

SURVIVOR POLE CHAMPIONSHIPS

ADVANCED RULES AND REQUIRMENTS

- Maximum routine length of 3 minutes
- Paid instructors and performers are able to enter this level however if you have competed and placed before you must move into the elite level
 - Minimum trick requirement for this level is a shoulder mount
- Advanced entrants may do handsprings from the ground but not aerially
 - All drops are okay however flips are not

Tricks that are not allowed in this level

Russian Split	Iron X & human flag	Table tops & power holds
Phoenix spins and Iguana mounts	Aerial handsprings/shoulder mount	Fonji or Ayesha grip changes
Bondage split	Any elite movement	Please message to clarify moves

Compulsory components

- Shoulder mount, dismount or hang
- Pole assisted handstand

Props and costumes

- Advanced entrants are allowed to wear heels or boots
- Props are to be approved by a Storm Studio staff member prior to date
- Advanced costumes may not contain pasties, G-strings or partial nudity- You may remove articles of clothing in the performance

