



Advancement and Accreditation Program

Preparing your grading video:

Make sure you have an up to date AAP pole dancer membership.

If your AAP membership is up to date you can use your free on-line grading (subsequent gradings cost £15 each).



Have a look at our grading sheet so you can see how to structure your video.

Make sure your video captures all of your body so you don't disappear off screen.

Spins must be performed on a static pole but static

moves can be performed on either static or spinning pole.

Make sure you give the camera the best angle for your tricks.

Warm up: To pass the warm up element you must successfully complete at least 5 of the 7 boxes.

Isolated Moves: You need to demonstrate 10 chosen from the chosen level of the syllabus. Each move will be marked out of 10. Please see the scoring guidelines for more detail. Spins must be performed on a static pole so we can assess momentum. Tricks should be held for at least 3 seconds.



Routine: You must demonstrate your chosen 10 moves within a routine. You may wish to add additional moves to your routine from other levels of the syllabus. Extra transitional moves will get you a higher score. The routine will be marked on three sections each given a score out of 10. You need to score a minimum of 15 to pass this element. Please use the scoring guidelines to help you.

Transitions - creative linking between the moves with proper form of transitions used

Fluidity - Is the routine smooth and appealing to the eye. In general, are lines maintained throughout. Do moves flow smoothly from one to the other without hesitation, choppiness or repetition?

Creativity – Does the performer put their own style into the routine? Do they find interesting ways in and out of their moves? Have they choreographed something original or different?

Cool down: You need to complete at least 5 out of the 7 boxes to pass this element.

Scoring Guidelines:

A score of 1-2 out of 10 = Limited – beginner, reserved, restrained, multiple faults.

A score of 3-4 out of 10 = Basic – fundamental, simple, beginner. Several faults.

A score of 5-6 = Intermediate – average, passable, competent. Few faults noted.

A score of 7-8 = Advanced – above average skill, complexity, or creativity. No errors.

A score of 9-10 = Master - expert, authority, mastery. Extreme control.

A score of 10 is rarely used so the maximum mark awarded would normally be 9.5.

Submitting your grading video:



1. Youtube - Upload your videos to youtube and then send us the link for each video. You can set your videos as unlisted so that we can view them but no one else can see them unless you send them the links.

2. File Sharing Program - Using a program such as dropbox you can send us a shareable link. When you look at your shareable folder there will be an option to create a shareable link, copy the shareable link then send it to us so we can pass it to one of our grading assessors. Please don't just make the folder viewable to the PDC e-mail address as we are then unable to forward it to the relevant grading assessor.

Don't forget to either title your videos with the names of the moves you are submitting or send us a list via e-mail of the moves in the order they appear.

Please make sure you have read the FAQ's and grading sheets carefully before submitting your grading.

Your video will be referred to one of our grading assessors and you will receive an e-mail confirmation so you know your video has been referred.



Post grading advice:

After assessment you will receive an e-mail confirming your results.

Successful candidates will receive a dancer logo for use on social media to promote your success.

If you are successful in your grading exam you can purchase a certificate for £5 (plus postage)

Successful gradings will be recorded on your profile on the PDC website so others can see your success.

If you fail your assessment you can submit another video at any time for £15.

If you wish to appeal against the scores just drop us an e-mail for full details of our appeals procedure.

If you have any questions about the grading process please e-mail:

info@poledancecommunity.com with the subject of 'grading'. You can also use the private

instructors only forum to discuss all elements of the AAP scheme as well as reading previous advice and updates from other members.