

SURVIVOR POLE CHAMPIONSHIPS

AMATEUR ELITE RULES AND REQUIRMENTS

- Routines are to be between 3-3.5 minutes long
- Studio owners and amateur competitors may enter this level however you must have at least 12 months training

As this is an open level you may do any trick combination you desire

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

- Open 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

