



Pole Fitness

Pole Fitness is an extension of pole dancing that uses the pole to its maximum potential as a versatile piece of fitness equipment. It works the whole body, improving muscle tone, flexibility, coordination, posture as well as upper body and core strength.

Categories:

AMATEUR

The performer is practicing the following category less than 2 years, masters basic skills of pole dancing, does not have sport background (category, master of sports, or Candidate Master of Sports), does not have any teaching/training/instructor activity in any Pole dance schools/studios. Does not have any medal places in any other festivals or competitions in this category.

SEMI PRO

The performer is practicing the following category between 1 and 3 years. The performer can have dance/sport background (category, master of sports, or Candidate Master of Sports) and/or has any teaching/instructor activity neither in Pole dance schools/studios. Has taken part in any other festivals or competitions in this category and/or has one of the prize places.

PROFESSIONAL

The performer is practicing the following categories: Pole Dance, Pole Sport for more than 3 years, has dance/sport background (category, master of sports, or Candidate Master of Sports), and/or carry on any teaching/instructor activity in one of Pole dance schools/studios, and/or has taken part in any other festivals or competitions in this category and has one of the prize places.

Nominations of the event

The event is presented by the following nominations:

- Twists, tricks, routine on a pole – 60%
- Parter (floorwork) choreography – 40%

It's obligatory to keep percentage between trick and choreography parts (as reported above).

2 poles usage during the performance (Static/Spin) – *obligatory*

It is allowed to use on stage - 1 item (additional subject has to be a part of the main idea of the performance and to be a part of the Character of the performer).

Forbidden – to use any type shoes (such as gymnastic footwear, dancing slippers, strips, jazz shoes etc).

Stage costume



1. The costume of the participant should be appropriate for the performance on the pole. The costume of the participant should correspond to the announced image and style of the performance.
2. The participant can perform in wristlets on hands or legs, in knee-guards.
3. The participant cannot perform in special gloves/half-gloves, in special socks/half-socks for the gripping with the pole.
4. It is prohibited to use the costume which can strip intimate parts of the body, or to use transparent cloths.
5. It is prohibited to use the costume and any parts of the costume, made of latex, thorns, and other sharp things (glass, pins, needles etc.).

Music

1. Text of the music mustn't have vulgar language, unseemly language, racial and sex abuses, calls for the kindling of racial and national conflicts, mustn't have mentions of acts of terrorism, propaganda of drugs and not a healthy lifestyle, hints at sexual actions.

2. Length of the music for the performance of the participant:

	Amateur	Semi Pro	Professional
Pole Fitness	2 min 30 sek – 3 min	3 min – 4 min	3 min 30 sek - 5 min

Estimation criteria of participant's performance

1. In the performance a participant should demonstrate elements on the pole of different groups, there should be elements demonstrating stretching; strength elements; jumps; drops; overturns; spins.

2. In category "Amateur" it is forbidden to use following elements *Deadlift, Muscle ups, Iron x, Fonji, Flips, Russian Split, Starfish, Rainbow Marchenko*.

3. Judges assess the performance of the participant according to the individual assessment sheet.

Criteria		Description	Score (max)
Technicality and Aesthetics	Strength	Performance technique of strength elements	10
	Dynamic	Dynamic changes, jumps, drops, flips, spins	10
	Flexibility	Performance aesthetics of flexibility elements (including pointed toes, straightened knees)	10
	Transitions	Smooth transitions on pole and floor	10
Choreography	Proportion	Overall choreographic on the pole and on the floor; use of stage (space)	10
	Clean execution	Lines, cleanliness, fluidity. Pointed toes, knees. Clean body lines.	10
	Musicality	Music choice suitable with the dance; getting into the rhythm of a musical composition, accents	10
	Stage presence	Emotional expression. Work with the audience.	10



Costume	Creativity	Creative choice and originality of the character/costume	10
	Character	Correspondence of costume, make-up, hairstyle and props to the performance	10
		TOTAL:	100

4. Penalty points for the breaking rules/conditions of the performance of the participant, and also for the breaching event regulations:

Falling from the pole and/or on the floor	1 point for each occurrence
Wiping hands against the pole or body parts (e.g. legs)	2 points for each occurrence
Usage of only one pole in a performance	5 points
Violating regulations regarding the costume and appearance, including intentional and/or unintentional exposure of intimate body parts	5 points
Performing the following moves in the “Amateur” category: Deadlift, Muscle ups, Iron x, Fonji, Flips, Russian Split, Starfish, Rainbow Marchenko	5 points, the Competitor shall be moved to the appropriate category
Usage of the permitted pole grip aids on the pole and not on the Competitor’s hands or body	Disqualification
Usage of the prohibited pole grip aids	Disqualification

Total number of points is summed up on the individual assessment sheet taking into account penalty points and entered in the official protocol of the event.

Panel of judges

1. Each judge assesses the participant according to estimation criteria and puts points into the approved by “Organizer” individual assessment sheets.
2. Judges have a right to shift “Participant” from one category to the other, if it was decided unanimously.
3. Judges have a right to stop the performance of “Participant” at any time, if they think that there is danger for the health and safety.
4. The final decision about the repeated performance of “Participant” is taken by judges, if the dance was stopped.
5. Judges have a right to disqualify “Participant”, broken the rule/rules, at any moment of the event.

Winning places and rewarding

1. In each nomination and category one participant wins with the most number of points and gets 1, 2 and 3 places.
2. For the 1, 2, 3 place in each nomination and category there is awarding of cups, diplomas and valuable prizes from the event sponsors.



Setup of pole on stage

The Organizer has to give two poles, diameter 45mm, height till 4,0 m, one static, the second spin. Distance from the pole to the edge of the stage – not less than 2 m. Distance between the poles – not less than 2,5 m. Position of pole : from the left side spin / from the right side statics (if viewed from the auditorium to the stage). Change of pole modes is **not allowed**.

Allowed grip aids

Allowed grip aids are (Ocun, Mamut, Mighty grip, Dry Hands, dry magnesium). Grip aids that its hard to clean or leave a residue on equipment after cleaning are not permitted (wax of any firms, rosin, resin). Grip aids are permitted if applied to the body only. You may not apply grip aids directly onto the equipment. In case of usage of forbidden grip aid – DISQUALIFICATION