

SURVIVOR POLE CHAMPIONSHIPS

BEGINNER RULES AND REQUIRMENTS

- Routine length of routine 2 minutes

All ticks must be of a beginner level this includes:

Lay back
Cross leg release
Scissor leg lay back
Fan and scissor kicks
Hello boy & hello boy stag
Climbs
Split grip spins
Super girl
Basic sits including – diva sit & sad Mary
Pole assisted head stands
Basic invert
Bat hang/crucifix to the ground with a safety exit

Ticks beyond these will require you to enter intermediate

Elbow spins
Spins that do not have both hands on the pole
Handstands, cartwheels & walkovers
Invert straddles/static V

