



## **Sweet & Sinful**

### Rules, Eligibility and Judging Criteria

All entrants must be a current student of Cherry Pole (either an active class pass or membership)

There are 5 divisions, and 1 winner announced for all divisions

- Velvet Cherry (Dance Division). Open to all levels, performers can be solo, doubles or a trio. Pole can be set to spin or static (one pole per performer). Maximum time limit is 2.5 minutes. Climbing or regular pole combos are not allowed. Handstands, pole acro or basework are permitted.
- Fresh Picked (Beginners). Open to solo performers. Poles are to be set to one spin, one static. Maximum time limit is 2.5 minutes. Lower level inverted moves are permitted, provided you have 3 strong points of contact on the pole (i.e. butterfly, inside leg hang with the hand on the pole, front crucifix). Speak to your instructor if you are unsure.
- Cherry Blossom (Intermediate). Open to solo performers. Poles are to be set to one spin, one static. Maximum time limit is 3 minutes. Advanced or elite level moves such as handsprings, pegasus, or higher level flips are not permitted. Speak to your instructor if you are unsure.
- Cherry Bombe (Advanced). Open to solo performers. Poles are to be set to one spin, one static. Maximum time limit is 3.5 minutes. There are no restrictions on tricks.
- Cherry Twists (Doubles/Trios). Open to all levels, either doubles or trio performers. 3 poles will be made available, and can be set to any configuration. Maximum time limit is 3.5 minutes. There are no restrictions on tricks.

Entry fee is \$30 per performer. You can enter more than one division.

Nudity (i.e. pasties and g-strings) are not permitted. Performers can wear any footwear, (or none!) including thigh high boots.

Human props are allowed, however they must not be on the pole, or featured in more than 25% of the routine.