

**ALL YOU NEED
TO KNOW
ABOUT PSO!**



WHAT WE'RE GONNA COVER:



What is PSO?

Who Qualifies?

What are the Categories and Levels?

What are the Rules?

How can I sign up?

Bonus info and Resources!

YOUR WORKSHOP GUIDE

- Hello! I'm Elspeth 😊
- I've competed many times with PSO and judged several PSO competitions!
- I'm running this session because:
 - I think PSO is the best entry-level competition out there
 - I want to get as many people on stage as possible!
 - I've got a ton of firsthand experience with competing and an urge to share it with you all

You can find me on Instagram - @itselspeth!



WHAT IS PSO?

PSO is...

A worldwide competition franchise calling for pole dancers of ALL levels and styles!

A great opportunity to create something yourself and tell your story on stage!

A great place to meet new pole friends from across Canada!

A chance to grow your performance skills and comfort onstage 😊

Coming to Toronto October 1-2nd 2022!
@ The Miles Nadal JCC (Bloor & Spadina)



POLE SPORT ORGANIZATION



WHO QUALIFIES?

Anyone 18+, at any experience level - whether
you've taken one pole class or trained for
thousands of hours. That's it. 😊

WHAT ARE THE CATEGORIES AND LEVELS?

Keep an ear out for what speaks to you!

Categories & Levels

- **Championship**
- **Floorwork & Low Flow**
- **Doubles & Groups**
- **Dramatic**
- **Entertainment**
- **Exotic**
- **Freedance**
- **Showcase, Showcase+**
- **Level 1**
- **Level 2**
- **Level 3**
- **Level 4**
- **Level 5**

Categories

- **Championship** →
- Floorwork & Low Flow
- Doubles & Groups
- Dramatic
- Entertainment
- Exotic
- Freedance
- Showcase, Showcase+

- Traditional technical competition experience
- Focus on technique, artistry and difficulty
- Judged based on the technical judging system

This category might be for you if:

- You love the strength side of pole
- You don't want to worry about story or theme, you just want to create cool combos and wow the audience with your skills!

Categories

- Championship
- **Floorwork & Low Flow** →
- Doubles & Groups
- Dramatic
- Entertainment
- Exotic
- Freedance
- Showcase, Showcase+

- Focus on dance around the pole and on the floor, without the aerial element.
- Can be sensual or sexy, contemporary and lyrical, or some mix of many styles.
- Can't go higher on the pole than hands reaching over your head.
- Judged based on the technical judging system

This category might be for you if:

- You love basework and low tricks, but don't really feel like you want to climb to the top of the pole
- You want to focus more on a dance style than on tricks

Categories

- Championship
- Floorwork & Low Flow
- **Doubles & Groups** →
- Dramatic
- Entertainment
- Exotic
- Freedance
- Showcase, Showcase+

- Doubles or groups of up to 6 people
- Judged based on the technical judging system
- No levels!

This category might be for you if:

- You want to get on stage with your bestie!
- You want to explore new intricate doubles tricks that you don't always see on stage
- You don't want to be confined by a category

Categories

- Championship
- Floorwork & Low Flow
- Doubles & Groups
- **Dramatic** →
- Entertainment
- Exotic
- Freedance
- Showcase, Showcase+

- Less focus on trick difficulty and more on storytelling, emotion, and artistry
- Judged based on the artistic judging system

This category might be for you if:

- You want to tell a unique story on stage
- You love making eye contact with the audience, but like in a dramatic way
- You want to do something creepy, sad, intense, whimsical, etc

Categories

- Championship
- Floorwork & Low Flow
- Doubles & Groups
- Dramatic
- **Entertainment** →
- Exotic
- Freedance
- Showcase, Showcase+

- Focused less on trick difficulty and more on creating a comical or upbeat piece
- Judged based on the artistic judging system

This category might be for you if:

- You want to tell a story that's hearwarming, uplifting, or just downright hilarious
- You want to make your audience laugh, smile, and cheer alongside you

Categories

- Championship
- Floorwork & Low Flow
- Doubles & Groups
- Dramatic
- Entertainment
- **Exotic** →
- Freedance
- Showcase, Showcase+

- A celebration of sensual movement and concepts. Slink, slide, body wave, and hip roll!
- Heels welcome but not required.
- Judged based on the artistic judging system

This category might be for you if:

- You want to serve something sensual and silky, or something powerful and hypnotic
- You want to dance in heels on stage

Categories

- Championship
- Floorwork & Low Flow
- Doubles & Groups
- Dramatic
- Entertainment
- Exotic
- **Freedance** →
- Showcase, Showcase+

- This category is a freestyle dance category.
- PSO selects the music, with a stage time limit of 3:10
- Judged based on the artistic judging system

This category might be for you if:

- You love freestyling in class
- You don't want to worry about choreographing a routine, you just want to see what happens on stage!

Categories

- **Championship**
- **Floorwork & Low Flow**
- **Doubles & Groups**
- **Dramatic**
- **Entertainment**
- **Exotic**
- **Freedance**
- **Showcase, Showcase+**

- An opportunity for individuals or groups to get on stage without the competition aspect!
- Showcase - get on stage in a non-competitive setting
- Showcase+ - non-competitive, but you will still be provided with judge feedback

This category might be for you if:

- You don't want to be in a competitive space when performing
- You don't want to worry about category guidelines, song length restrictions, or aren't looking for feedback at this time.

Levels

- **Level 1 – The Beginner**
- Level 2 – The Floor Inverter
- Level 3 – The Air Inverter
- Level 4 – The Advanced Poler
- Level 5 – The Elite Poler

"I'm a beginner poler who cannot invert, or I'm learning inverts, but cannot yet perform them consistently or cleanly. I'm not an instructor nor a paid performer."

- Hips must be below shoulders when on the pole
- No kips, no presses to balances
- May use both spin and static but not required to use both
- Maximum length = 2:30

Levels

- Level 1 – The Beginner
- **Level 2 – The Floor Inverter**
- Level 3 – The Air Inverter
- Level 4 – The Advanced Poler
- Level 5 – The Elite Poler

"I can invert confidently and cleanly from the ground, but cannot yet perform aerial inverts consistently or cleanly. It's ok if I'm an instructor or paid performer, but I do not teach inverts in my classes."

- Descending inverts allowed
- 3 points of contact when upside down on the pole, in shapes and transitions (some exceptions)
- Must use both poles
- Maximum length = 3:00

Levels

- Level 1 – The Beginner
- Level 2 – The Floor Inverter
- **Level 3 – The Air Inverter**
- Level 4 – The Advanced Poler
- Level 5 – The Elite Poler

"I can invert confidently from the air, but cannot yet hold handsprings consistently or cleanly."

- Hips must be below shoulders when on the pole
- 3 points of contact when upside down on the pole, in shapes and transitions (some exceptions)
- Must use both poles
- Maximum length = 3:30

Levels

- Level 1 – The Beginner
- Level 2 – The Floor Inverter
- Level 3 – The Air Inverter
- **Level 4 – The Advanced Poler**
- Level 5 – The Elite Poler

"I can perform moves with 2 points of contact, such as handspring, ayesha, or cocoon. I may only be able to perform a single entrance or exit to my hardest moves."

- Release moves with torso rotation are not allowed. Ex. fonji or half-fonji
- Must use both spin and static
- Maximum length = 4:00

Levels

- Level 1 – The Beginner
- Level 2 – The Floor Inverter
- Level 3 – The Air Inverter
- Level 4 – The Advanced Poler
- **Level 5 – The Elite Poler**

"I can perform many 2 points of contact moves, and have many entrances, exits, and combinations of my hardest moves."

- Highly recommended that you have performed or competed before for this level
- No move caps
- Must use both poles
- Maximum length = 4:00

Age Groups and Split Level Categories

- Junior: 18-29
 - Senior: 30-39
 - Master: 40-49
 - Grand Master: 50+
- With 6 leveled categories, 5 levels, and 4 age groups... we end up with a total of ~120 categories!
 - Sometimes age groups and levels get combined
 - You might see something like Dramatic L2/L3 Junior/Senior
 - For this competition, in L5, all artistically judged categories are combined together to form "Artistic"

A NOTE ON SANDBAGGING

PSO's definition of sandbagging is someone who goes down two levels from their actual skill level, in order to gain an unfair advantage against others.

As a competitor, you must be fair and truthful in your self-assessment of skills in determining your appropriate Level.

While putting together a routine, if you are finding it hard to avoid using moves from the level above, take that as an opportunity to move up to the next level.

Also see: rules about leveling up

QUESTIONS ABOUT CATEGORIES, LEVELS OR AGE GROUPS?

Note: If you're ever unsure about a level or allowed moves within a given level, you can email info@polesportorg.com and they'll tell you all you need to know!



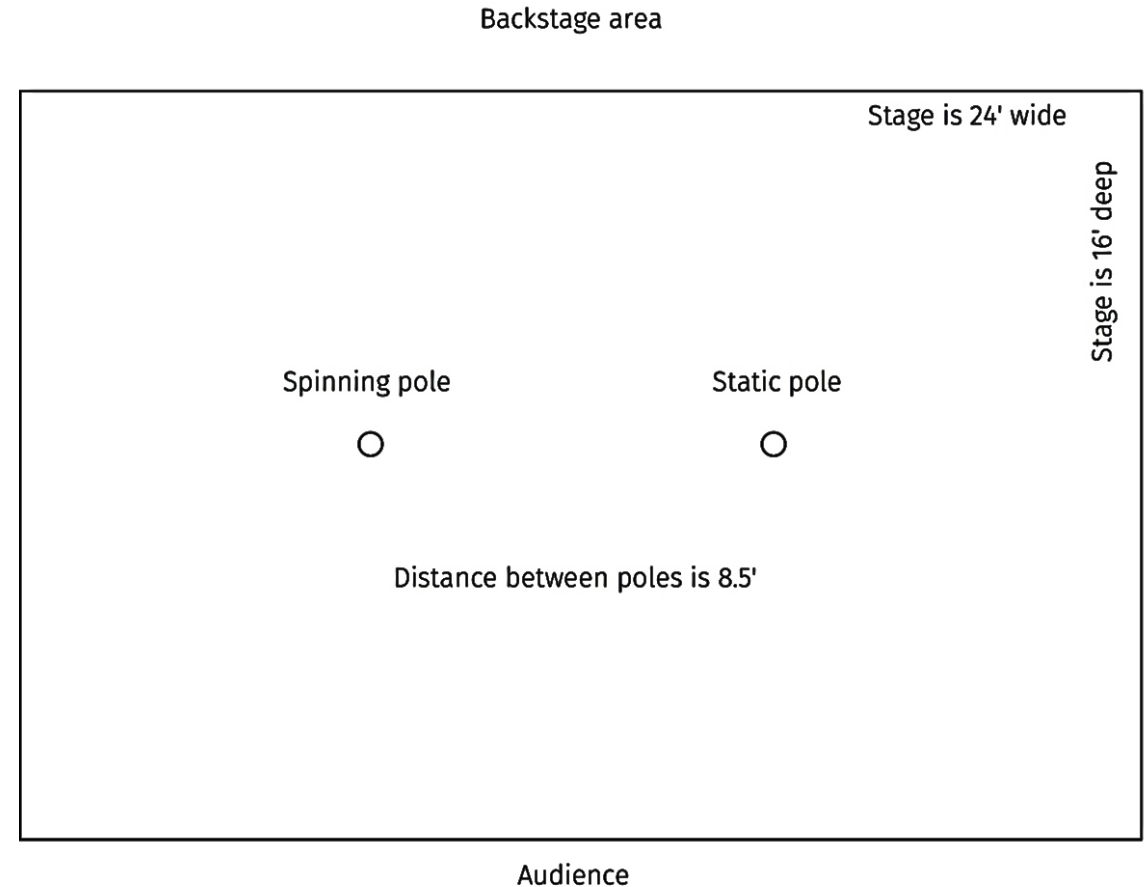
WHAT ARE THE RULES?



This is where you might want to whip
out that pen & paper...

Pole Setup

- 2x45m chrome xpoles, about 12ft!
- Previous years entrance/exit has been stage left
- 8.5ft between poles, train with this distance so it doesn't surprise you on the day of!
- There has been a small amount of time given for pole testing in the past, but it's a bit chaotic. No time to run full routine, but you can check pole stick, distance, and spininess of pole.



Music!

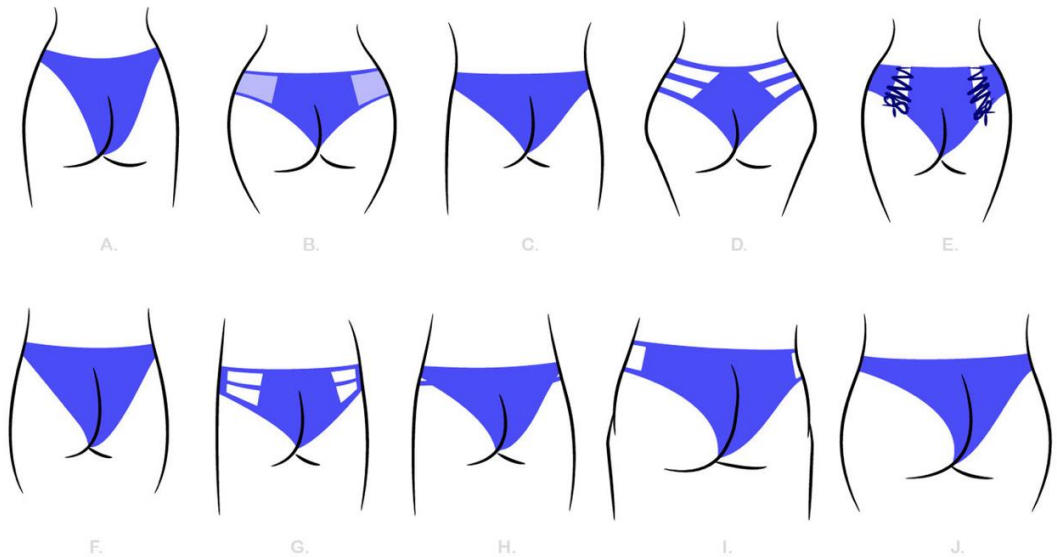
- Any song, or mix! Must be .mp3 .mp4 or .wav format. Name the music file with your name, category, level, and age group
- Whatever quality you submit will be the quality they play for you
- Expletives are allowed, the N word is not.
- Bring a backup copy of music on a USB stick on the day of. You might think you don't need it, but you do. I have...

Time limits by level:

- **Level 1:** 2:30
- **Level 2:** 3:00
- **Level 3:** 3:30
- **Level 4:** 4:00
- **Level 5:** 4:00
- **Showcase or Showcase+:** 4:00
- **Doubles/Groups:** 4:00
- **Freedance:** PSO will play a song for you between 2:50-3:10
- No minimum performance time for categories, but I recommend using 80-100% of the max time limit

Costumes

- Coverage requirements - tops must cover as much skin as a regular bra. Bottoms - no thongs or g-strings.
- You can wear boots, shoes or go barefoot!
- If clothing is removed from your body, it is a PROP and must be declared!
- Watch out for deductions – wear pasties & try out some double-sided tape!



POLE SPORT
ORGANIZATION

Props!

- Anything that you want to bring onstage needs to be declared
 - I.e. filling out the prop declaration form for PSO
- Props can't bear your full bodyweight when on the pole (aka no pole silks)
- Human props are allowed!
- There's a deadline for prop submission – take a look at the PSO event package for more info.

Some things to not bring...

- The elements: fire, water, glitter...
- Smoke machines, things requiring an outlet
- Dildos, visible lower body genitalia, real or otherwise
- Pets or live animals
- Anything exceeding the dimensions of 7' tall, 5' wide, and 3' deep (2.1336m tall, 1.524m wide, 0.9144m deep)
- Anything exceeding a weight limit of 25 lbs

Scoring

- 100 points up for grabs
- Broken down between artistry, technique, mastery of your routine, and other category-specific fields
- [See sample scoresheets here!](#)
- [See element definitions here!](#)
- E.g. artistic scoresheet:

SCORE			JUDGE 1	JUDGE 2	JUDGE 3
ELEMENTS					
Clarity of concept	(Tiebreaker)	/25			
Stage presence		/15			
Quality of execution		/10			
Musicality		/10			
Flow and fluidity		/10			
Uniqueness of performance		/10			
Category appropriateness		/10			
Level appropriateness		/5			
Stage etiquette		/5			
Deductions					
TOTAL		/100			

Some Examples of Deductions

Level/Category

- Clear violation of level restrictions (-25)
- Not using both poles (if required) (-25)
- Mild level violation (-5)
- E.g. doing an Ayesha in L3, vs. accidentally using only 2 points of contact during a transition in L3

Costume

- Intentionally exposing, or unintentional costume exposure issues (-25)
- Lower genitalia (-10), breasts (-5), or mild violations (-2)
- Please wear pasties just in case!

General/Safety

- Bailing out of a move that's too difficult for your skill level (-20)
- Human props touching poles, any contact with the truss
- Not finishing your routine

This list is not exhaustive, so please read the [full list of deductions here!](#)

Other Rules

Misc. things

- No clay or rosin-based grips allowed, ITAC particularly
- Pole gloves are allowed!
- No licking the poles!
- Doubles/groups and showcase can choose pole configurations, everyone else has stage right spin, stage left static

General Guidelines

- Be supportive! It's a competitive environment, but these experiences are the best when we all root for each other 😊
- Get your music and props in on time! There are late fees!
- For this event, masks are required at all times for everyone, unless performing



QUESTIONS ABOUT THE RULES OF THE COMPETITION?



HOW TO REGISTER

The PSO Website and the PSO Portal
are all you need!



2022 Compete - Canada East - Toronto

\$119.00

Type

Competitor Entry Fee



☒ I agree to the [waiver of liability](#). *

\$119.00 - ADD TO CART  (1 ITEM)



CONSISTENTLY
PROFESSIONAL



ALL BUTTS WELCOME
(WE'RE INCLUSIVE)



MORE THAN
30 LOCATIONS

<https://polesportorg.com/collections/competitors/products/2022-compete-canada-east-toronto>

Pole Sport Organization

[Cart](#) > [Information](#) > [Payment](#)

Express checkout

shop Pay

G Pay

OR

Contact information

Email

☒ Email me with news and offers

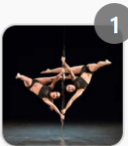
Billing address

Country/Region
Canada

First name

Last name

Address



2022 Compete - Canada East - Toronto
Competitor Entry Fee

\$119.00

Gift card or discount code

Apply

Total

USD **\$119.00**

HAVE YOUR
MOMENT



DASHBOARD



REGISTER TO COMPETE

Register.

Create a new account. Already have an account? [Log in here!](#)

First name

Last name

Email

Password

Confirm password

Date of birth

Instagram handle

<https://register.polesportorg.com/Account/Register>

MY UPCOMING EVENTS

2020 PSO UNITED CYBERCHAMPIONSHIPS

Online, Online



STAGE NAME : Evey

STUDIO : 3Sixty Dance And Fitness

CATEGORY : Championship

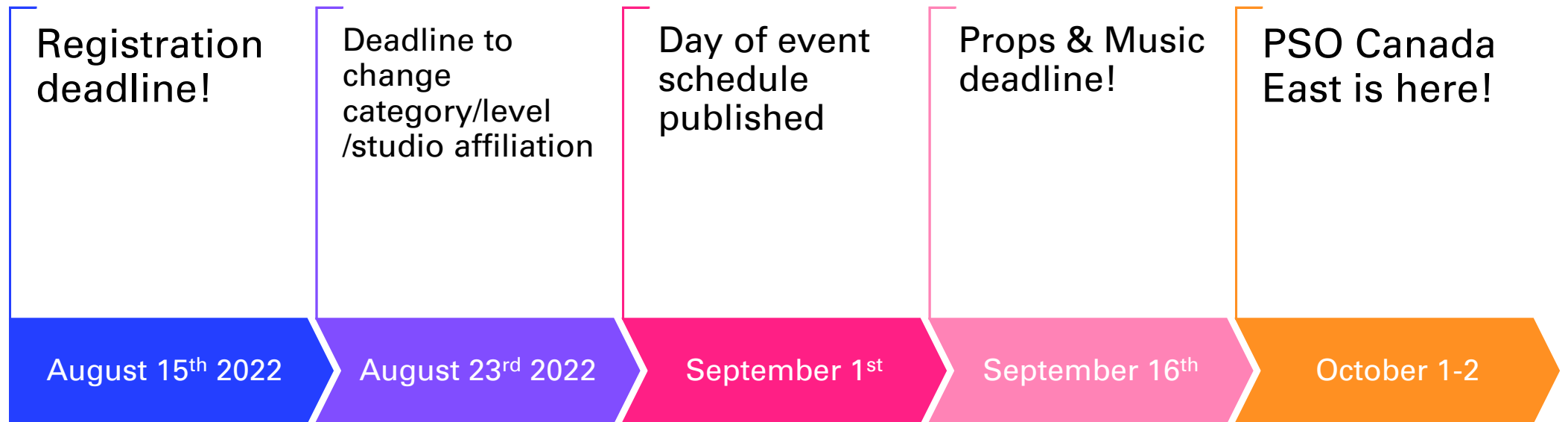
LEVEL : Level 5

AGE GROUP : Junior

PHOTO/VIDEO PACKAGE :

MENU ≡	PHOTO/VIDEO MENU ≡
EDIT INFO	PURCHASE PHOTO/VIDEO
COMPETITOR PACKET	REVIEW PROOFS
SCHEDULE	DOWNLOAD PHOTOS
UPLOAD MUSIC	DOWNLOAD VIDEO
REVIEW MUSIC	
UPLOAD PROPS	
REVIEW PROPS	
UPLOAD IMAGE	
PROMO PIC	
CANCEL REGISTRATION	

What are the deadlines?



On show day:

- Arrive early! Pole testing is typically at the start of the day
- Make sure you check in, you need to get a wristband to access backstage (only competitors allowed backstage)
- Bring water and snacks!
- Keep your USB with music on you at all times!
- Wear warm clothes (that won't ruin your hair/makeup)
- Bring anything you need to stretch, relax, and get ready for the stage!

COMPETITOR TO DO LIST

- ☐ Register to compete!
- ☐ Join the Facebook group for competitors!
- ☐ Book hotel/travel (if required)
- ☐ Purchase your photo/video package (if you wanna)
- ☐ Submit music (required) and props (optional) via the Portal
- ☐ Review costume rules for coverage requirements
- ☐ Download your promo image from the Portal and share!
- ☐ Save music to USB and bring on the day of the event

Any Questions?!

MUST-HAVE RESOURCES

Things you should 100% check out on your own before signing up!

- [PSO's Full Rules Documentation](#)
- [PSO Canada East Info/Event Packet \(if competing in Oct\)](#)
- [Scoresheet rubric for your category](#)

Other things I recommend looking at before performing

- Other performances in your category/level – check YouTube!
- Your schedule! Competing can be a big endeavor, so make sure you don't have something else that's huge coming up in the next few months (e.g. a move, a thesis defense...)

NEED A LITTLE HELP GETTING STARTED?

- **Intro to Act Creation** next weekend! Same time, same place!
 - I'll dive into giving evocative and effective performances for any category, with a slight focus on PSO, but applicable to other performances as well!
 - Tips, tricks and best practices for the creation process + a mini worksheet you can use to start planning out your own performance.
 - A chance for you to ask specific questions about competition prep and the creation process!

Find your supports! Your coaches and fellow competitors are here for you & ready to help you make it through this journey!

NOT COMPETING?

- Come spectate!
- Volunteer to be a pole kitten!
- Experienced PSO competitors can volunteer to judge!
- Spectator tickets here! (Not yet for sale)
- More volunteer info here:
 - Volunteer Sign Up Forms
 - Volunteer Duties and Info



PHOTO & VIDEO

- If you wish, you can purchase professional photos and videos of your routine from PSO
- \$49 Photo Only: 20 photos, selected by you
- \$49 Video Only: A crisp, smooth single camera tracking HD video of your performance
- \$89 Photo & Video: The best of both worlds, 20 beautiful photos of your choice and the clear HD video of your whole performance.
- Can purchase via the PSO portal
- You can also film/take photos with your phone camera



PROMO PHOTOS/VIDEOS

- After registering, upload a photo to the portal to get your own promo photo!
- These are just for your own promo/posting to Instagram, etc.



MY (SOLO) COMPETITION EXPERIENCE

PSO US Nationals in LA (August 2018)
Championship Level 3 (My first Competition!)



Placed 7th of 9, but received a lot of valuable feedback

PSO Canada East in Toronto (December 2018)
Dramatic Level 4



Placed 2nd of 6! The support team I had made all the difference.

PSO Canada East (October 2019)
Dramatic Level 4... again



1st place! Lots of prep and thought put into this one put it over the edge

PSO United (June 2020)
Championship Level 5!



2nd place! Learned a lot about competing virtually... and pushed myself into the pro realm

Pole Theatre Canada (June 2022)
Professional Pole Drama



Overall Winner! I lone-wolfed this one, but this time it worked. The reason why? All of the above experience!

WRAPUP

- Thanks for coming! I hope to see you at PSO!
- Looking for more info/supports?
 - You can find all the info you need for this competition at polesportorg.com
 - You can email info@polesportorg.com anytime with competition-related questions, they're pretty quick to respond!
 - You can find me on Instagram [@itselspeth](https://www.instagram.com/itselspeth), happy to answer any questions that pop up after the fact!
 - Your instructors and pole friends are here for you! You've got this!