

AIPDC Guidelines

Explanation & description guidelines of updated categories for the AIPDC, effective from 2022 onwards.

The intention of Level guidelines is to:

Ensure that someone can perform movements safely.

Compare similarly advanced competitors to each other.

The decision to enter a level should first be based on safety (capability & confidence in performing tricks) and second on deciding what way you'd like to challenge yourself.

All categories are mixed sex.

Advance category – Restricted - **Instructors cannot enter this category.**

In all moves, competitors must maintain three points of contact with the pole while inverted, while the entire body weight is being supported by the pole.

Release moves (complete release of all contact points) with torso rotation are not allowed.
Ex. fonji or half-fonji.

Examples of 2 points of contact moves not allowed;

Supported Sailor Back Bend

One handed Parallel split

One hand flying split

Handsprings

Air walk

Extended Hand

Iron x / pencil

X pose / starfish

Handstand plank

1 Handed Butterfly

Elbow grip straddle

Knee Hold Hands off

Cupid hands off

If unsure please check with the organiser.

Exceptions to the three points of contact rule: Cross ankle / knee release. Spins.

Must use both spinning and static poles.

Elite category

If you are competing at Elite Level it is advised that you can safely execute at least 3 moves with 1-2 points of contact while inverted.

Previous competition or performance experience is recommended but not a requirement.

Must use both spinning and static poles.

Professional Category - Anyone who has placed 1st or 2nd in a previous competition or with over 2 years performing experience must enter this category.

No restrictions on moves.

Must use both spinning and static poles.

Doubles Category

No restrictions on moves

Must use both spinning and static poles.

Over 40's Category

Competitors must be the correct age for their category on the date of final.

No restrictions on moves.

Must use both spinning and static poles.

Must use both spinning and static poles.

