



UNLEASHED AND POLE ADDICTION TRICKS

BEGINNER CATEGORY (Beg/int prep)

BEGINNER STATIC TRICKS ALLOWED ♥ Momentum Steps > Momentum Turn > ¼ Turns ♥ Arabesque ♥ Diva Pose ♥ Fireman Spin ♥ Crucifix Grinds ♥ Climbing ♥ Side Saddle Spin ♥ Momentum Turn > Back Hook Spin ♥ Front Hook Spin ♥ Helicopter Kicks ♥ Upside Down Flip ♥ Tuck Spin ♥ Scissor Sit > Angel Mount ♥ Seated Crucifix > Mounts down ♥ Layout > Side Arch > Back Straddle ♥ Kitten Kicks ♥ Aerial Back Straddle ♥ Triangle Spin Acro/base work ♥ All acro off pole is allowed ♥ Elbow stands on pole are allowed ♥ Normal 2 handed handstands are allowed on the pole if coming from an approved level trick but not back crucifix as its self-spotted and an unsafe transition to let go of the leg	BEGINNER SPIN TRICKS ALLOWED ♥ Steps > Momentum Turn > Full Turn and ¼ Turn ♥ Mount > Diva Pose > Diva Exit ♥ Showgirl Lady Sit ♥ Arabesque ♥ Sweeping Cross > Kami > Arabesque > Anchored Diva ♥ Layout > Side Arch > Back Straddle > Diva Exit ♥ Climbing ♥ Momentum Turn > Bambi ♥ Seated crucifix squats & hip dips ♥ Momentum Turn > Front Hook ♥ Tuck Spin with split grip ♥ Tuck Spin with baseball grip ♥ Mount > Wrap > Fairy > Diva Pose > Split ♥ Showgirl grip > Cupid > Side Saddle ♥ X-Spin > Ragdoll > Fly ♥ Seated Crucifix Elbow Grip ♥ Twisted Pixie ♥ Helicopter Kicks ♥ Momentum Turn > Back Hook ♥ Scissor Sit > Angel Mount ♥ Upside Down Flip
INTER PREP STATIC TRICKS ALLOWED ♥ Front straddle ♥ Front crucifix lock > handstand slide ♥ Momentum turn > ¼ turn > cross spin spiral climb > mount > layout > side arch > back straddle > Hooked Back crucifix (self-spotted)> pull up > slide down to crouch > head flick up ♥ Tuck Straddle Spin ♥ Triangle spin > back hook spin to floor ♥ Star Gazer ♥ Floor spider climbs ♥ Tuck spin from the floor ♥ Straddle > Ballerina > Remount exit ♥ Ballerina > legs on slide down ♥ Forearm climbs ♥ Forearm brace to hook to/hip lock/pixie/thread down (no cast off)	INTER PREP SPIN TRICKS ALLOWED ♥ Front Straddles ♥ Helicopter kick > pivot > twisted Pixie to climb > mount > layout > side arch > back straddle > HOOKED BACK CRUCIFIX (self-spotted) > spiral or diva exit ♥ Forearm pike ♥ Floor spider climbs ♥ Genie > bottom hand off > martini sit ♥ Hooked Back crucifix (self-spotted) ♥ X-spin from the floor ♥ Spinning Front Straddle > Ballerina > Remount exit ♥ Ballerina > legs on slide down ♥ Martini spin to stand ♥ Martini spin to floor ♥ Momentum Turn > Pixie ♥ Forearm climbs



♥ Jamilla (up right) ♥ hip lock > half hang > super angel > lift and released to crouch > head flick up ♥ Genie > martini sit > lift & release to stand ♥ Cupid spin to stand ♥ Cast off > cross leg diva > slide down > booty up ♥ Climb > aerial tucks ♥ Helicopter Kicks > Diva Spin > Floor Helicopter ♥ Floor pixie > mount to cosmo ♥ Forearm base to leg hook Acro/base work ALLOWED ♥ All or any acro off pole is allowed ♥ Elbow stands on pole are allowed ♥ Normal 2 handed handstands are allowed on the pole if coming from an approved level trick but not back crucifix as its self-spotted and an unsafe transition to let go of the leg	♥ Forearm brace to hook to/hip lock/pixie/thread down (no cast off) ♥ Jamilla (up right) ♥ Hip lock > half hang > super angel > lift and released to crouch ♥ Elbow grip lady sit ♥ Aerial showgirl grip lady sit > leg grab variation ♥ Cosmo ♥ Showgirl grip > running man ♥ Tuck spin from the floor ♥ Spinning aerial tucks ♥ Gazelle ♥ Front Staddle > Front Crucifix lock > Handstand slide ♥ Double Bambi ♥ Star gazer
NOT ALLOWED IN BEGINNERS FROM INTER • Hooked front crucifix • Split hang transitions • Butterfly and extended butterfly • Flatline • Scorpion • Jamilla unfolds • Aerial Straddles • Superman • Straight leg back crucifix • Demi and semi angel • Shoulder mount tucks • Cast off to catch • Swing spin cupid variation • Ballerina pike • Back hook straddles • Symphony • Single knee hold Acro/base work NOT ALLOWED • No twisted grip, Cup grip or straight grip handstands/walk overs or transitions. Eg: Pole Cartwheels, Twisted grip walk-overs etc • No kips or flips on the pole/base work • Back crucifix to handstands • No base work shoulder mounts	NOT ALLOWED IN BEGINNERS FROM INTER • Hooked front crucifix • Split hang transitions • Butterfly and extended butterfly • Flatline • Scorpion • Jamilla unfolds • Aerial Straddles • Superman • Straight leg back crucifix • Demi and semi angel • Shoulder mount tucks • Ballerina pike • Back hook straddles • Symphony • Music box dancer • Flares and twizzles straddles • Lolo ballerina • Single knee hold • Shooting star • Reverse Genie • Elbow Arabesque



INTERMEDIATE CATEGORY (inter)

INTER STATIC TRICKS ALLOWED ♥ Spider Climbs ♥ Violator ♥ Back Crucifix (2 legs) ♥ Back Crucifix (1 leg hooked) ♥ Ballerina > Hooked Front Crucifix > Handstand Slide/Off ♥ Ballerina > Hooked Front Crucifix > Split Hang Remount ♥ Aerial Straddles ♥ Demi Angel and Semi angel ♥ Butterfly > flatline > Scorpion ♥ Butterfly > Split Hang Remount ♥ Elbow Stand from Floor / Back Crucifix / Handstand ♥ Side Split Spin ♥ X-Spin Climb > Forearm Brace OR Baseball Grip OR Brace/Hug Cast Off Swing ♥ Single Knee Hold ♥ Ballerina > Pike > Straddle No hands > scorpion > front crucifix leg switch > half hang > split hang ♥ Leg Switches: Ballerina > Scorpion > Ballerina > Hooked Front Crucifix. ♥ Momentum Turn > Back Hook > Front Straddle ♥ Ballerina > Symphony ♥ Jamilla unfolds ♥ Swing spin Cupid Variation in Showgirl Grip ♥ Ballerina Handstand Hold ♥ Swish split ♥ Symphony variation Acro/base work ALLOWED • Base work kips on the pole • All acro off pole is allowed • Elbow stands on pole are allowed and Normal 2 handed handstands are allowed on the pole if coming from an approved level trick	INTER SPIN TRICKS ALLOWED ♥ Music Box Dancer (& leg variations) ♥ Aerial Straddles ♥ Ballerina > Front Crucifix > Handstand Slide ♥ Ballerina > Front Crucifix > Split Hang ♥ Gravitron > Violator ♥ Spider Climbs ♥ Hooked Back Crucifix ♥ Butterfly ♥ Hooked Back Crucifix ♥ Flatline > Scorpion ♥ Leg Switches ♥ Triple Bambi ♥ Side Climbs ♥ Thread Downs ♥ Broken Super Angel ♥ Single Knee Hold ♥ Shooting Star ♥ Twizzle Straddle > Lolo Ballerina ♥ Symphony > Ballerina > Scorpion ♥ Reverse Genie, Genie Both Leg Split ♥ Ballerina > Pike ♥ Straddle No Hands ♥ Pike Ball ♥ Sweeping Spin > Starfish ♥ Side Splits ♥ Jamilla unfolds ♥ Climbing variations ♥ Elbow Grip Arabesque ♥ Straddle > Fold Down > Pixie ♥ Body spiral
NOT ALLOWED IN INTER FROM ADVANCED • Full extended butterfly • Jade splits • Allegra • Shoulder mounts • Full swing spin with straddle legs • Superman • Ayesha's • Brass monkey (all variations) • Aerial Jamilla	NOT ALLOWED IN INTER FROM ADVANCED • Full extended butterfly • Aerial music box dancer • Jade splits • Allegra • Shoulder mounts • Superman • Ayesha's • Brass monkey (all variations) • Aerial Jamilla



• Reverse Demi Angel • Caterpillars • Handstand tip off (flip) • Symphony Tip off (flip) • Panteras • Static Flares & twister wraps • Back straddle thread through • Devil point shuffles • Jamilla Butterfly • Break dancer • Body swaps Acro/base work NOT ALLOWED • No twisted grip, Cup grip or straight grip handstands/walk overs or transitions. Eg: Pole Cartwheels, Twisted grip walk-overs etc • No flips on the pole or base work • No base work shoulder mounts kips or transitions	• Reverse Demi Angel • Caterpillars • Back straddle thread through • Devil point shuffles • Jamilla Butterfly • Aerial teddy • Plus sign • Remi sit • Break dancer • Table top • Broken dragon • Forearm splits • Symphony variation? • Elbow cupid spin • Genie compass • Buttman • Body swaps • Stag splits
---	---



ADVANCED CATEGORY (adv)

ADVANCED STATIC TRICKS ALLOWED	ADVANCED SPIN TRICKS ALLOWED
♥ Twisted Grip Shoulder Mount ♥ Cup Grip Shoulder Mount ♥ Aerial Shoulder Mounts ♥ Shoulder mount exit ♥ figure head ♥ Swing spin to climb ♥ Back straddle thread through ♥ Body swap ♥ Extended butterfly ♥ Jamilla > Extended Butterfly ♥ Superman ♥ Jamilla > Flatline > Superman ♥ Rockabye > Aerial Jamilla ♥ Twisted grip ayesha ♥ True grip ayesha ♥ Genie > Brass monkey hold > S/M exit ♥ Shoulder mount > brass monkey hold > leg lift ♥ Swish splits > semi angel > reverse demi angel > side splits ♥ Ayesha ♥ caterpillars ♥ Handstand Symphony tip-off to ground ♥ Symphony tip off up the pole ♥ Jade split ♥ Pantera Swing spin ♥ devil point shuffle ♥ Swish splits ♥ Reverse demi angel ♥ Side splits ♥ Cast off > flatline ♥ Superman > pike > scorpion ♥ Pixie twister ♥ backwards climbs Acro/base work ♥ All acro off pole is allowed ♥ All on pole acro and base work is allowed	♥ Twisted Grip Shoulder Mount ♥ Cup Grip Shoulder Mount ♥ Aerial Shoulder Mounts ♥ Shoulder mount exit ♥ figure head ♥ swish split > twisted swish and leg grab ♥ Jade splits ♥ Allegra ♥ Back wraps ♥ X spin climb > teddy hug > ankle split ♥ Reverse demi angel ♥ side splits (split grip) ♥ body swap ♥ Superman ♥ Jamilla > Flatline > Superman ♥ Plus Sign ♥ Remi Sit ♥ Extended butterfly ♥ Jamilla > Extended Butterfly ♥ Superman ♥ Jamilla > Flatline > Superman ♥ Twisted grip Ayesha ♥ True grip Ayesha ♥ Break dancer ♥ Table-Top ♥ Broken dragon ♥ Genie > Brass monkey hold > S/M exit ♥ Forearm split ♥ Symphony variation ♥ Body spiral ♥ Aerial showgirl > Extended Front Hook > Music Box Dancer > leg variations ♥ Elbow hold > Cupid legs/Leg variations ♥ Genie Compass ♥ Butt Man ♥ Baby Pegasus ♥ Shoulder mount split and shapes
NOT ALLOWED IN ADVANCED FROM ELITE PREP	NOT ALLOWED IN ADVANCED FROM ELITE PREP
• Brass monkey kick up • Should mount flips • Twisted grip walk overs • Helix invert • Aerial swing to back hook straddle • Shotgun grip Ayesha • Baby Pegasus to twisted grip Ayesha	• Brass monkey kick up • Shotgun grip Ayesha • Baby Pegasus to twisted grip Ayesha • Jamilla thread through superman • Elbow grip Ayesha • Handspring • Scorpion Ayesha



• Jamilla thread through superman • Elbow grip Ayesha • Handspring • Scorpion Ayesha • Reiko(step up) • Sneaky V • Boomerang	• Reiko(step up) • Dragons tail • Symphony meat hook • Music box to tumblers • Table top planch • Reverse chopsticks • Scissor sit thread down • Sneaky V • Boomerang
--	---

ELITE CATEGORY (elite prep/elite)

No restrictions

DANCE CATEGORY (all levels)

- Base work (on and off the pole) is allowed at all levels
- All acro performed on and off the pole is permitted
- Handsprings are NOT allowed
- Shoulder mounts/straddle transitions are allowed but only as part of base work transitions into kips
- No mounting up the pole (ie from a climb) mounting from the floor is allowed
- No pole trick combinations
- Music box dancer is allowed from the floor as long as it does not lead into a combo/invert or turns into an eagle
- All pole spins are permitted, including swing spins, as long as:
 - o They do not lead to an invert
 - o They do not transition into a pole combo

ACRO/BASEWORK

- Beginner and Intermediate categories are not to have any twisted grip and arm to pole handstands or flips (for example: twisted grip walk overs, pole cartwheels etc)
- Beginners are not to have any kips or flips in base work
- For beginners: Elbow handstands and kick up handstands to the pole are fine, but you cannot be transitioning from or to a higher level trick from those movements. Example, you cannot go from a back crucifix to an elbow stand or handstand.
- Intermediate can have handstands that come from level approved moves and tricks
- Off the pole arco is unlimited for all levels

GENERAL NOTES AND GUIDELINES

- **Trick variations** will need to be checked off by head instructor Lou Landers (for example: Music box V's full eagle not ok for inter or advanced but a normal leg grab variation is fine & Scorpion v's eagle also are not ok for inter or advanced) Shooting start v's Diamond split not ok for inter and advanced.
- **Tricks not in syllabus** will have to be checked off by head instructor Lou Landers to determine what the level of the trick is considered within the industry.
- You will receive deductions from your score if the following guidelines are not adhered to