



UNLEASHED AND POLE ADDICTION TRICKS

BEGINNER CATEGORY (Beg/int prep)

<p>BEGINNER STATIC TRICKS ALLOWED</p> <ul style="list-style-type: none"> ♥ 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 <p>Acro/base work</p> <ul style="list-style-type: none"> ♥ 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 	<p>BEGINNER SPIN TRICKS ALLOWED</p> <ul style="list-style-type: none"> ♥ 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
<p>INTER PREP STATIC TRICKS ALLOWED</p> <ul style="list-style-type: none"> ♥ 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 ♥ Jamilla (up right) 	<p>INTER PREP SPIN TRICKS ALLOWED</p> <ul style="list-style-type: none"> ♥ 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



<ul style="list-style-type: none"> ♥ 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 <p>Acro/base work ALLOWED</p> <ul style="list-style-type: none"> ♥ 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 	<ul style="list-style-type: none"> ♥ 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
<p>NOT ALLOWED IN BEGINNERS FROM INTER</p> <ul style="list-style-type: none"> • 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 <p>Acro/base work NOT ALLOWED</p> <ul style="list-style-type: none"> • 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 	<p>NOT ALLOWED IN BEGINNERS FROM INTER</p> <ul style="list-style-type: none"> • 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)

<p>INTER STATIC TRICKS ALLOWED</p> <ul style="list-style-type: none"> ♥ 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 <p>Acro/base work ALLOWED</p> <ul style="list-style-type: none"> • 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 	<p>INTER SPIN TRICKS ALLOWED</p> <ul style="list-style-type: none"> ♥ 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
<p>NOT ALLOWED IN INTER FROM ADVANCED</p> <ul style="list-style-type: none"> • Full extended butterfly • Jade splits • Allegra • Shoulder mounts • Full swing spin with straddle legs • Superman • Ayesha's • Brass monkey (all variations) • Aerial Jamilla • Reverse Demi Angel 	<p>NOT ALLOWED IN INTER FROM ADVANCED</p> <ul style="list-style-type: none"> • Full extended butterfly • Aerial music box dancer • Jade splits • Allegra • Shoulder mounts • Superman • Ayesha's • Brass monkey (all variations) • Aerial Jamilla • Reverse Demi Angel



<ul style="list-style-type: none">• 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 <p>Acro/base work NOT ALLOWED</p> <ul style="list-style-type: none">• 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 and no flips in base work• No base work shoulder mounts kips or transitions	<ul style="list-style-type: none">• 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
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ADVANCED CATEGORY (adv)

ADVANCED STATIC TRICKS ALLOWED	ADVANCED SPIN TRICKS ALLOWED
<ul style="list-style-type: none"> ♥ 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 <p>Acro/base work</p> <ul style="list-style-type: none"> ♥ All acro off pole is allowed ♥ All on pole acro and base work is allowed 	<ul style="list-style-type: none"> ♥ 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
<ul style="list-style-type: none"> • 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 • Jamilla thread through superman • Elbow grip Ayesha 	<ul style="list-style-type: none"> • Brass monkey kick up • Shotgun grip Ayesha • Baby Pegasus to twisted grip Ayesha • Jamilla thread through superman • Elbow grip Ayesha • Handspring • Scorpion Ayesha • Reiko(step up) • Dragons tail



<ul style="list-style-type: none">• Handspring• Scorpion Ayesha• Reiko(step up)• Sneaky V• Boomerang	<ul style="list-style-type: none">• Symphony meat hook• Music box to tumbles• Table top planch• Reverse chopsticks• Scissor sit thread down• Sneaky V• Boomerang
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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
- 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