



Pole Tricks Guide

Use this guide to help you know if the skills are allowed in your category, we have the below descriptions for each category.

BEGINNER:

Pole Trick Limits Only allowed 1 basic invert or straddle (upside down skill) in your routine, followed by your choice of suitable inverted tricks. (Upright combos are unlimited.)

INTERMEDIATE:

Pole Trick Limits No more than three inverted combos.

ADVANCED:

No Trick Limits

PLEASE READ FULL TRICK GUIDE BELOW TO ENSURE YOUR CHOICE OF TRICKS IS SUITABLE FOR THE DIVISION YOU WISH TO ENTER.

PLEASE NOTE, THERE WILL BE A DEDUCTION

PER TRICK

FOR ALL TRICKS THAT ARE NOT SUITABLE FOR YOUR DIVISION. ANY TRICKS YOU ARE UNSURE ABOUT, PLEASE EMAIL A VIDEO TO YOUR COMPETITION HOST STUDIO.

Inspire Pole Tricks Guide

INVERTS			
Trick	Beginner	Intermediate	Advanced
Standing Crucifix	Y	Y	Y
Front Crucifix	1 only	Y	Y
Straddle	1 only	Y	Y
Aerial Straddle	X	Y	Y
Butterfly	1 only	Y	Y
Acrobat	1 only	Y	Y
Outside Leg Hang	1 only	Y	Y
Back Crucifix	1 only	Y	Y
Butterfly	1 only	Y	Y
Split Leg / Forearm Butterfly	X	Y	Y
Upside Down Climb	X	Y	Y
Shoulder Mount	X	Y	Y
Prince	1 only	Y	Y
Inside Leg Hang	1 only	Y	Y
Static V	X	Y	Y
Handspring	X	X	Y
Back Straddle	X	Y	Y
Ayesha	X	Y	Y
Leg Switches	X	Y	Y

FLEXIBILITY			
Trick	Beginner	Intermediate	Advanced
Jamilla	Y	Y	Y
Stargazer	Y	Y	Y
Stargazer to back crucifix or pretzel	X	Y	Y
Banana	X	Y	Y
Flatline	1 only	Y	Y
Jade Split	X	Y	Y
Box Split	X	X	Y
Allegra	X	X	Y
Broken Doll	X	X	Y
Cradle	X	X	Y
Gravitron/Vomitron	Y	Y	Y
Brass Bridge	X	X	Y
Janiero	X	X	Y
Machine Gun	X	X	Y
Plus Sign	X	X	Y

STRENGTH			
Trick	Beginner	Intermediate	Advanced
Crab	Y	Y	Y
Superman	X	Y	Y
Superman to Shoulder Mount	X	X	Y
Jasmine	Y	Y	Y
Pixie	Y	Y	Y
Brass Monkey	X	Y	Y
Aerial Brass Monkey	X	X	Y
Flag (Floor)	Y	Y	Y
Flag (Aerial)	X	Y	Y
Iguana	X	X	Y
Iron X	X	X	Y
Extended Butterfly	X	Y	Y
Planche	X	X	Y
Spider Climbs	X	Y	Y
Shoulder	X	Y	Y

OTHER			
Trick	Beginner	Intermediate	Advanced
Death Drop	X	Y	Y
Demi Angel	X	Y	Y
Any Flip (this includes any flips to dismount)	X	X	Y
Ball Drop	X	X	Y
Upside Down Ball Drop	X	X	Y
Shoulder Dismount	X	Y	Y
All other drops	X	X	Y
Step Up to Pole	X	X	Y
Jump Entries	X	X	Y
Pole Swings (to upright)	X	Y	Y
Pole Swings (to inverted)	X	X	Y

GRIPS			
Trick	Beginner	Intermediate	Advanced
Helix	X	Y	Y
Elbow (Upright)	X	Y	Y
Elbow (Inverted)	X	X	Y