



JUDGING CRITERIA

2026

Canadian Pole and Aerial
Championship

1	SCORING SYSTEM.....	1
1.1	SPORT VALUE CONTINUUM	1
1.1.1	Pole Sport and Aerial Sport – Novice and Junior	1
1.1.2	Pole Sport and Aerial Sport – Adult and Masters	3
1.2	ARTISTIC VALUE CONTINUUM.....	5
1.2.1	Pole Art.....	5
1.2.2	After Hours Pole / Floor Flow.....	6
1.2.3	Troupes	7
2	FEEDBACK SYSTEM.....	8
3	SAMPLE SCORE CARDS.....	8

1 SCORING SYSTEM

Each category is evaluated on a 1 through 5 or 10 continuum. 1 is the least number of points scored. A competitor would score a 1 if they at least completed the routine, demonstrated some attempt at skills, but showed a gross lack of competency. The middle of the continuum and should be awarded if a competitor shows an average level of competency. The highest score of the continuum should be awarded if the competitor shows an unusually high competency (to the point of perfection) in a category. Quarter and Half points can and should be used.

1.1 SPORT VALUE CONTINUUM

1.1.1 Pole Sport and Aerial Sport – Novice and Junior

Novice and Junior competitors, or youth athletes, are not merely small adults. Current sports science supports that biological maturation (physiological and mental) of youth athletes must be taken into consideration when developing both their training programs and competition scoring continuum.

The purpose behind the specific value continuum for Novice and Junior levels is to allow the level to be more accessible to a wider and less experienced pool of competitors, while emphasizing the priority of selecting skills appropriate to the individual competitor which the individual competitor can execute safely. Competitors and their coaches are dissuaded from training skills for which they are not developmentally ready, are beyond their ability or showcasing extreme flexibility and strength moves in order to attain higher technical scores.

ARTISTRY (Maximum of 15 points)

- **DANCE & THEME** – 5 Points Demonstrates fluid movement both on and off the apparatus as well as between skills, more than just walking or rolling on the floor, look for movements “between” skills. Are they connected to the theme through costume, character and movement, and are they telling a story? Not looking for professional dance, but looking for ‘thoughtful’ movement.
- **TRANSITIONS** – 5 Points All transitions on the floor should be smooth. Evaluating movements on the floor, around/between the apparatus, as well as movements between skills. Competitor should show effort in making sure all transitions between skills and movements are smooth and seamless without an apparent “pause” to stop or start any movement.
- **MUSICALITY** – 5 Points Demonstrates the ability to use the high/low, weak/strong points of the music, planned movements to specific points in the song. Is the movement specific to this song or could we replace with any other song? Is it incorporated into the movement or is it just background sound?

PRESENTATION (Maximum of 15 points)

- **BALANCED CHOREOGRAPHY** – 5 Points Where applicable, is the competitor using the apparatus and stage evenly? Are skills placed evenly throughout routine (not front loaded)? Are they using the depth of the stage (coming to audience)? Competitors should be presenting unique skills throughout routine, not repeating skills, unless intentional for style.
- **CONFIDENCE** – 5 Points Do they look ready and confident? Evaluation begins from the stage entrance all the way to the stage exit. Body posture and language should speak to confidence, is

their head held high or are they looking at the floor? Do they look frightened, disengaged or excited and composed as well as 'present'?

- AUDIENCE CONNECTION – 5 Points Are they connecting with audience in any way (eye contact, emotion)? Are they engaging or entertaining? Do they keep the audience's attention? Do they turn their energy to the audience at least occasionally? Do they make the audience "feel" something?

TECHNIQUE (Maximum of 35 points)

- SELECTION – 10 Points This category is dedicated to evaluating the tricks/moves a competitor selects to present for their strength and flexibility. The competitor should show confidence and conditioning adequate for each skill presented. Tricks are performed with no hesitation or wobble, tricks are performed with lifting, controlled energy, no momentum swinging unless dictated by the skill performed. A competitor will score highly in this category if they are demonstrating the strength/flexibility required for the skill they choose (i.e. perfectly flat split in a jade, smooth/strong lift into handsprings). The competitor will score low here if they are presenting moves that they do not have the appropriate flexibility/strength for the moves they chose.
- EXECUTION – 10 Points Looking for safe technique when entering, during, and exiting each skill on the pole and on the floor. Are their joints fully extended? Are they holding the skill with their body rather than throwing the skill up and hoping it will stay? Are they in complete control with every movement? Are they conditioned enough for the entire routine?
- DIFFICULTY OF SKILLS – Not evaluated.
- VARIETY OF SKILLS – 5 Points Is there variety in the skills and skill combinations the competitor is presenting? Are they demonstrating a range of strength, flexibility and dynamic skills? Evaluation of this category should award competitors points for variety if they are presenting different shapes, patterns, and skills, unless intentional for style.
- COMBINATIONS – 5 Points Is the competitor presenting skills in the air which are unique and challenging for the level in which they are competing? Competitor should show effort in making sure all transitions between skills and movements are smooth and seamless without an apparent "pause" to stop or start any movement.
- LINES & EXTENSION – 5 Points Looking for full extension in all joints in every skill and movement, toes are to be pointed in all movements unless deliberately flexed for style, using full extension of their spine and body to present each move when possible.

DEDUCTIONS

- MISSED SKILLS (max of -3) Did they attempt a move and fail? Was there a gross uncontrolled slip or fall? One point per occurrence can be deducted up to a maximum of 3
- RESTRICTED MOVES DEDUCTION (-5 for each occurrence) There are strict parameters around difficulty of skills in select divisions. Any restricted moves performed will result in a 5 point deduction per move from each judge; See DIVISIONS AND LEVELS - Section 2 – Move Caps.

1.1.2 Pole Sport and Aerial Sport – Adult and Masters

ARTISTRY (Maximum of 20 points)

- **EXPRESSION OF THEME** – 5 Points Demonstrates a consistent theme throughout re: Costume, Character, Movement, while showing time and creativity in the development of Costume, Makeup and Hair.
- **DANCE** – 5 Points Demonstrates fluid movement both on and off the apparatus as well as between skills, more than just walking or rolling on the floor, look for movements “between” skills. Are they connected to the theme and are they telling a story? Not looking for professional dance, but looking for ‘thoughtful’ movement.
- **TRANSITIONS** – 5 Points All transitions on the floor should be smooth. Evaluating movements on the floor, around/between the apparatus, as well as movements between skills. Competitor should show effort in making sure all transitions between skills and movements are smooth and seamless without an apparent “pause” to stop or start any movement.
- **MUSICALITY** – 5 Points Demonstrates the ability to use the high/low, weak/strong points of the music, planned movements to specific points in the song. Is the movement specific to this song or could we replace with any other song? Is it incorporated into the movement or is it just background sound?

PRESENTATION (Maximum of 20 points)

- **BALANCED CHOREOGRAPHY** – 5 Points Where applicable, is the competitor using the apparatus and stage evenly? Are skills placed evenly throughout routine (not front loaded)? Are they using the depth of the stage (coming to audience)? Competitors should be presenting unique skills throughout routine, not repeating skills, unless intentional for style.
- **CONFIDENCE** – 5 Points Do they look ready and confident? Evaluation begins from the stage entrance all the way to the stage exit. Body posture and language should speak to confidence, is their head held high or are they looking at the floor? Do they look frightened, disengaged or excited and composed as well as ‘present’?
- **ORIGINALITY** – 5 Points Is the routine original? Look for the overall theme, music, costume (not whether it is good or not, but is it original?) Are their tricks and transitions unique or have you seen them performed the same way many times before?
- **AUDIENCE CONNECTION** – 5 Points Are they connecting with audience in any way (eye contact, emotion)? Are they engaging or entertaining? Do they keep the audience’s attention? Do they turn their energy to the audience at least occasionally? Do they make the audience “feel” something?

TECHNIQUE (Maximum of 60 points)

- **SELECTION** – 10 Points This category is dedicated to evaluating the tricks/moves a competitor selects to present for their strength and flexibility. The competitor should show confidence and conditioning adequate for each skill presented. Tricks are performed with no hesitation or wobble, tricks are performed with lifting, controlled energy, no momentum swinging unless dictated by the skill performed. A competitor will score highly in this category if they are demonstrating the strength/flexibility required for the skill they choose (i.e. perfectly flat split in a jade, smooth/strong lift into handsprings). The competitor will score low here if they are presenting moves that they do not have the appropriate flexibility/strength for the moves they chose.

- **DIFFICULTY OF SKILLS – 10 Points** Aside from strength or flexibility, how difficult are the skills and skill combinations the competitor is presenting? Are they demonstrating moves that are challenging for the level in which they are competing? Evaluation of this category should award competitors points for difficulty if they are able to complete the skill presented. Can you tell what they are trying to present? If the execution is off, that will be evaluated elsewhere, movement should look safe even if it not perfect in order to be considered, if there is a fail in the attempt of the skill, it will not be considered when giving the difficulty score.
- **VARIETY OF SKILLS – 10 Points** Is there variety in the skills and skill combinations the competitor is presenting? Are they demonstrating a range of strength, flexibility and dynamic skills? Evaluation of this category should award competitors points for variety if they are presenting different shapes, patterns, and skills, unless intentional for style.
- **COMBINATIONS – 10 Points** Is the competitor presenting skills in the air which are unique and challenging for the level in which they are competing? Competitor should show effort in making sure all transitions between skills and movements are smooth and seamless without an apparent “pause” to stop or start any movement.
- **EXECUTION – 10 Points** Looking for safe technique when entering, during, and exiting each skill on the pole and on the floor. Are their joints fully extended? Are they holding the skill with their body rather than throwing the skill up and hoping it will stay? Are they in complete control with every movement? Are they conditioned enough for the entire routine?
- **LINES & EXTENSION – 10 Points** Looking for full extension in all joints in every skill and movement, toes are to be pointed in all movements unless deliberately flexed for style, using full extension of their spine and body to present each move when possible.

DEDUCTIONS

- **MISSED SKILLS (max of -3)** Did they attempt a move and fail? Was there a gross uncontrolled slip or fall? One point per occurrence can be deducted up to a maximum of 3
- **RESTRICTED MOVES DEDUCTION (-5 for each occurrence)** There are strict parameters around difficulty of skills in select divisions. Any restricted moves performed will result in a 5 point deduction per move from each judge; See DIVISIONS AND LEVELS - Section 2 – Move Caps.

1.2 ARTISTIC VALUE CONTINUUM

1.2.1 Pole Art

ARTISTRY (Maximum of 20 points)

- **EXPRESSION OF THEME/STORY – 10 Points** A clear, cohesive theme, story or character should be present. Competitor should show a considerable effort in developing their theme throughout the entire performance. This theme should be a prominent part of their performance, not just an afterthought. The audience should feel gripped or drawn in or entertained by the theme.
- **COSTUME AND PROPS – 5 Points** Same minimum costume coverage required as all other CPAC divisions. This division should be creative, multi-textured and innovative. Does the costume portray the theme/character/story presented throughout? Multiple textiles should be used to create an effective translation of the theme. Time and thorough planning should be readily demonstrated. IF competitor is using props, they should show thoughtful use of such prop. It should be used to demonstrate a feeling, idea, or concept and should not become just a static item on stage. The prop should be referred to or used throughout the performance. **PROPS ARE NOT REQUIRED.**
- **MUSICALITY – 5 Points** The music chosen should be engaging, not flat. The music is an integral framework that the performance is built around, competitor should use the high/low points and accents of the song.

PRESENTATION (Maximum of 20 points)

- **ORIGINALITY – 10 Points** Competitor should show a significant ability to present their theme/story/character in a unique and original way. Choice of costume and props should show an effort in finding original expression. Movements on the floor, with props and on the pole, should be presented in a unique fashion (in reference to what is currently happening in the industry).
- **ENTERTAINMENT – 5 Points** Performance should hold the attention of the audience from beginning to end (no flat/boring spots). The audience should feel something when viewing the performance (an emotion, impact, excitement). The competitor should show effort in developing facial expressions, body gestures and in using props/costume and placement of skills within the routine to create an entertaining effect.
- **EXPRESSION – 5 Points** Competitor should use body language, facial expressions and costumes or props to specifically convey a feeling, idea or emotion. Facial expressions and body movements should contain a variety of expression, not the same face the whole time or ballet arms the whole time. The audience should feel/react to the competitor's ability to express well.

TECHNIQUE (Maximum of 20 points)

- Note that there is no sub-division for difficulty. Tricks are not given credit for level of difficulty; instead, the competitor should focus on choosing skills and combinations that are fluid, polished and directly relate/portray their theme/story/character regardless of level of difficulty.
- **SELECTION – 5 Points** This category is dedicated to evaluating the tricks/moves a competitor selects to present for their strength and flexibility. The competitor should show confidence and conditioning adequate for each skill presented, tricks should be performed with no hesitation or wobble; tricks are to be performed with lifting, controlled energy, no momentum swinging unless dictated by the skill performed. A competitor will score highly in this category if they are

demonstrating the strength/flexibility required for the skill they choose. The competitor will score low here if they are presenting moves that they do not have the appropriate flexibility/strength for the moves they chose.

- EXECUTION – 5 Points Looking for safe technique when entering, during, and exiting each skill on the pole and on the floor. Are their joints fully extended? Are they holding the skill with their body rather than throwing the skill up and hoping it will stay? Are they in complete control with every movement? Are they conditioned enough for the entire routine?
- TRANSITIONS – 5 Points All transitions both on the floor and in the air should be smooth. Do they carry their theme/character onto the pole or does it disappear once? Competitor should show effort in making sure all transitions between skills and movements are smooth and seamless.
- LINES & EXTENSION – 5 Points Looking for full extension in all joints in every skill and movement, toes are to be pointed in all movements unless deliberately flexed for style, using full extension of their spine and body to present each move when possible.

DEDUCTIONS

- MISSED SKILLS (max of -3) Did they attempt a move and fail? Was there a gross uncontrolled slip or fall? One point per occurrence can be deducted up to a maximum of 3

1.2.2 After Hours Pole / Floor Flow

ARTISTIC PRESENTATION (Maximum of 40 points)

- DANCE FLOW – 10 Points Competitors should display creativity in movements around the apparatus and on the floor. Focus should be on fluid, clean movements, flow and grace. Movements on the floor, with props and around the apparatus, should be presented in a unique fashion (in reference to what is currently happening in the industry).
- MUSICALITY – 10 Points The music chosen should be engaging, not flat. The music is an integral framework that the performance is built around, competitor should use the high/low points and accents of the song.
- ENTERTAINMENT – 10 Points The audience should feel something when viewing the performance (an emotion, impact, excitement). The competitor should show effort in developing facial expressions, body gestures and in using props/costume and placement of skills within the routine to create an entertaining effect.
- STAGE PRESENCE – 5 Points Performance should hold the attention of the audience from beginning to end (no flat/boring spots). Are they connecting with audience in any way (eye contact, emotion)? Are they engaging or entertaining? Do they keep the audience's attention? Do they turn their energy to the audience at least occasionally?
- BALANCED CHOREOGRAPHY – 5 Points Where applicable, is the competitor using the apparatus and stage evenly? Are skills placed evenly throughout routine (not front loaded)? Are they using the depth of the stage (coming to audience)? Competitors should be presenting unique skills throughout routine, not repeating skills, unless intentional for style.

TECHNIQUE (Maximum of 20 points)

- Note that there is no sub-division for difficulty. Tricks are not given credit for level of difficulty; instead, the competitor should focus on choosing skills and combinations that are fluid and polished.

- **SELECTION – 5 Points** This category is dedicated to evaluating the moves a competitor selects to present for their strength and flexibility. The competitor should show confidence and conditioning adequate for each skill presented, tricks should be performed with no hesitation or wobble; tricks are to be performed with lifting, controlled energy, no momentum swinging unless dictated by the skill performed. A competitor will score highly in this category if they are demonstrating the strength/flexibility required for the skill they choose. The competitor will score low here if they are presenting moves that they do not have the appropriate flexibility/strength for the moves they chose.
- **EXECUTION – 5 Points** Looking for safe technique when entering, during, and exiting each skill. Are their joints fully extended? Are they holding the skill with their body rather than throwing the skill up and hoping it will stay? Are they in complete control with every movement? Are they conditioned enough for the entire routine?
- **TRANSITIONS – 5 Points** All transitions between skills and in movement should be smooth. Competitor should show effort in making sure all transitions between skills and movements are smooth and seamless.
- **LINES & EXTENSION – 5 Points** Looking for full extension in all joints in every skill and movement, toes are to be pointed in all movements unless deliberately flexed for style, using full extension of their spine and body to present each move when possible.

DEDUCTIONS

- **MISSED SKILLS (max of -3)** Did they attempt a move and fail? Was there a gross uncontrolled slip or fall? One point per occurrence can be deducted up to a maximum of 3

1.2.3 Troupes

- **PERFORMANCE QUALITY – 10 Points** The audience should feel something when viewing the performance (an emotion, impact, excitement). The competitor should show effort in developing facial expressions, body gestures and in using props/costume. Competitors should display fluid, clean movements, flow and grace.
- **TECHNICAL EXECUTION – 5 Points** This category is dedicated to evaluating the tricks/moves/dance elements the competitors select to present. The competitors should show confidence and conditioning adequate for each skill presented with full extension in all joints in every skill and movement.
- **CHOREOGRAPHIC EXECUTION – 5 Points** The choreography should display variety in physical levels, use of the full stage and apparatus. The competitors should move with uniformity and clear spacing in each configuration. Movements should be engaging, using the high/low points and accents of the song.
- **OVERALL IMPRESSION – 5 Points** Evaluation begins from the stage entrance all the way to the stage exit. Body posture and language should speak to confidence, appearance should demonstrate time and creativity in the development of Costume, Makeup and Hair as a cohesive group of competitors.

2 FEEDBACK SYSTEM

Feedback is provided through the judge's scorecards. Scorecards consist of points scored as well as comments. Comments contain both positive feedback and constructive critiques.

The aim of judging comments is to provide each competitor with the opportunity to grow and progress. The viewpoint of each individual judge may not reflect the view of the competitor, their designated representative (parent, guardian, or coach) or their teammates. We encourage all competitors to be open to feedback towards areas in which they may improve.

At no time should a competitor communicate with a member of the judging panel regarding their scores. No public discussion, comment or dispute of judging scorecards will be tolerated, including online forums and social media. All scoring inquiries are to be directed solely to the CPAC director.

3 SAMPLE SCORE CARDS

See following All Division Score Cards 2026. These are the score cards used by the educated judges.

Score cards will be provided in English only.



JUDGING SCORESHEET

Entry, Amateur, Semi Pro, Pro
 Mens, Masters, Doubles Pole
 Aerial Hoop 1, 2, Masters
 Aerial Hammock 1, 2, Masters
 Doubles, Specialty Aerials

Technical Elements	Max Value	Score	Notes
SELECTION OF SKILLS	/ 10		
DIFFICULTY OF SKILLS	/ 10		
VARIETY OF SKILLS	/ 10		
COMBINATIONS	/ 10		
EXECUTION OF SKILLS	/ 10		
LINES AND EXTENSION	/ 10		
Total Technical Element Score		0	

Artistry	Max Value	Judge 1	Notes
EXPRESSION OF THEME	/ 5		
DANCE	/ 5		
TRANSITIONS	/ 5		
MUSICALITY	/ 5		
Total Artistic Score		0	

Presentation	Max Value	Judge 1	Notes
BALANCE IN CHOREOGRAPHY	/ 5		
CONFIDENCE	/ 5		
AUDIENCE CONNECTION	/ 5		
ORIGINALITY	/ 5		
Total Artistic Presentation Score		0	

Deductions			
MISSED SKILLS *-1 per missed skill, to a maximum of -3	- 3		
RESTRICTED MOVES *Entry, Amateur, Aerials Level 1 Only	- 5		

Comments:



JUDGING SCORESHEET

Pole Sport Novice and Junior
Aerial Hoop Novice and Junior
Aerial Hammock Novice and Junior

Technical Elements	Max Value	Score	Notes
SELECTION OF SKILLS	/ 10		
EXECUTION OF SKILLS	/ 10		
VARIETY OF SKILLS	/ 5		
COMBINATIONS	/ 5		
LINES AND EXTENSION	/ 5		
Total Technical Element Score		0	

Artistry	Max Value	Judge 1	Notes
DANCE & THEME	/ 5		
TRANSITIONS	/ 5		
MUSICALITY	/ 5		
Total Artistic Score		0	

Presentation	Max Value	Judge 1	Notes
BALANCE IN CHOREOGRAPHY	/ 5		
CONFIDENCE	/ 5		
AUDIENCE CONNECTION	/ 5		
Total Artistic Presentation Score		0	

Deductions

MISSED SKILLS *-1 per missed skill, to a maximum of -3	- 3		
RESTRICTED MOVES	- 5		

Comments:



JUDGING SCORESHEET

Technical Elements	Max Value	Score	Notes
SELECTION OF SKILLS	/ 5		
EXECUTION OF SKILLS	/ 5		
TRANSITIONS	/ 5		
LINES AND EXTENSION	/ 5		
Total Technical Element Score		0	

Artistry	Max Value	Judge 1	Notes
EXPRESSION OF THEME	/ 10		
COSTUME AND PROPS	/ 5		
MUSICALITY	/ 5		
Total Artistic Score		0	

Presentation	Max Value	Judge 1	Notes
ORIGINALITY	/ 10		
ENTERTAINMENT	/ 5		
EXPRESSION	/ 5		
Total Presentation Score		0	

Deductions			
MISSED SKILLS *-1 per missed skill, to a maximum of -3	- 3		

Comments:



After Hours Floor Flow 1 and 2
 After Hours Pole 1, 2 and Masters

JUDGING SCORESHEET

Technical Elements	Max Value	Score	Notes
SELECTION OF SKILLS	/ 5		
EXECUTION OF SKILLS	/ 5		
TRANSITIONS	/ 5		
LINES AND EXTENSION	/ 5		
Total Technical Element Score		0	

Artistic Presentation	Max Value	Judge 1	Notes
DANCE FLOW	/ 10		
MUSICALITY	/ 10		
ENTERTAINMENT	/ 10		
STAGE PRESENCE	/ 5		
BALANCE IN CHOREOGRAPHY	/ 5		
Total Artistic Presentation Score		0	

Deductions

MISSED SKILLS *-1 per missed skill, to a maximum of -3	- 3		
---	-----	--	--

Comments:



JUDGING SCORESHEET

Technical Elements	Max Value	Score	Notes
TECHNICAL EXECUTION	/ 5		
CHOREOGRAPHIC EXECUTION	/ 5		
Total Technical Element Score		0	

Artistic Presentation	Max Value	Judge 1	Notes
PERFORMANCE QUALITY	/ 10		
OVERALL IMPRESSION	/ 5		
Total Artistic Presentation Score		0	

Comments: