



POLE GRADING CERTIFICATION



The Pole Grading Certification provides a platform by which to grow your performance and achievements in a non-judgemental environment. It is an opportunity to showcase your abilities, as well as track and improve your progress in working towards a fitter and stronger body. The certification acts as a guideline for the pole level which you are at.

Our grading system is aligned with the worldwide standards of pole fitness.

WHO CAN BE GRADED?

Grading is open to all pole students and instructors in South Africa.

GRADING LEVELS

There are 6 levels of grading and 2 divisions:

Level 1 - Pole Basics

Level 2 - Beginner Pole

Level 3 - Intermediate Pole

Level 4 - Advanced Intermediate

Level 5 - Advanced Pole

Level 6 - Professional Pole

POLE TRICKS DIVISION

Showcase your ability to perform pole moves/tricks within your level.

- There are 16 moves listed per level.
- You will be required to perform any 8 moves of your choice.
- You will be graded according to your ability to get into the move, your ability to hold the move for 3 seconds and completion of the move.
- You may do a variation of the move, provided that it is clear that it is the same move. For example, a chair spin can be done with legs together, or one knee over the other.
- You need to announce to the grader which move you are going to be performing, and the variation if applicable.

POLE CHOREOGRAPHY DIVISION

Perform a routine incorporating moves from your level. You may not add moves from a higher level.

Beginner Pole (Level 1 and 2) : 1 - 2 min routine
Intermediate Pole (Level 3 and 4) : 2 - 3 min routine
Advanced Pole (Level 5 and 6) : 3 - 4 min routine

Select any moves from the Pole Tricks list and combine them into a routine. You may do the moves individually, or as a combination. You may add any dance steps you like.

You will be graded on your ability to perform your chosen moves, flow, stage personality and keeping in time to the music.

You are required to bring your own music on a USB stick.

COSTUME

Shorts and a bikini top are the minimum requirements. You will not be judged for your outfit, but any nudity is grounds for disqualification. No G-strings or see-through clothing. Shoes are not required.

For the Pole Choreography Division you are required to wear clothing that matches the theme for your routine. You will not be awarded points for your outfit, but you will lose 3 points for not having a theme to match.

SCORES

86% – 100% - Gold

70% – 85% - Silver

60% – 69% - Bronze

You require 60% or more in order to be promoted to the next pole level.

A copy of your scorecard will be sent to you after the grading.

PHOTOGRAPHY & VIDEO

By entering, you are agreeing to being filmed or photographed during your performance. Photos and video remain the property of BodyMind Studios and you agree that such footage may be used for promotional, commercial and advertising purposes.

Photos and/or video will be available for sale after the grading. We will notify you via email when it will be ready.

GRIP AIDS

You may use any grip aids, including gloves, powders and lotions, except for liquid sprays, as these are incredibly difficult to remove, and it is unfair on the other participants to not have a clean pole to work on.

You may clean your pole before your performance, or request a fellow participant to take turns with you to clean your pole. We have cleaning liquid at the studio.

CERTIFICATION AND AWARDS

You will be issued a certificate according to the level at which you are at.

You may be graded for more than one level on the same day.

If you enter for both Pole Tricks and Pole Choreography, you receive an additional Master Certification for the Pole Level at which you entered.

Certification is issued by BodyMind Studios and the Pole Dance Sports Association of South Africa.

GRADING DATES

Grading is twice a year, in February and August.

Grading will take place at Fairlands and at Faerie Glen studios.

GRADING FEES

R250 - per level and division.

R350 - if you enter both Pole Tricks and Pole Choreography for the same level.

ADJUDICATORS

BodyMind Fairlands - Natasha Williams

BodyMind Faerie Glen - Laura Melville-Nieman & Kirsty Melville

Other appointed instructors may adjudicate where necessary.

The judges' decisions are final.

