

# SURVIVOR POLE CHAMPIONSHIPS

## INTERMEDIATE RULES AND REQUIRMENTS

- Routine length of minimums 2.5 minutes
- General guideline of 3 points of contact on the pole for all aerial moves

### Trick Ruling

#### Allowed

These tricks are a general rule of thumb- if you have any questions please feel free to contact us

Straddle invert	Bat hang/crucifix drop	side split
Aerial invert	sad many drop	princess
Inside/outside leg hang	violator	Handstand mount/dismount
Leg hang switch	superman dismount	Butterfly
Butterfly handstand	blade	Jamila & aerial Jamila
Straight leg release	all beginner tricks	Banana split
Teddy	half moon	Shooting star
Stargazer	flat line Scorpio	Ballerina

#### Not Allowed

Any advanced movements	Shoulder mount/dismount	Jade split
Ayesha/pencil/extended butterfly	Iguana mount or pose	Superman or handspring
Remi sit	Any tumble or drops that have not been listed	Please message to confirm trick or combo

### Compulsory components

- Either a straight leg release or a butterfly

### Props & Costumes

- Heels and boots are ok to be worn in the intermediate level
- All props must be approved by a Storm Studio staff member prior to the show date
- Intermediate entrants are not allowed to wear pasties, G-strings or have partial nudity, however you can remove an article of clothing (jacket, t-shirt)

