



Information Pack

Inspire Competition is open to anyone from any studio. We have separate competitions for pole and aerials across Australia. Please check the website for the listed dates and categories to be run for each location, and contact your host studio with any additional queries, via their email address.

Eligibility

- You must be at least 16 years old for divisions other than Juniors which is from 6 to 15 years old, or groups which is open to all ages.
- You must enter the division that corresponds to you, as at the date of entries closing.

Routine

- LENGTH:** 3-4 minutes for groups, dream, and all apparatuses for advanced, all other categories will be 2-3 minutes.
- APPARATUS:** **VISION** - apparatuses that are distinctly bar/metal in genre, including hoop, chains, cube, trapeze etc.
- DREAM** – flowing apparatuses made with softer fabrics, including silks, aerial net, rope, hammock etc.
- Check with location entering equipment available or if you are able to use your own *please confirm suitability of your own equipment with your studio location.
- POLE:** The details of the poles to be used will vary per location (ie. finish, width, height, spacing) but all will follow standard set up of static on stage-right and spin on stage-left. Groups competing on pole will be able to choose the configuration of their poles (both spin, both static, or static stage-right and spin stage-left).
- CATEGORY:** Enter the correct category and division of the apparatus you are performing as of the entry closing date.

Inspire Information Pack

* The competition organisers reserve the right to place you in a different category if we deem you to be at a higher/lower level than that category permits. You will be advised of any changes.

- SKILLS:** Must only utilise skills as per descriptions for your division, if you are unsure of anything please email your host location. If a skill is deemed above your division, you will receive a five point deduction per skill on the day.
- PROPS:** Props must be able to be both set up and packed up within 1 minute. Human props are allowed but must not touch the apparatus. If your routine will require a clean-up this must be approved a minimum of 2 weeks from competition date. This will need to be able to be cleaned in 1 minute and not create a hazard for any performers following, no loose glitter, shiny confetti, or feathers will be allowed. *Human Props will still need to purchase a ticket if they want to sit and watch the other performances.
- COSTUME:** Costumes must be appropriately fitted and no possible interference with your chosen apparatus eg. no sharp jewellery on fabric apparatuses or metal details on poles. No nudity, pasties or g strings will be permitted.
- THEME:** No routine shall make any offensive and/or derogatory references to any religion and/or race.
- MUSIC:** Your music must be edited to within the time length for your chosen category (not under the minimum and not over the maximum) If the song includes any offensive language and/or sensitive subjects please advise in your biography so we can include a content and/or language warning for the audience.
- MATS:** All aerial competitors must use a mat for their performance, – the size of the mat available will vary depending on location. The mat must stay under the apparatus at all times.

Category

Categories for each location may alter so please check with each location what categories they will be running. Categories are broken down into the below, *please note aerial categories may be joined together if there is not enough for each separate category in each division.

- POLE:** All pole competitors using 2 poles.

Inspire Information Pack

VISION:	Apparatuses that are distinctly bar/metal in genre, including hoop, chains, cube, trapeze etc.
DREAM:	Flowing apparatuses made with softer fabrics, including silks, aerial net, rope, hammock etc
GROUPS:	For groups of performers 2 or more, does not matter on the previous competition experience of competitors
JUNIORS:	For performers aged 6 – 15, does not matter on previous competition experience.

Division

The divisions for each category are broken down into Beginner, Intermediate and Advanced. Please use relevant information that is true to your routine when entering.

You may enter once only into each of the categories - Pole, Aerials, Groups – but not multiple times within a category. That is, you may not compete in both Aerial Silks and Aerial Hoop, but you may compete both in Aerial Silks and Pole.

Please check full trick lists before entering, to confirm what is and isn't acceptable in your division routine. A reminder that tricks deemed not acceptable in your division, will incur a 5 point deduction per trick on the day.

Entry

You must submit your entry and pay the entry fee by the entry closing date. No late entries will be accepted.

All entries must be submitted via the Google Form Link which is listed on the website.

You must include all routine details in as much detail as possible in the entry form – should you need to make any alterations to the submitted details, you may do so by logging back into the same Google account used to make the original entry and editing your submission by the closing date. Any alterations made to your routine details after the closing date will need to be submitted via email to your host location and will incur a \$10 administration fee – please ensure that your email includes your Competitor Name and Category.

To assist you in preparing your entry, please see information/explanations for each section of the entry form – those marked with an asterisk (*) will be required fields.

Inspire Information Pack

***EMAIL:** All correspondence regarding the competition will go to this email address.

***FULL NAME:**

Competitors first and last name

STAGE NAME:

A "stage name" is the name that you are/would like to be known as when competing/performing. It does not have to be different to your actual name (e.g. Kristy Sellars is Kristy Sellars both on stage and in her everyday life, and Celestee Roylance performs as Celestee). We recommend that once you have chosen your stage name – whether it is your 'everyday' name or not – that you keep this for all competitions so that the community can get to know who you are as a performer.

HINT If it is possible someone may have your name please consider making your stage name unique so we can identify you easily from other performers.

***STUDIO REPRESENTING:**

Type in the name of the studio you are representing, if you are not representing a studio please type independent

***CATEGORY:**

Choose the correct category you are entering

***DIVISION:**

Choose the current level category you fit in for the chosen apparatus you are entering.

***APPARATUS:**

Select your chosen apparatus to perform on eg. pole, hoop, silks etc.

AERIALS PREFERENCE:

Only complete if you have selected to compete in the Vision category. If you are unsure of the equipment you use, please check with your instructor, note various strap lengths are available and some other size hoops, email your host location to confirm if you need anything other than what is listed.

POLE PREFERENCE:

Only complete if you have selected Pole as your Apparatus. choose pole setup, if in groups you may select both static, both Spin, or one of each (static stage-right, spin stage-left)

List how you would like the poles to be prepared for your performance – this can be changed on the day if needed. You must

Inspire Information Pack

provide any grip aids to be used on the pole and they must be clearly labelled with your name.

***PROPS:** If you are planning to use props please list the details below (including any human props). If you are not using any props, please write "None".

***CLEAN UP REQUIRED:**

Please write yes and full details of what you are planning to do and any precautions etc. you will include to assist in clean up, this will be approved by the studio location and is not automatically accepted.

***SONG TITLE & ARTIST:**

Please write the name of the song followed by a hyphen (-) then the artist name so we can easily see if someone else has written the same song. (e.g. *Song Title – Artist*)

***MUSIC:** Upload an mp3 file of your music – this should also be the file that you will be choreographing your routine and training with, so ensure that it is also cut/edited and meets the length requirements of your division and category.

If multiple competitors at the same location choose the same song, whomever submitted their entry first will have the right to compete with that song; any subsequent entries with the same song will be contacted and asked to choose another song.

Should competitors from different locations compete with the same song, and each make it through to Finals, they will each be given the opportunity to select new music for their performances at Finals.

HINT Audacity is a free program you can use to edit music yourself. There are also businesses that will do this for you for a fee.

***PHOTO:** This is used for your competitor announcement poster for the competition. Please make sure that this is a high-resolution photo with a clear background. It can be on- or off-apparatus, but if it is on-apparatus please make sure that it matches your category (that is, please don't choose a hoop photo if it is for your pole entry).

***BIO:** Please write this in the third person (She, he, they, Bob, etc) so that it is easier for the MC to read at the competition date. Try to include at least a full paragraph – this can give the judges time in between acts to give great feedback on competition day.

Here are some suggestions of information you might include:

- Age of performer/s,
- How long they have been attending classes,

Inspire Information Pack

- Other hobbies,
- Favourite trick,
- Favourite thing about PhysiPole,
- Why they are entering Inspire,
- A brief synopsis of the routine or a back story

HINT If you plan to enter a few competitions save this somewhere you can easily find to save time in having to re-write for every competition

***CONTENT OR LANGUAGE WARNING:**

Please select language warning if your music contains any offensive/inappropriate language. Select content warning if your routine contains anything that anyone watching could be triggered by or be a sensitive topic, examples include drugs, suicide etc.

These warnings must be used so we can issue the audience a warning before your routine so they have a chance to leave if they may be triggered.

If you are unsure please write details of the song, routine topic in the further details questions and we can then decide if the MC needs to issue a warning.

If there is a warning selected this will require approval, you will receive an email advising if this is approved or not.

***SOCIAL MEDIA:**

We would love to be able to tag you in any photos, videos, announcements etc so that others can follow you and so that you don't miss anything.

If you are happy to be tagged, please list your social media handles (the name you are known as on Facebook and/or your Instagram handle). If you would prefer not to be tagged, or you do not have social media accounts, please write "None".

***ENTRY FEE:**

Follow the link in this question to pay the entry fee through Wellness Living. To make it easier for us to match your entry to payment, please use the same name for payment as is listed at the start of your entry form. If it is different for any reason (including for groups entries) please list the name associated with the payment here.

Every time a change is made after the entry closing date, you will incur a \$10 administration fee.

If you have any issues at all with the entry form please send us a message on social media or email inspire@physipolestudios.com.au

Inspire Information Pack

Withdrawing

If, after entering, you are no longer able to compete for any reason, please email your host location with your notification of withdrawal. Please include your full name and any stage name, your heat location, and the category or categories in which you were entered.

Please note that entry fees are non-refundable and will therefore not be refunded upon withdrawal.

Judging Criteria

All performers will be judged upon the same judging criteria listed below; this should be taken into consideration when creating the routine if you would like to be scored highly. Each section is scored out of 10.

Costume/Props

Costume/props stand out on stage and show time and effort have been put in by the performer. The performer's use of character, props, music, poles/aerials, theme, and costume all contribute to a clear demonstration of the chosen performance, enhancing their performance and not hindering in any way.

Skills

Performers are judged on the control and strength of the tricks in their routine. Tricks are to showcase a variety of strength, flexibility and spins on their apparatus, skills should not be repeated throughout the routine. In aerial performances, the performer's ability to control the spin of their apparatus is taken into account, with points awarded for deliberate and controlled execution.

Choreography

The performer's connection to the music is evident, they utilise various instruments and vocals to enhance their overall performance. The transitions between pole/aerial and dance are seamless, with each individual movement thoughtfully planned to make sense within the performance's concept, including considerations of musicality and staging. The performer demonstrates a strong awareness of stage space, utilizing it effectively and

Inspire Information Pack

creatively throughout the performance, including height of apparatus. The level of difficulty and creativity in their floorwork and dance, with unique transitions between apparatus accounting for a higher score.

Showmanship

The performer confidently utilizes the stage, floor, and apparatus to engage with the audience while demonstrating creativity in their tricks and transitions. Judges will evaluate the level of innovation and originality within the individual tricks, as well as how seamlessly they flow from one to another, all while maintaining the performer's connection with the audience.

Lines/Extension

The performer's movements are characterized by clean lines, strong posture, and deliberate creation of aesthetically pleasing shapes during tricks and overall performance, which includes sharp angles and arches. Performer should be extending through their joints and limbs where required through dance and skills.

Technicality

How the performer links the tricks, dance, and floorwork together, with judges looking for smooth execution and seamless, continuous movement. Creativity within skills which means adding in dance/movements into skills to link the routine together will be scored and the degree of difficulty of transitions within the category limits the performer is performing under.

DOUBLES ONLY

Synchronisation

Both performers are in time with tricks demonstrated separately as well as together on the apparatus. Dance moves and floorwork off the apparatus are also well timed and synchronised.

Group Skills

Skills including more than one person, the degree of difficulty, creativity and execution will count for a higher score.

*Any skills outside of the trick limits will attract a 5 point deduction for each skill