

Welcome

Welcome to the **City Cirque Classic**, a celebration of strength, artistry, and community in the world of pole and aerial arts. This manual contains everything you need to know as an athlete participating in **EXOTIC POLE**.

1. Documents & Dates:

Competition dates: March 28 & 29 2026

Venue: Waves Theatre- City Centre

Entries Open: 12 Jan 2026

Entries Close: Early entries close: 9pm on 8 February 2026 | Late Entries close: 9pm on 8 March 2026

Video submission due: 9pm on 8 March 2026

Music submission due: 9pm on 15 March 2026

***We believe that your performance should be judged solely on your talent and what you present on stage. Therefore, we will **not** apply penalties to your performance for administrative infractions.

However, to ensure the smooth running of the competition, all participants must adhere to deadlines and submission requirements. **Late or incorrect submissions will incur a fee of R50 per day**, payable at registration.

We cannot deliver a well-run competition without proper organisation. Your cooperation in meeting all deadlines is essential.

Documents & data required:

Entries:

- ID document
 - Medical aid card (Upon registration)
 - Video submission: You are required to upload a 2-minute video as a preview of your routine, so that we can ensure that you are placed into the correct category to ensure fairness for all. It needs to contain the majority of your highest grade tricks or acrobatic elements. This video will not be seen by anyone but the organisers.
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2. Competition Disciplines

- Pole Art
 - Pole Exotic (*Seniors and above only*)
 - Exotic IMPROV (mixed)
 - Aerial Hoop
 - Aerial Silk
 - Aerial Hammock
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3. Categories

Skill Levels:

- Novice
- Amateur
- Elite

Age Groups | Singles (Women & Men Seperate):

- Senior A: Ages 19-30
- Senior B: Ages 31+

Age Groups | Doubles (same-sex pairs):

- **Seniors (Mixed Ages):** Ages 19+
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4. Performance Duration

- **Novice:** 3:00–3:20 minutes
 - **Amateur:** 3:30–3:50 minutes
 - **Elite:** 4:00–4:20 mins
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5. Music Choice | Accepted format: **MP3 only.**

5.1. Any genre of music is allowed.

5.2. Lyrics are permitted.

5.3. Music containing overly offensive language or **explicit** swearing is prohibited

6. Costume Regulations

6.1 Exotic Costume Regulations:

- Costume removal is **allowed** (but not required) as long as intimate areas stay covered at all times.
- Minimum costume requirements:
 - Full pelvic area coverage thong
 - Nipple covers at a minimum (Nude colour or the illusion of nudity is **prohibited**)
- Leather, latex, and similar materials are allowed if they **do not enable grip**.
- Sticky leggings are **prohibited**.
- Buckles, rings, chains, or any other elements that could damage or scratch the poles are **prohibited**
- Body paint or anything that can transfer onto the apparatus or floor is **prohibited**.
- Skirts, and frills are allowed in the instance that they do not obscure execution or judging criteria—excessive lengths or obstructions will result in **deductions**. Chaps are allowed, in the instance that they are tight-fitted or do not obstruct lines or other judging criteria.
- Sandal or boot-style heels **allowed** (All materials). Knee-high boots are allowed (Leather, latex, and similar materials are **not allowed** if they **enable grip**).

Allowed:



Not Allowed: Baggy



Not allowed: Leather gripping



Allowed:



Not allowed: Leather gripping



7. Poles

- 2X 3.5m Poles (Approx) - Exact height to be confirmed in work plan.
 - Powder-coated.
 - Static pole on the **LEFT**; Spinning pole on the **RIGHT** - In the viewing point of looking at the stage **from the audience perspective**.
 - Guy strap rigging system.
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8. Props

- Props and accessories are **allowed**. Human Props are **not allowed**.
 - You have a time limit of 2 minutes to pack away your set after your performance. Any props or confetti-style props must be **cleaned up in less than 2 minutes**. Any residue that affects the next performer is prohibited.
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9. Grip Solutions

Approved Pole Grips:

- Cats Claw
- Infinity Grip
- Dry Hands
- All Chalk / Magnesium grips (Not containing resin)

Prohibited:

- Any grip containing **Resin/Rosin**
- Any grip (or excessive application of grip) not listed- in the instance that is difficult to clean off from the poles, for example, (and not limited to) ITAC.

- If you are unsure, please contact us to avoid unnecessary deductions.
 - Applying grip directly to the pole is **prohibited**.
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10. Level of Entry

To ensure fairness and accurate judging, athletes must register under the level that best reflects their training background, performance ability, and experience. Should we feel it necessary to change your division, we are permitted to do so.

Novice

This level is designed for athletes who are new to performing, competing, or training in pole or aerial arts.

- Still mastering fundamental skills and combinations.
- Limited or no prior competition or performance experience.
- Tricks performed should reflect beginner-level strength, flexibility, and control.
- Level of flexibility is typically at 150 degree split or lower, level of strength include basic inverts, shouldermounts, leg hooks, or less.
- 5 inch (or more) Heel minimum.

Amateur

This level is for intermediate athletes who have gained experience and control but are still developing advanced skills.

- Typically has consistent training and a broad knowledge of tricks and transitions.
- Able to execute clean transitions and intermediate tricks.
- May have competed or performed before.
- Should demonstrate moderate flexibility, strength, and artistry.
- Level of flexibility is typically between 160 and 180 degree split, level of strength should include at least aerial inverts, aerial shoulder mounts, basic ayeshas, or handsprings.
- 7 Inch (or more) heel minimum

Elite

This level is for advanced athletes who display the highest levels of strength, flexibility, and performance ability.

- Has extensive experience in pole or aerial arts.
- Confident with advanced tricks, combinations, and dynamic movement.
- Previous competition or performance experience at a high level is common.
- Routines should include innovative choreography and execution that meets professional standards.

- Level of flexibility is typically 160 to 180 degree split and more, displaying great strength in higher grade strength and dynamic elements.
- 7 Inch (or more) heel minimum

11. JUDGING CRITERIA

Artistic:

A maximum of **50 points** are awarded in the Artistic section. This section evaluates the athlete's **presentation and interpretation**, including their ability to express and captivate through performance. Athletes should present a confident, emotionally resonant, and cohesive piece. Costume, music, and movement must be interconnected.

This section is judged across the following areas:

- **OVERALL PRESENTATION:** Choreography and concept are cohesive. Costume and makeup enhance the story or mood. Stage presence. Ability to execute aerial and floor moves, and the ability to overcome challenges.
- **ORIGINALITY:** Assessed by the uniqueness of music choice, interpretation, trick selection, transitions, floorwork, and costume design.
- **MUSICALITY:** Athletes are judged on how well they follow and embody the music through movement. Eg. Timing, moving with specific tempo, beats, accents, or rhythm.
- **CONFIDENCE:** Judges will reward athletes who perform with excellent body language in their presence and deliver movements with belief and conviction.
- **FACIAL EXPRESSION:** High marks go to athletes who can use facial expression to engage with the audience. With Emotional range, supporting authentic movement, expressing intention, and engagement.
- **FLOORWORK:** Movements on the floor should be musical, strong, and graceful, with confidence and finesse. Creativity of transitions, flexibility, and acrobatic elements are used with musicality. Demonstrates precise and fluid heelwork, showing consistent control, articulation, and intentional use of the heels throughout movement and transitions. While keeping well-balanced elements in mind. Stage usage is encouraged.
- **FLOW:** Routines should be seamless, cohesive, and fluid, connecting all elements and transitions naturally. Seamless integration of transitions between the pole, and the floor as well as transitions in and out of moves aerially.
- **QUALITY OF MOVEMENT:** Judges assess individuality and refined execution in both aerial and floor movement, rewarding expression and effort toward a personal style. Movement shows strength, flexibility, control, and finesse. Transitions are elegant and technically sound.
- **BALANCED ROUTINE:** Use of tricks, dance, and heel technique. Both spinning and static elements should be even and consistent, while keeping well-balanced elements in mind. Using at least 50% of the pole is critical.

TECHNICAL:

A maximum of **50 points (45 for singles)** are awarded in the Technical section. This section evaluates the complexity, control, and execution of tricks and transitions. Judges look for clean, graceful, and original movement.

- **Overall Presentation:** Ability to perform unique tricks and choreography at a level of difficulty that aligns with the standards of the category in which you are competing, with good execution, fluid transitions, agility, grace, confidence, and finesse.
- **Originality (Of tricks and transitions):** Original entrances/exits, transitions, and choreography. Unique tricks and choreography with consistency throughout.
- **Trick Execution:** Clean lines: straight limbs, pointed toes, no tension in hands or feet. Fully elongated limbs and open posture. Proper foot and ankle placement during heel work. Proper posture and alignment. Performance of tricks with grace and effortlessness.
- **Transitions :** Smooth and unique transitions between moves. Good body placement and movement quality. Flowing, intentional pathways that maintain energy and style.
- **Level of difficulty in:** Flexibility elements. Strength elements. Dynamic Movements.
- **Balanced elements:** The ability to exhibit as a well-rounded athlete, showcasing all kinds of elements equally. As well as using both poles to their maximum potential.
- **Synchronization (Doubles Only):** Simultaneous tricks/combinations. Matching timing, angles, extension, and effort in tricks and transitions.

EXECUTION

A maximum of 75 points are available in the Execution section. This evaluates cleanliness, control, and polish throughout the routine. Points are deducted from this total for specific infractions:

Deductions include:

- Poor execution or incorrect lines: -0.5 points per occurrence OR per second not corrected.
- Poor transitions on floor or pole: -1 point per occurrence
- Incorrect angle or positioning of a move: -1 point per occurrence
- Slips or loss of balance: -2 points per occurrence
- Falls: -5 points per occurrence
- Lack of synchronicity (Doubles only): -1 point per occurrence
- Drying hands on costume, body, pole, or floor: -2 points each time
- Fidgeting with hair or costume: -2 points each time

Additional singular deductions:

- Not using both poles equally: -3 points
- Using less than 50% of the pole: -2 points per pole

- Using less than 50% of the stage: -2 points
 - No logical start or end to performance: -1 point per infraction
 - Costume Malfunction: -3 points
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EXOTIC IMPROV CATEGORY:

Category Overview

Exotic Improv is an open performance category designed to showcase adaptability, artistry, and stage presence. This division is open to all ages and combines Amateur and Elite levels into one mixed category.

Performance Length

- **3 minutes** total performance time.

Music Format

- Athletes will walk onto the stage and take their chosen start pose.
- The music will begin **only once the start pose is set**.
- The song will be randomly selected.
- Music will remain on-brand and appropriate to the Exotic style. Nothing unusual will be selected.

Movement Requirements

There are **no minimum technical requirements**.
However, athletes are expected to incorporate:

- A selection of pole tricks
- Base work
- Floor work

Competitors are **not required** to:

- Use the entire pole
- Use the full stage space
- Meet traditional compulsory trick counts
- Follow standard technical category structures

This category is intentionally open and flexible.

Judging Criteria

Athletes will **not** be judged on the regular technical criteria used in other divisions.
Scoring will focus on:

- **Adaptability** – How effectively movement matches the feeling, rhythm, and style of the randomly selected song
- **Musicality** – Timing, interpretation, and responsiveness to the music
- **Audience Engagement** – Ability to captivate and connect with spectators
- **Confidence** – Stage command and performance assurance
- **Flow** – Seamless transitions and continuity of movement
- **Overall Performance Quality** – Artistry, presence, and authenticity

Category Philosophy

This is a creative performance category.

Anything goes within appropriate competitive standards.

There are no rigid structures, no complex rules, and no unnecessary restrictions.

The purpose of Exotic Improv is to provide athletes with the freedom to:

- Express themselves
- Adapt in the moment
- Showcase individuality
- Demonstrate performance intelligence

This is an open stage for talent, artistry, and true performance ability.

12. DELEGATION PENALTIES:

Incorrect Attire:

- -3 (Once)

Improper Behaviour on Stage:

- -3 (Every time)

Failure to appear on the stage within 20 Seconds after announcing:

- -1 (Once)

Performance Interruption (2-10 Seconds):

- -2 (Every time)

Performance Stop Exceeding 10 Seconds:

- -3 (Once)

Incorrect Music Length:

- More or less than 3 seconds: -1 (Once)
- More or less than 5 seconds: -3 (Once)
- More or less than 10 seconds: -5 (Once)

Verbal Advice from the Coach or audience members during performance:

- -5 (per occurrence)

Inappropriate Music (offensive language, blasphemy or swearing):

- -3 (Once)

Causing Distraction by Uttering Vocals (Verbal or non-verbal) (eg. unintentional lip syncing, or verbal cues included):

- -1 (per occurrence)

Impractical performance elements (Props, body paint, prohibited grips ect)

- -5 (Once)

Presence in the Forbidden Area:

- Warning

Improper Behaviour:

- Warning / Disqualification (Depending on severity)

Abandonment without notice of the Competition:

- Disqualification and ban.

Walk-over (Non-appearance when announced):

- Disqualification

Unsporting Behaviour Towards Athletes:

- Disqualification

Disrespectful Behaviour Toward organisers or judges:

- Disqualification

END