recommend sending your entry at least a week before that date, to give us time to check it and if necessary inform you of any issues, and giving you the chance to rectify them. Whilst we try to check all entries for anything that will cause you to either lose points or be disqualified, we cannot guarantee that firstly we will spot it or secondly we will give you enough time to refilm your entry. It remains your responsibility to read and adhere to the rules of this competition.

Video entries can be a maximum of 3 minutes long. If you go over this you will lose 3 points for each 10 seconds over. The total marks are out of 80. Videos must be filmed as one continuous piece, and must not be edited. This includes adding music to your video. There must be no obvious panning of the camera, a slight adjustment may be allowed but nothing more.

Live Finals

Routines can be up to 3 minutes long. Champions only may have up to 5 minutes.

Music & Bios for the finalists need to be sent to info@ipaat.co.uk as soon as possible. Song choice is strictly on a first come, first serve basis. No duplicates will be allowed.

Equipment

We understand that not everyone has access to the same equipment as us. You may use whatever specification poles, hoop or silks that you have available for your video entry. Please be aware though that you may not score as highly if the equipment or space impacts your performance, so for example if your equipment is too close to a wall and you have to dodge it; your silk is too short and restrictive, or you only have a static pole.

At the final, both poles are 45mm diameter, one static one and the other on spin, and both are full poles - floor to structure. Our hoops available are a 95cm Single Point that is 180cm off the floor OR 105cm Double-size Single Point Hoop that is 175cm off the floor.

Costume

No heels, ankle boots, ankle shoes, ankle protectors or any type of PVC on the feet or legs at all. No long boots. This does not apply to our Champions Pole category.

Please keep it clean, and tape yourself (both men and women), you will be marked down for any costume malfunction. Men can be topless. Any indecent exposure will result in you being disqualified. At the Final, the music will cut off and your performance will finish.

Level of categories

There are restrictions of what moves are allowed in some categories. More details are below.

If you have won a competition at the same standard as IPAAT at Intermediate Pole level you must go into the Advanced Pole category. Same applies to Advanced Pole level you must go into the Expert Pole category, and to the Intermediate Hoop & Silks levels, you must go into the Advanced categories. Whilst Expert and Doubles have no restrictions on moves, if we believe you are at a higher level than Expert we would invite you to be in our Champion's category.

Instructors are not allowed to enter our Intermediate Pole, Hoop or Silks levels, or our Advanced Pole category.

If you have any queries about which level you would need to enter please email info@ipaat.co.uk

Disallowed Moves

Please check what moves are allowed in your category. A summary is below, this is not an exhaustive list, check with us if you are not sure.

Intermediate Pole	Advanced Pole	Expert/Doubles/Champions Pole
No aerial inverts No shouldermounts No drops No Extended moves, e.g. Extended Butterfly, Rockstar No moves where just 2 body parts are on the pole - e.g. genie, knees No single knee hangs – e.g. cocoon, flying angel	No aerial shouldermounts, including layouts and pulling back in No hands only moves in an inverted position No handsprings, including elbow grip iron-x's	No Restrictions
Youth Hoop	Intermediate Aerial Hoop	Advanced/Doubles Aerial Hoop
Age 8-10 & 11-13 in respective categories only No foot or heel hangs	3 points of contact required in all moves above the bottom bar, apart from when mounting the top bar. This means you cannot lower from the top bar into a skin the cat. No foot or heel hangs	No Restrictions
Intermediate Aerial Silks		Advanced Aerial Silks
No unlocked drops. This is when you drop, and must then re-catch, as you fall, to stop yourself from falling.		No Restrictions

If you do an illegal move you will either be disqualified, or moved into the appropriate category. We reserve the right to decide which.

If you transition and do accidentally 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 do not hold the handspring) points will be deducted. This example applies to the Advanced Pole category.

Feedback and Scoring

You will be marked out of 10 points for each of the following categories

- Tricks
- Transitions on the equipment
- Transitions off the equipment i.e. Floorwork
- Fluidity
- Stage Presence
- Costume
- Well rounded – e.g. have you included strength, flexibility, used both poles/top and bottom bars.
- Overall

Deductions may be made for disallowed moves and going over the maximum amount of time allowed for your routine.

Feedback will be emailed out to you as soon as possible after the finalists have been announced on Facebook. We would politely like to remind everyone that there is no point chasing us for results or feedback. We do it as fast as we can, and if we haven't announced the results, that will simply be because we haven't had them back from the judges.

Other

IPAAT is a Pole Sports event, therefore we do not allow any seductive dance.

Competitors must be 8-10 & 11-13 years to enter our Youth Hoop categories, 14 years or older to enter our other aerial hoop categories; 12 years or older to enter our Pole categories and 12 years or older to enter our Silks categories. Under 18s must have their parent/guardian's consent to enter.

Cancellation

Please be reminded that if you choose to pull out a £25 cancellation will be immediately payable.

Last of all I completely understand that you are working very hard on your routines and are excited for the competition. However I would politely like to remind you all that we are very busy at times here at IPAAT and Emma's Pole Dancing. Myself and Emma cannot work 24/7 and we do both have families with young children. If you have queries please don't leave it to the last minute to get in touch. It may take us a little while to get back to you, especially when several people are emailing or if you are messaging us on a weekend. If you do have any questions the best way to get in touch is to email info@ipaat.co.uk.