

SURVIVOR POLE CHAMPIONSHIPS

SEMI PRO RULES AND REQUIRMENTS

- Routines are to be between 3-3.5 minutes long
- Studio owners, instructors and semi-professionals may enter this level
- **YOU ARE CONSIDERED SEMI PRO IF YOU HAVE COMPETED AND WON A GRADED AMATURE POLE COMPETITION OR HAVE COMPETED IN A PRO COMPETITION OR HAVE COMPETED IN A NATIONAL GRADED COMPETITION**
(please see National Competition Eligibility for further clarification)

Compulsory requirements

- At least one aerial shoulder mount, dismount or hold/planch
- At least one power move- E.g. Iron x, human flag, leaver, dead lift moves & tabletops
- At least one move that showcases flexibility in any part of the body – E.g. Machine gun, Jade split, Janerio, Russian split & iguana mount

Entrants will receive bonus points for incorporating a prop into their performance

Props & Costumes

- Semi pro level can wear any footwear desired
- Props are to be approved by a Storm Studio staff member prior to the night
- Items of clothing may be removed

