



RULEBOOK

2023

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Please read the rulebook, including the category descriptions, completely before you register. A later re-registration is liable to pay costs and may not be possible, as all places are limited!

IMPORTANT SHORT INFO

LOCATION

KulturWerk Wissen
Walzwerkstr. 22
57537 Wissen
Germany

DATE & TIME

27. Mai 2023
Check In 7.00-12.00 Uhr
Competition time 9:30-21:00
Afterwards still celebrate together!

VIDEO

You don't have to send in a video. If you register in time you can start!

VICTORY BONUS

For the first time in Germany, there is a victory bonus in CASH!!!!
500 Euro for the Grand Champion



BEFORE COMPETITION

REGISTRATION

After you have looked at the divisions and read the rulebook, you can register immediately. The registration is done via the “registration button” on the homepage. You will be redirected to our partner SNAPTICKET. Please note the activation of your ticket, after receipt of payment, in the email, otherwise you are not firmly registered and we are missing important data. There you also enter important things, like your t-shirt size, the recommendation of your judge, your Insta account, etc. You are welcome to enter your artist name, then you remain anonymous at the championship. But then also name the music and the moderation sheet with your alias.

Another form with signature is NOT necessary. With the purchase of your participation you accept the rules, the element divisions, the data guidelines and the terms and conditions. Please think about in which division you would like to start, a change of name or registration costs name change costs 15 Euro and is only possible until 30.4.2023.

DEVISIONS

The following categories are available (see DEVISION DESCRIPTION for details)

Divisions / Abbreviation	Time	Age	Day
Exotic Low Flow (ELF)	2:00 - 3:00 Min	ab 18 Jahren	Saturday
Exotic Tough (ET)	2:00 - 3:00 Min	ab 18 Jahren	Saturday
Exotic Duo (ED)	2:00 - 3:30 Min	ab 18 Jahren	Saturday
Exotic Group (EG)	3:00 - 4:00 Min	ab 18 Jahren	Saturday
Burlesque (B)	2:00 - 3:00 Min	ab 18 Jahren	Saturday
Chairdance Single (CS)	2:00 - 3:00 Min	ab 18 Jahren	Saturday
Chairdance Group (CG)	3:00 - 4:00 Min	ab 18 Jahren	Saturday
Ladies 40+ (L40)	2:00 - 3:00 Min	ab 40 Jahren	Saturday
Pole Group (PG)	3:00 - 4:00 Min	ab 18 Jahren	Saturday
Pole Duo (PD)	3:00 - 3:30 Min	ab 18 Jahren	Saturday
Pole Titan (PT)	2:00 - 3:00 Min	ab 18 Jahren	Saturday
Pole Newbies (PN)	1:30 - 2:30 Min	ab 18 Jahren	Saturday
Themepole Rock (TPR)	2:00 - 3:00 Min	ab 16 Jahren	Saturday
Themepole Lyrical (TPL)	2:00 - 3:00 Min	ab 16 Jahren	Saturday
Themepole Tell a Story (TPTS)	2:00 - 3:00 Min	ab 16 Jahren	Saturday
Themepole Moviestar (TPM)	3:00 - 3:00 Min	ab 16 Jahren	Saturday
Hoop Single All Level (HS)	2:00 - 3:00 Min	ab 15 Jahren	Saturday
Hoop Duo All Level (HD)	2:00 - 3:30 Min	ab 15 Jahren	Saturday



WOMEN & MEN

In each division, except in the Pole TITAN, male, diverse and female participants are allowed to start. In the TITAN only females are allowed to start. The highest placed male starter in the Pole Divisions will receive a qualification for the Pole Championship Series in the USA. Also over 40 year olds are allowed to start in all other categories.

COSTS

For this championship we have put a lot of emphasis on an elaborate light and laser show and the event hall together with all the technicians is incredibly expensive. But we think that the championship needs such an exclusive ambience. But afterwards you have wonderful photos and videos, if you want. Simply great souvenirs.

The fee includes a lavish event location, stage and light show, a Memory Championship shirt and a goodie bag with gifts from our partners and sponsors. The goodie bag will be different each year depending on how many sponsors are in attendance. Of course there will be a seat in the D category, if you want to sit in the front you will have to buy an additional spectator ticket. Those of you who want to start in a second category, please send us an email. Then the 2nd category costs 20 Euro less, because there is no additional shirt and goodie bag. Coaches and supervisors also pay less (don't get a shirt and a goodie bag) and can look in which category they would like to sit. From 4 registrations, e.g. with the studio, there is a 10% discount.

Here are all costs at a glance:

Participation fee Single	79,90 Euro
Participation fee Duo	149,90 Euro
Participation fee Group	(3 Persons 229,90 Euro, 4 Persons 309,90 Euro, 5 Persons 379,90 Euro, 6 Persons 459,90 Euro, 7 Persons 539,90 Euro, 8 Persons 619,90 Euro)
Dancepartner / human requisite	65,90 Euro
Photograph	30,00 Euro
Video	20,00 Euro

CANCELLATION

Please note that according to § 312g, paragraph 2, No. 9, 4th alternative of the Civil Code (BGB) you have no legal right of withdrawal! The contract includes services in connection with a time-bound leisure activity. However, a withdrawal (or revocation) is conditionally possible with us. Should a participant not be able to participate in the championship due to injury or pregnancy, he/she will still receive free entry on the championship day on which the participant's category starts, upon presentation of a medical certificate. A refund of the registration fee is not possible. Should we not be able to hold the championship on that date due to force majeure (e.g. a corona lockdown, or similar measures), the championship will be postponed. You will keep your place at the new date. More information about this can be found in our terms and conditions.



BATTLE OF THE POLE TITAN

The Battle of the Pole Titan is about determining the strongest female pole dancer. The people first show a normal program. The best and strongest 3 persons will compete against each other again in the end in a battle, where the jury will set certain tasks and we will see for example: „who holds which figure the longest“. The Pole Titan will also receive a special prize.

PUBLICATION, ADVERTISING, PR

All participating individuals and teams may use photos and advertisements of their own team on their social media accounts, website, or even the local newspaper. You may also use our logo to show where you are performing or have performed.

At the same time, Rock the Stage also receives the rights to all official photos and videos for their own promotional purposes on social media accounts, homepage and advertising. The participant transfers all rights to images and video footage to Rock the Stage Championship.

A professional photographer will take pictures and videos of the event. The pictures and videos are available for purchase. All rights of the pictures/videos taken from/during the championship by the official photographer belong to the organizer! (More information in the terms and conditions)

Cell phone pictures (from certain photo spots) are allowed, professional cameras are prohibited.

CODE OF ETHICS

All participants are required to conduct themselves according to all rules of sportsmanship before and after the championship. The coach as well as club officials are responsible for ensuring that participants, coaches, parents as well as all persons associated with the team conduct themselves according to sporting standards and represent the sport in a positive manner. Gross unsportsmanlike conduct may result in disqualification. Other following acts will result in disqualification:

- Assault or insulting the jury, officials, participants or spectators.
- Use of an unregistered participant
- Performance under the influence of alcohol or drugs
- Violation of age regulations
- Grossly unsportsmanlike conduct

MODERATION

In order to announce you perfectly, we have prepared a moderation sheet.

This sheet will be sent to you by email. We need it back until 01.05.23. You can write up to 1/2 DIN A4 page. The moderator has about 1 minute to announce you.

LIGHTING TECHNOLOGY

We have a professional light technician and light show on site. The technician will make the right light show for your performance. Subtle and calm lights to calm music, wild lights to rocking music and fog effects in the right places. You don't need to fill out a technical sheet. He is a professional and will find the most beautiful style for your performance. But if you urgently want to have something very special, you can clarify it on the spot at the info booth.



FOR PREPARATION

INFORMATION FLOW

ALL infos will be sent via email. Current forms, information, changes, deadlines, times, etc. will be communicated via email. Please also check your spam folder occasionally. If you have questions about any of the items, you can email them directly to the Head Judge. judges@rockthestage.eu

DANCE PARTNER / HUMAN REQUISITE

In almost all categories the following is possible:

Choreography/dance partner (one or more) who does not perform elements on the pole. May be ACTIVE on stage the full time! (e.g. Hip Hop'er, Standard dancer, Latin-American dancer etc.) The dance partner is included in the points of the choreography & show. He may also lift the pole dancer with lifting figures and „twirl“. However, the person on the pole who has registered for their category will still be scored & placed. I.e. the dancer should be a part of the performance to support the pole dancer.

Furthermore, you can also enroll „human props“. This can hold objects, act as an acting partner, or bring in special effects.

The registered dance partner / prop must be registered as a participant (or can also be registered later) and also receives his free entrance on the performance day, his seat in category D and does not need another entrance ticket.

Dance Partner and Human Props are not allowed on the pole.

MUSIC

The music must not be racist or glorify violence and should be appropriate for the age and a family audience on Sunday. The music may be with singing and does not have to be instrumental. The timing starts with the first sound or with the first choreographic element and ends the same way. The picture/sound material sent in by the participant must not violate any copyrights. The organizer is not liable for any damages caused by third parties. The organizer is responsible for the registration with the GEMA. This means you can use any music you can buy on Spotify, Apple Music, on CD or similar. But if it is private music from small, unknown musicians, who is NOT registered with Gema, you have to ask if it can be used.

If the music is too long, there will be a point deduction of:

1 point for 5-15 seconds 3 points for 16 seconds and more

The music must be uploaded & entered in the provided online document on the homepage by

04/30/2023.

The title must have the following description:

1. category abbreviation 2. name of the participant.

Example: **PD_Sabine.Meyer (= Pole Duo Sabine Meyer)** Category abbreviations can be found behind the category explanation. In case of questions about the music please send an email to info@rockthestage.com

Please ALWAYS bring an emergency stick and the music on your cell phone on the championship day!



UNIFORMS

We are a championship for show & entertainment. In ALL categories (except for under 18) everything is allowed, but breast and private parts must be completely covered. The buttocks may be free. Gloves and all types of shoes, heels and boots or bare feet are allowed. For heels, make sure sharp heels are covered so they do not damage the stage floor. Clothing may be removed, but the program on Sunday must be able to be presented to a family audience.

PROPS / REQUISITEN

All types of props are allowed, welcome & count towards the score. Fans, umbrellas, accessories, confetti cannon, background pictures, self-made props, pictures, mirrors, chairs, artificial plants,.... Anything that fits your performance and is desired. Everything must be brought by yourself. All chairs must have felt glides or similar under their feet to prevent damage to the stage floor.

You can leave your props at the check in and they will be stored backstage. Please put notes with your name and category on them. Small stuff is best stored in labeled boxes. Our polecleaners will be happy to help you set up.

Prohibited:

Open fire,
fireworks,

Liquids or similar, which pollute or damage the stage. If the laid out stage floor has been damaged by the participant, it must be replaced by him. Everything must be simply swept away afterwards.

HOOP / LYRA

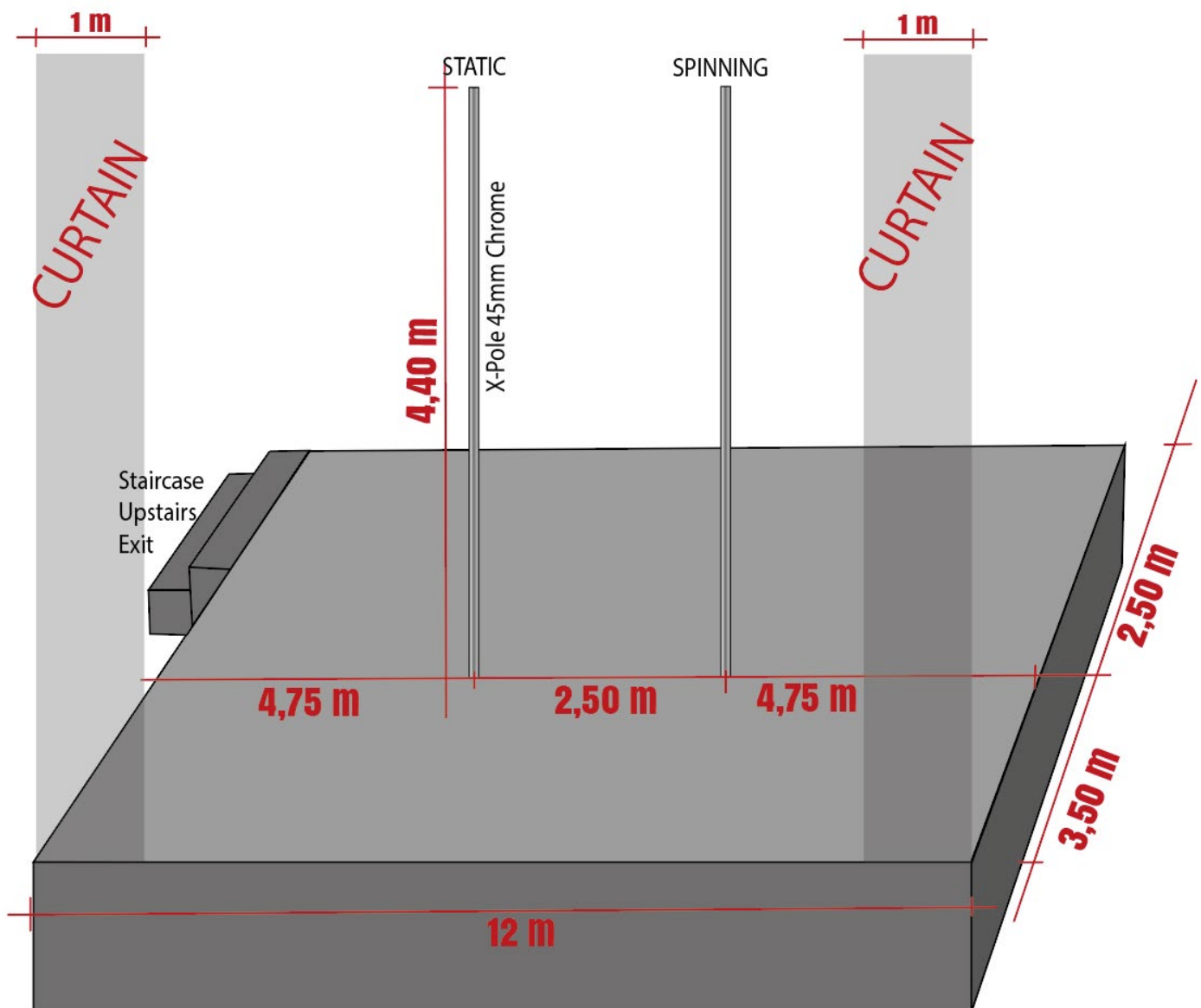
We have on site 2 stainless steel hoops from the company X-Pole in the diameters 85cm and 95cm. The hoops have a 1-point suspension. You are also welcome to bring your own hoop, these must also have a 1-point suspension. Carabiners, swivels and suspension cables are in the hall. The hoops will be lifted to the right height with a crane and can be attached quickly. You turn in your hoops at check in and they will be stored backstage for you. We put a name tag on them so nothing gets lost.



POLES & STAGE

All Poles have a diameter of 45mm. The height of the Poles is 4.40m. Usable height is fully extended, but only 4m due to stage lighting. The Poles are Chrome X-Poles. On the stage there are two poles Static (left of the spectators) and Spinning (right of the spectators). The stage is 12m wide and 6m deep.

Enclosed is the stage plan, from the spectator's point of view.



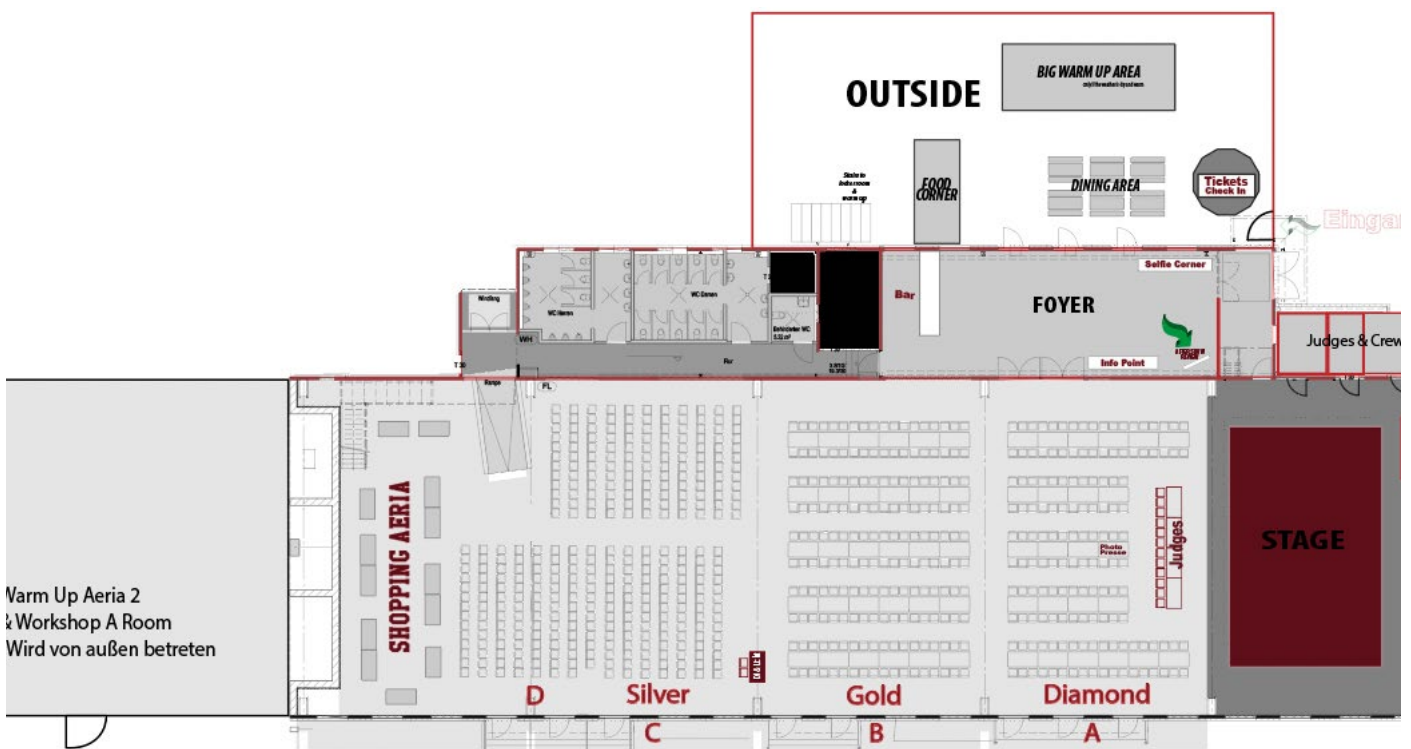


COMPETITION DAY

PARKING

There are many parking spaces at the KulturWerk and around it. The train station is about 10 minutes walk away. Here is enough space for everyone.

LOCATION



CHECK IN

Your first way leads to the Check In, which is located outside. Show the QR code of your activated ticket (printed out or by cell phone). There you will get your spectator ribbon and here you can hand in your props, requisites, hoops, mats. Everything will be well labeled with name, category and race number!

Check IN on site is mandatory! If you have NOT checked in, you will NOT be able to start! The check IN is between 7:00-12:00. You should be there at least 2 hours before your performance. If you do not show up by then without prior arrangement, you will not be allowed to check in! Reason: Postponement of the schedule due to no-shows or sick calls at short notice. Participants will be late for the performance and will not be able to warm up. If you are late, please let us know so we can plan for it. Either call us or send us a WhatsApp.

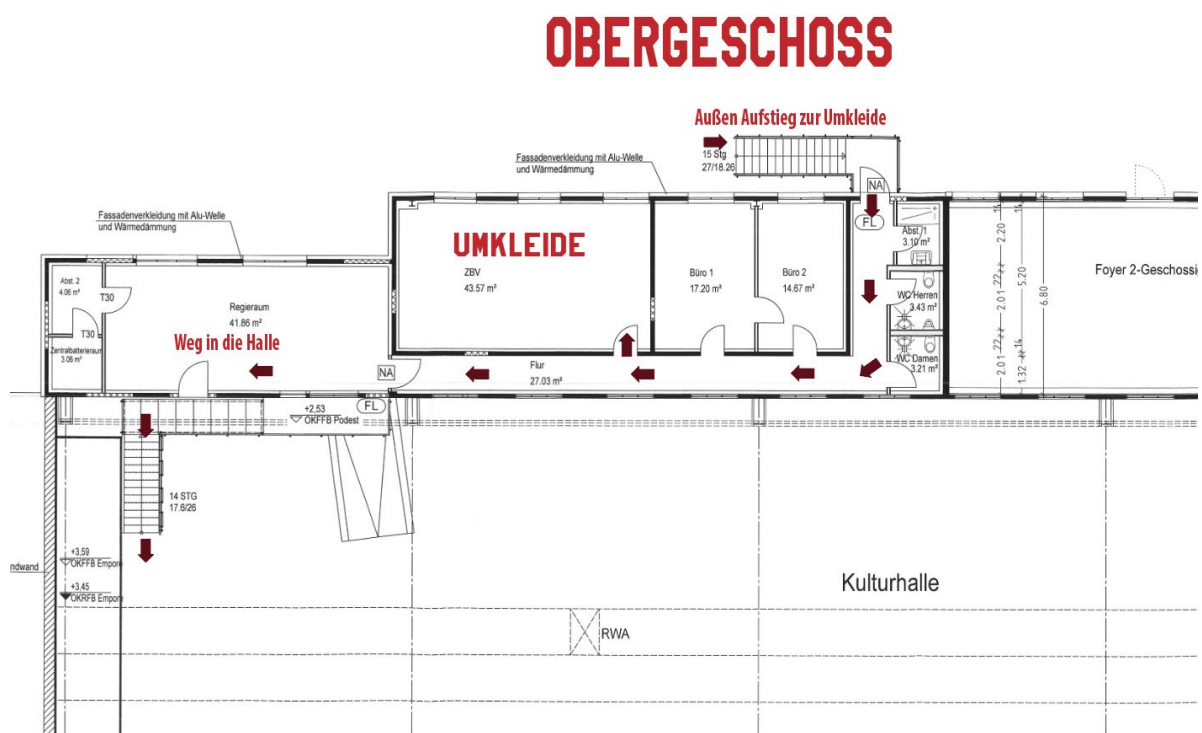


INFOPOINT

Have you checked in successfully? Then your next way leads to the Infopoint. There you show your participant ribbon and pick up your goodie bag and your championship shirt. Here you will also be able to ask all your questions about the championship. Our crew will always be there to answer your questions. If you hurt yourself, have questions or any problems, the girls at the Infopoint are there for you.

CHANGING ROOM & LOUNGE AREA

Now you can go to the locker room. The way goes outside the hall (behind the food stalls) and up the stairs. Here you are allowed to:- change your clothes- put on make-up- do your hair- eat your own food- consume your own drinks- guests and visitors are not allowed in the changing area. Only with the explicit permission of the respective participant, e.g. to help with hairdressing or dressing, it will be allowed by the security. Coaches and supervisors have access to this area. Male coaches or supervisors please arrange in advance with the participants there. There are also 2 restrooms upstairs where you can change as well. To get from the locker room into the hall, you can either go back outside or go through the hall from the back. Please remember your mirrors for make up.





WARM UP

There will be 2 warm up areas.

Once will be outside a warm up area, which will be used in good weather. There is a comfortable large airtrack, on which you can warm up super. Use this only barefoot. You can also bring your own yoga mats.

Then we have a small room about 20 meters next to the event hall.

We will have two pole stages there where you can review your program. Bring your own yoga mats for floor work and stretching.

Water and fruit will be available in this area for you to warm up and for any sugar levels to drop (from excitement). Own food is only allowed in the changing area, or outside. The entry is only allowed for the active participants of the day (also their human requisites or their trainer or accompanying person of the minors).

POLE REHEARSAL ON THE STAGE

The pole test can be done on the day of the performance from 7:00 to 9:00! Please just test the floor and the poles briefly. No choreo or dress rehearsal possible!

There are about 100 participants on site per day and only 2 hours time!

Important, you get a short feeling for the stage and the poles!

BACKSTAGE

You can either go through the hall and come backstage from the left or go through the foyer and then backstage behind the VIP Photo Point. Then the audience will not see you yet.

You should go backstage about 10-15 minutes before your performance. There is a room with mirrors where you can check yourself again. There you can also stretch a bit. Tell the props manager in time which props / hoops belong to you and pick them out. After your performance you can either take them with you and pack them into the car or you can pick them up later. The pole cleaners will be happy to help you prepare the stage. You can also briefly discuss everything with our moderator.

FALL PROTECTION MATS

Next to the stage there will be air tracks and round fall protection mats for you to put under your hoop or poles. It is perfectly ok to use them and there will be no points deduction from the jury. However, it is of course not a requirement to use them.



ENTERING THE STAGE

The competition area should be entered and left quickly, so that the championship time schedule can be adhered to. The timing starts with the first note of the music or the first choreographic element and ends with the last note of the music or the last movement.

GRIP AGENT

Only liquid chalk, or lime as used in gymnastics, is allowed.
All other common grip materials are not allowed. (I-tac etc.)
Sprays for more moisture (e.g. Dewpoint) are allowed.
Anything that messes up the poles and cannot be washed off within the specified cleaning time is prohibited!

AFTER SHOW REVIEW

When you have finished your show, you can watch your show again on a large TV in the front foyer at the AFTER SHOW REVIEW. Your program will arrive there about 3-5 minutes after your show.

JUDGING

JUDGING PROCESS

The Judges Panel can be made up of several Judges and one Judge Panel evaluates all skill areas. The sums of the scores are averaged with a normalization factor to 10 points (maximum).

The detailed distribution of points can be found on the respective score sheet. Even if you could get 90, 140, or 180 points according to the score sheet, all points are calculated down to a maximum of 10 points using a formula. This serves to evaluate all performances fairly and evenly and to determine the Grand Champion.

JUDGES AND FINAL DECISIONS

The jury of the championship evaluates the performances of the participants and determines the total score of the active participants.

The participants of the championship agree that any decisions made by the jury and the tournament management are final and will not be challenged afterwards. All participants acknowledge that the jury will make a fair moment decision and that all teams and participants waive any legal challenge to these decisions in any form.



DETERMINATION OF THE WINNER

The winner of a category is the participant or team that receives the highest score from the jury. In the event of a tie in points between two or more participants / teams, these participants / teams will take the same place. The corresponding number of subsequent places will remain unfilled. (Please note the normalization factor)

AWARD CEREMONY

For the award ceremony all participants will go on stage. Since photos will be taken, of course, it would be great if all participants would still wear their costume. On Saturday, the Battle of the Pole Titan will be held at this event, where everyone else is allowed to cheer vigorously. The first 3 places will be named, come to the front to receive their prize and to take pictures. All other participants will receive their certificate and score sheets after the awards ceremony. So please do not run away.

GRAND CHAMPION

The person or group who has the highest score on a day will receive a victory bonus of 500 euros for the corresponding performance, NOT per person. This prize will also be paid directly to the winner in cash on the day of the championship.

POLE CHAMPIONSHIP SERIES

Arnold Schwarzenegger is looking not only for the strongest man, but also for the best pole dancers. We have the following people qualifying for the PCS / USA:

- Highest Point Man Pole Dance
- Highest Point Woman Pole Dance
- Pole TITAN
- Pole Duo



AROUND THE DAY

FOYER

In the foyer you will find the Info Point, the bar, the box office, the After Show Review, the VIP Photo Corner, the raffle and the Rock the Stage merchandising stand.

CASH

In the whole location all drinks, food and snacks are paid with tokens. You can get them at the cash desk in the foyer.



BAR

We have a total of 2 bars, one in the hall and one in the foyer. There you can get cold drinks, coffee, cocktails, small snacks, such as peanuts, gummy bears, lollipops, hot dogs or similar.

FOOD

Outside are tables and benches to eat comfortably. There are also the stalls for the catering. In the morning there will be sandwiches. At noon there will be 2-3 different dishes and always light salad, especially for our athletes. Furthermore, there will be cakes, waffles and crepes.

You are not allowed to bring your own food and drinks from home to the hall.

SHOPPING AERIA

Behind the D-seats you will find the Shopping Aeria, where you can store for everything the Polerina heart desires. We also present our sponsors and stores on our homepage.

WORKSHOPS

Our judges and moderator will offer workshops on Friday, Sunday and Monday. As soon as everything is organized, we will send out a newsletter with all topics and prices. Then you can register.

TOMBOLA

We will also offer a raffle where you can win many great things. You can really look forward to that!

VIP PHOTO CORNER

There is a mega beautiful photo wall where you can take souvenir photos and of course Instagram pictures.

DIVISIONS

On the following pages we will introduce you to all categories in detail. Please read everything carefully so that you don't register in the wrong category. If you have any questions, feel free to contact us. We will help you.



ROCK (TPR)

THEMEPOLE

CATEGORY DESCRIPTION

AGE: FROM 16

PERSONS: 1

LEVEL: ALL LEVELS

MUSIC: 2-3 MINUTES

POLES: SPINNING & STATIK POLE MUST

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED, BUT THERE MUST STILL BE A COSTUME UNDERNEATH (DO NOT TAKE OFF UP TO THE UNDERWEAR).

SHOES: ALL TYPES OF SHOES DO NOT MATTER. WHETHER BAREFOOT, SNEAKERS, ROLLER SKATES, HIGH HEELS, BOOTS,...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

You love it loud and shrill? You like heavy metal and rock, gothic or punk rock? You love to dance with full power and let off steam? Then this category is just right for you. Colorful laser lights, flickering disco lights and blatant light and fog effects will accompany you on stage here.

Show here beautiful pole transitions, floorwork, strong pole figures.

Surprise the audience with beautiful visual effects (like lighting effects in props, clothes, interesting props, or similar). Choreography is more important than heavy technique and heavy elements, so this division is also suitable for beginners.

Dance Partner:

Dance partners or human props are allowed. No matter if one or more persons. You may dance on stage with the Dance Partner, be lifted, act together and make a show. BUT that person is NOT allowed on the pole with you.

Props:

All types of props and props are allowed

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Props: Use and implementation	15
Charisma, interaction	15
Visual effects	10
Themes implementation, creativity	15
Musical realization, flow of the choreo, Rhythm and sense of time	20

Total

85

TECHNIC

Cleanliness of execution	5
Technical elements	5
Strength and flexibility	5
Transitions	5
Floorwork	5

Total

25

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDECENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



LYRICAL (TPL)

THEMEPOLE

CATEGORY DESCRIPTION

AGE: FROM 16

PERSONS: 1

MUSIC: 2-3 MINUTES

POLES: SPINNING & STATIK POLE MUST

LEVEL: ALL LEVELS

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED, BUT THERE MUST STILL BE A COSTUME UNDERNEATH (DO NOT TAKE OFF UP TO THE UNDERWEAR).

SHOES: ALL TYPES OF SHOES DO NOT MATTER. WHETHER BAREFOOT, SNEAKERS, ROLLER SKATES, HIGH HEELS, BOOTS,...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

Emotional themes, flowing movements, drama, feeling and passion - in Lyrical Pole you dance with heart and soul. Elements of pole, ballet, jazz and modern are harmonized and the combination of music and feeling awakens your individual expression. The light is rather calm and graceful, matching the song and the story. All technical elements are allowed.

It's more about putting on a great show and entertaining the audience. Choreography is more important than heavy technique and heavy elements, so this division is also suitable for beginners.

Dance Partner

Dance partners or human props are allowed. It doesn't matter if it is one or more persons. You may dance on stage with the Dance Partner, be lifted, act together and make a show. BUT that person is NOT allowed on the pole with you.

Props:

All types of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Props: Use and implementation	15
Charisma, interaction	15
Visual effects	10
Themes implementation, creativity	15
Musical realization, flow of the choreo, Rhythm and sense of time	20

Total

85

TECHNIC

Cleanliness of execution	5
Technical elements	5
Strength and flexibility	5
Transitions	5
Floorwork	5

Total

25

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDECENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



MOVIESTAR (TPM)

THEMEPOLE

CATEGORY DESCRIPTION

AGE: FROM 16

PERSONS: 1

LEVEL: ALL LEVELS

MUSIC: 2-3 MINUTES

POLES: SPINNING & STATIK POLE MUST

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED, BUT THERE MUST STILL BE A COSTUME UNDERNEATH (DO NOT TAKE OFF UP TO THE UNDERWEAR).

SHOES: ALL TYPES OF SHOES DO NOT MATTER. WHETHER BAREFOOT, SNEAKERS, ROLLER SKATES, HIGH HEELS, BOOTS,...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

The world of Broadway and Cinemas very close. Dance of the Vampires, Mamma Mia, Tarzan, Cats, Pirates of the Caribbean, Game of Thrones, just to name a few. Would you like to be Marilyn Monroe, Wonder Women, or a Catness Everdin? Embody your favorite star in your favorite movie and captivate the audience and judges. Matching outfit, make-up and wigs should fit perfectly to the theme. You are welcome to use props as well. All technical elements are allowed.

The light will be controlled according to the song and the story. It's more about putting on a great show and entertaining the audience. Choreography is more important than heavy technique and heavy elements, so this division is also suitable for beginners.

Dance Partner

Dance partners or human props are allowed. It doesn't matter if it's one or more people. You may dance on stage with the Dance Partner, be lifted, act together and make a show. BUT that person is NOT allowed on the pole with you.

Props:

All types of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Props: Use and implementation	15
Charisma, interaction	15
Visual effects	10
Themes implementation, creativity	15
Musical realization, flow of the choreo,	
Rhythm and sense of time	20

Total 85

TECHNIC

Cleanliness of execution	5
Technical elements	5
Strength and flexibility	5
Transitions	5
Floorwork	5

Total 25

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDECENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



TELL A STORY (TPTS)

THEMEPOLE

CATEGORY DESCRIPTION

AGE: FROM 16

PERSONS: 1

LEVEL: ALL LEVELS

MUSIC: 2-3 MINUTES

POLES: SPINNING & STATIK POLE MUST

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED, BUT THERE MUST STILL BE A COSTUME UNDERNEATH (DO NOT TAKE OFF UP TO THE UNDERWEAR).

SHOES: ALL TYPES OF SHOES DO NOT MATTER. WHETHER BAREFOOT, SNEAKERS, ROLLER SKATES, HIGH HEELS, BOOTS,...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

Tell us something that moves you. The death of a loved one, being abandoned, the birth of a child, finding a new love, a new stage in life... Here it is not only the athletic ability that counts, but especially the expression, the face, the acting. It is a real challenge. Captivate the audience with your performance. The light will be controlled according to your theme and the music. All technical elements are allowed. It's more about putting on a great show and entertaining the audience. Choreography is more important than heavy technique and heavy elements, so this division is also suitable for beginners.

Dance Partner

Dance partners or human props are allowed. It doesn't matter if it's one or more people. You may dance on stage with the Dance Partner, be lifted, act together and make a show. BUT that person is NOT allowed on the pole.

Props:

All types of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Props: Use and implementation	15
Charisma, interaction	15
Visual effects	10
Themes implementation, creativity	15
Musical realization, flow of the choreo,	
Rhythm and sense of time	20

Total

85

TECHNIC

Cleanliness of execution	5
Technical elements	5
Strength and flexibility	5
Transitions	5
Floorwork	5

Total

25

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDECENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



POLEDANCE 40+ (L40)

POLE DANCE

CATEGORY DESCRIPTION

AGE: FROM 40

PERSONS: 1

LEVEL: ALL LEVELS

MUSIC: 2-3 MINUTES

POLES: SPINNING & STATIK POLE MUST

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED, BUT THERE MUST STILL BE A COSTUME UNDERNEATH (DO NOT TAKE OFF UP TO THE UNDERWEAR).

SHOES: ALL TYPES OF SHOES DO NOT MATTER. WHETHER BAREFOOT, SNEAKERS, ROLLER SKATES, HIGH HEELS, BOOTS,...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

Especially for women and men who started late with pole dancing. You don't have to show too heavy elements. Show us a great show, show a good facial expression. Show clean technique. It doesn't have to be too heavy either, but should be neat and fluid. The light is appropriate to the song and the story. Shows a stunning show to the audience and the judges. It's more about putting on a great show and entertaining the audience. Choreography is more important than heavy technique and heavy elements, that's why this division is suitable for beginners.

Dance Partner

Dance partners, or human props are allowed. No matter if one or more persons. You may dance on stage with the Dance Partner, be lifted, act together and make a show. BUT this person is NOT allowed on the pole.

Props:

All kinds of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Props: Use and implementation	15
Charisma, interaction	15
Visual effects	10
Themes implementation, creativity	15
Musical realization, flow of the choreo,	
Rhythm and sense of time	20

Total 85

TECHNIC

Cleanliness of execution	5
Technical elements	5
Strength and flexibility	5
Transitions	5
Floorwork	5

Total 25

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDECENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



POLE DUO (PD)

POLE DANCE

AGE: FROM 18

PERSONS: 2

LEVEL: ALL LEVELS

MUSIC: 2-3,5 MINUTES

POLES: SPINNING & STATIK POLE MUST

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED, BUT THERE MUST STILL BE A COSTUME UNDERNEATH (DO NOT TAKE OFF UP TO THE UNDERWEAR).

SHOES: ALL TYPES OF SHOES DO NOT MATTER. WHETHER BAREFOOT, SNEAKERS, ROLLER SKATES, HIGH HEELS, BOOTS,...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

CATEGORY DESCRIPTION

A couple interacting together and putting on a harmonious show on the pole. The characteristics of Double Dance include synchronicity, strong partners, technique, precise and cleanly executed floor parts, and visual effects. Both persons must be on the pole. The program should be fluid and clean. The lighting is controlled to match the song and story. There will be more technical elements judged here, but it's more about putting on a great show and entertaining the audience. The winner qualifies for the Arnold Schwarzenegger Pole Championship Series in the USA.

Dance Partner

Dance partners are not allowed here, human props are allowed. It does not matter if it is one or more people. This person is NOT allowed on the pole.

Props:

All types of props and props are allowed.

The winner will be qualified for the PCS / USA!



EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Props: Use and implementation	15
Charisma, interaction	15
Visual effects	10
Themes implementation, creativity	15
Musical realization, flow of the choreo,	
Rhythm and sense of time	20
Interaction with partner	10
Total	95

TECHNIC

Cleanliness of execution	5
Technical elements	5
Strength and flexibility	5
Transitions	5
Floorwork	5
Synchronicity	10
Total	50

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDECENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



POLE GROUP (PG)

POLE DANCE

AGE: FROM 18

PERSONS: 3-18

LEVEL: ALL LEVELS

MUSIC: 3-4 MINUTES

POLES: SPINNING & STATIK POLE MUST

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED, BUT THERE MUST STILL BE A COSTUME UNDERNEATH (DO NOT TAKE OFF UP TO THE UNDERWEAR).

SHOES: ALL TYPES OF SHOES DO NOT MATTER. WHETHER BAREFOOT, SNEAKERS, ROLLER SKATES, HIGH HEELS, BOOTS,...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

CATEGORY DESCRIPTION

The emphasis is on an interesting and entertaining show. Guide us through your program with props, music, costumes and great visual effects. Lifting figures can be incorporated, of course. You can combine different dance styles. The versatility and execution of the dance will also be considered in the judging. Visual effects such as pole tricks, level changes (change of difficulty), floorwork and group work, formation changes, ripples (wave sequences) are desirable. ATTENTION! Only 3 people are allowed to be on one pole at a time (spinning), so a total of 6 people on both poles at the same time in spinning mode. However, one additional person is allowed to be held between the two poles by other people. The light is chosen to match the song, story and tempo.

Dance Partner

Dance partners are prohibited, human props are allowed.

Props:

All types of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Props: Use and implementation	15
Charisma, interaction	15
Visual effects	10
Themes implementation, creativity	15
Musical realization, flow of the choreo,	
Rhythm and sense of time	20
Interaction with partner	10
Total	95

TECHNIC

Cleanliness of execution	5
Technical elements	5
Strength and flexibility	5
Transitions	5
Floorwork	5
Synchronicity	10
Total	50

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDECENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



POLE TITAN (PT)

POLE DANCE

AGE: FROM 18

PERSONS: 1

LEVEL: ELITE

MUSIC: 2-3 MINUTES

POLES: SPINNING & STATIK POLE MUST

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED, BUT THERE MUST STILL BE A COSTUME UNDERNEATH (DO NOT TAKE OFF UP TO THE UNDERWEAR).

SHOES: ALL TYPES OF SHOES DO NOT MATTER. WHETHER BAREFOOT, SNEAKERS, ROLLER SKATES, HIGH HEELS, BOOTS,...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

CATEGORY DESCRIPTION

The Pole Titan is undoubtedly the supreme discipline in pole dancing. We are looking for the absolute POLE TITAN. Show your strength by performing the most difficult elements in a great choreo. At least when it comes to the athletic aspect. Everything is possible here. Body tension, elegance and show are desired here. Qualify here for the Pole Arnold. Show what you've got! All elements are allowed. The 3 highest scorers will compete against each other in a battle at the end of the event. They are given tasks by the judges and then have to complete them.

Dance Partner:

Dance partners or human props are allowed. It doesn't matter if it's one or more people. You may dance on stage with the Dance Partner, be lifted, act together, and put on a show. BUT that person is NOT allowed on the pole.

Props:

All types of props and props are allowed.

The winner will be qualified for the PCS / USA



EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Props: Use and implementation	5
Charisma, interaction	10
Visual effects	5
Themes implementation, creativity	5
Musical realization, flow of the choreo, Rhythm and sense of time	10

Total

45

TECHNIC

Cleanliness of execution	15
Technical elements	20
Strength and flexibility	30
Transitions	5
Floorwork	5

Total

75

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDECENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



NEWBIES (PN)

POLE

AGE: FROM 18

PERSONS: 1

LEVEL: ALL LEVELS

MUSIC: 2-2,30 MINUTES

POLES: SPINNING & STATIK POLE MUST

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED, BUT THERE MUST STILL BE A COSTUME UNDERNEATH (DO NOT TAKE OFF UP TO THE UNDERWEAR).

SHOES: ALL TYPES OF SHOES DO NOT MATTER. WHETHER BAREFOOT, SNEAKERS, ROLLER SKATES, HIGH HEELS, BOOTS,...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

CATEGORY DESCRIPTION

You are still very new to pole dancing but would still like to present yourself on stage? Then the Newbies Division is just right for you. It is for people who have been pole dancing for 2 years or less and who have never competed in a championship before. Dare and treat yourself to this great opportunity to show what you can do. You don't have to show a difficult technique. But what you show should be clean and neat. It's better to have lighter elements that are perfectly executed than too heavy elements that don't work. It's more about putting on a great show and entertaining the audience. Choreography is more important than heavy technique and heavy elements, that's why this division is also suitable for beginners.

Dance Partner:

Dance partners or human props are allowed. It doesn't matter if it is one or more persons. You may dance on stage with the Dance Partner, be lifted, act together and make a show. BUT that person is NOT allowed on the pole.

Props:

All types of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Props: Use and implementation	15
Charisma, interaction	15
Visual effects	10
Themes implementation, creativity	15
Musical realization, flow of the choreo,	
Rhythm and sense of time	20

Total

85

TECHNIC

Cleanliness of execution	5
Technical elements	5
Strength and flexibility	5
Transitions	5
Floorwork	5

Total

25

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDECENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



HOOP/LYRA SINGLE (HS)

AERIAL HOOP

AGE: FROM 15

PERSONS: 1

LEVEL: BEGINNER-ALL

MUSIC: 2-3 MINUTES

HOOP: 1X ONE POINT

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED, BUT THERE MUST STILL BE A COSTUME UNDERNEATH (DO NOT TAKE OFF UP TO THE UNDERWEAR).

SHOES: ALL TYPES OF SHOES DO NOT MATTER. WHETHER BAREFOOT, SNEAKERS, ROLLER SKATES, HIGH HEELS, BOOTS,...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

CATEGORY DESCRIPTION

I believe I can fly. This is the best way to describe Hoop. Flying acrobatically like in a circus tent. In Aerial Hoop (Lyra) acrobatic and dance figures are performed under, in and around the metal ring. In addition to a great story, show us a beautiful performance in and around the hoop. Show us floorwork, fluid transitions and of course a great show.

The Aerial Hoop is an elegant ring of steel or aluminum suspended from an overhead point (one point suspension) on which a performer can spin, swing, change and pose, demonstrating great flexibility, strength and grace. The Aerial Hoop is a wonderful piece of equipment for all skill levels of aerial acrobatics, from beginner to seasoned professional. Because the device can rotate, the audience has a 360-degree view of the performance - a fascinating effect.

For example, ascents, descents, spins, swings, sequences and balance skills are judged. Complexity of chores and progressive movements (including spins, swings and drops. Clean inversions from the inner hoop (bottom to top and knee slope) and of course.

Floorwork.

Dance Partner:

Dance partners or human props are allowed. It doesn't matter if it's one or more people. You may dance on stage with the Dance Partner, be lifted, act together and make a show. BUT that person is NOT allowed on the hoop.

Props:

All types of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Props: Use and implementation	15
Charisma, interaction	15
Visual effects	10
Themes implementation, creativity	15
Musical realization, flow of the choreo,	
Rhythm and sense of time	20

Total

85

TECHNIC

Ascent and descent	5
Turns and turns	5
Strength and flexibility	5
Invert, balance	5
Drops	5
Floorwork	5

Total

30

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDEPENDENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



HOOP/LYRA DUO (HD)

AERIAL HOOP

AGE: FROM 15

PERSONS: 2

LEVEL: BEGINNER-ALL

MUSIC: 2 - 2,3 MINUTES

HOOP: 1X ONE POINT

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED, BUT THERE MUST STILL BE A COSTUME UNDERNEATH (DO NOT TAKE OFF UP TO THE UNDERWEAR).

SHOES: ALL TYPES OF SHOES DO NOT MATTER. WHETHER BAREFOOT, SNEAKERS, ROLLER SKATES, HIGH HEELS, BOOTS,...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

CATEGORY DESCRIPTION

I believe I can fly. This is the best way to describe Hoop. Flying acrobatically, like in a circus tent. In Aerial Hoop (Lyra) Duo acrobatic and dance figures are performed under, in and around the metal ring. In addition to a great story, show us a beautiful performance in pairs, in and around the hoop. Show us floorwork, fluid transitions and wow the judges and spectators with stunning teamwork.

The Aerial Hoop is an elegant ring made of steel or aluminum suspended from an overhead point (one point suspension) on which a performer can spin, swing, change and pose, demonstrating great flexibility, strength and grace. The Aerial Hoop is a wonderful piece of equipment for all skill levels of aerial acrobatics, from beginner to seasoned professional. Because the device can rotate, the audience has a 360-degree view of the performance - a fascinating effect.

For example, ascents, descents, spins, swings, sequences and balance skills are judged. Complexity of chores and progressive movements (including spins, swings and drops. Clean inversions from the inner hoop (bottom to top and knee slope) and of course.

Floorwork.

Dance Partner:

Dance partners or human props are allowed. It doesn't matter if it's one or more people. You may dance on stage with the Dance Partner, be lifted, act together and make a show. BUT that person is NOT allowed on the hoop.

Props:

All types of props and props are allowed. (

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Props: Use and implementation	15
Charisma, interaction	15
Visual effects	10
Themes implementation, creativity	15
Musical realization, flow of the choreo,	
Rhythm and sense of time	20
Interaction with partner / tricks	10

Total **85**

TECHNIC

Ascent and descent	5
Turns and turns	5
Strength and flexibility	5
Invert, balance	5
Drops	5
Floorwork	5
Synchronicity	5

Total **35**

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDECENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



EXOTIC LOW FLOW (ELF)

ART OF TEASE

AGE: FROM 18

PERSONS: 1

LEVEL: ALL LEVELS

MUSIC: 2-3 MINUTES

POLES: JUST 1 POLE

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED,

SHOES: HIGH HEELS, OVERKNEES, BOOTS...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

CATEGORY DESCRIPTION

Exotic Flow means moving around the base of the bar, as opposed to climbing or doing tricks in the air. Spins, rolls, handstands, snakes & bodyrolls, floorwork, dance combinations - all of these fall into the low flow category. The pole does not have to be climbed high or many tricks and combinations done, but it should be the focus of the choreography. It is also necessary to use only one pole, the second one can be used, but does not have to be. Dances around the pole in a sensual, sporty or elegant way. High heels are mandatory in this category. Reveals is about transforming your costume into another costume in a clever and tricky way in a quick and interesting way. By turning, twisting, subtracting certain elements and parts. Each Reveal is worth 3 points.

Dance Partner:

Dance partners are not allowed, human props are allowed. BUT that person is NOT allowed on the pole.

Props:

All types of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Charisma, interaction audience	10
Hotness, Sensuality, Flow of movement	10
Creativity	10
Musical delivery, flow of choreo,	
Rhythm & sense of time, Dynamic/soft breaks	15
Reveals	15
Total	70

TECHNIK

Leg Work, Heels Clacks, Extensions	10
Strength & Flexibility, Splits	10
Bodenarbeit, Bodyrolls, Snacks,	
Kopf-Handstand, Leg Traces, Body Lifts	10
Pole Low	10
Transitions (soft ELF, dynamic ET)	10
Total	50

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDECENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



EXOTIC TOUGH (ET)

ART OF TEASE

AGE: FROM 18

PERSONS: 1

LEVEL: ALL LEVELS

MUSIC: 2-3 MINUTES

POLES: JUST 1 POLE

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED,

SHOES: HIGH HEELS, OVERKNEES, BOOTS...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

CATEGORY DESCRIPTION

This style is inspired by the Russian Pole style, their incredible strength and skill on the pole. This style is less about the raw performance and emotion found in Exotic and more about the technical difficulty. "Exotic tough" is about impressing the audience with complex base work/low flow, power work, and acrobatic and dynamic transitions. Moves that are strong and sexy. Exotic Tough definitely has a higher focus on tricks but a lot of the focus for these artists is on the base of the barre. Their goal is to execute their power moves as effortlessly as possible while finding new and interesting ways around the bar. Reveals are about transforming one's costume into another costume in a clever and tricky way that is quick and interesting. By turning, twisting, subtracting certain elements and parts. 3 points are awarded for each Reveal.

Dance Partner

Dance partners are not allowed, human props are allowed. BUT that person is NOT allowed on the pole.

Props:

All types of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Charisma, interaction audience	10
Hotness, Sensuality, Flow of movement	10
Creativity	10
Musical delivery, flow of choreo,	
Rhythm & sense of time, Dynamic/soft breaks	15
Reveals	15
Total	70

TECHNIK

Leg Work, Heels Clacks, Extensions	10
Strength & Flexibility, Splits	10
Bodenarbeit, Bodyrolls, Snacks,	
Kopf-Handstand, Leg Traces, Body Lifts	10
Pole Low	10
Transitions (soft ELF, dynamic ET)	10
Total	50

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDECENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



EXOTIC DUO (ED)

ART OF TEASE

AGE: FROM 18

PERSONS: 2

LEVEL: ALL LEVELS

MUSIC: 2-3 MINUTES

POLES: 1-2 POLES

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED,

SHOES: HIGH HEELS, OVERKNEES, BOOTS...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

CATEGORY DESCRIPTION

In the Exotic Duo category the emphasis is on flow, sensuality, dynamic and hotness. It doesn't matter if it's tricks, low flow, floor work, the main thing is in exotic style. In addition, in the Double, emphasis is placed on the interaction and sensuality of the partner work.

It is not specifically the strength in the tricks on the pole is evaluated, but the body tension, synchronicity and teamwork while dancing. The focus is on the musicality of the participant and the leg and foot work, i.e. how does the dancer handle his high heels. You can use one or both poles.

Furthermore the artistry and floorwork will be judged, does the idea of the participant match the movements, the music and the outfit? How do the dancers work with the audience and how do they bring flexibility to the choreography. Reveals are about changing one's costume into another costume in a clever and tricky way, quickly and interestingly. By turning, twisting, subtracting certain elements and parts. 3 points are awarded for each Reveal.

Dance Partner:

Dance partners are not allowed, human props are. They do not dance or interact with the dancer.

Props:

All types of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Charisma, interaction audience	10
Hotness, Sensuality, Flow of movement	10
Creativity	10
Musical delivery, flow of choreo,	
Rhythm & sense of time, Dynamic/soft breaks	15
Reveals	15
Interaction with Partner, Tricks	15

Gesamt 85

TECHNIK

Leg Work, Heels Clacks, Extensions	10
Strength & Flexibility, Splits	10
Bodenarbeit, Bodyrolls, Snacks,	
Kopf-Handstand, Leg Traces, Body Lifts	10
Pole Tricks	5
Pole Low	5
Power Turns, Explosive Soft Stunt Style	5
Dynamic / soft transitions	5
Synchronität	10

Gesamt 60

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDEPENDENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



EXOTIC GROUP (EG)

ART OF TEASE

AGE: FROM 18

PERSONS: 2

LEVEL: ALL LEVELS

MUSIC: 3-4 MINUTES

POLES: 1-2 POLES

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED,

SHOES: HIGH HEELS, OVERKNEES, BOOTS...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

CATEGORY DESCRIPTION

Emphasis is placed on an interesting and entertaining show. Synchronicity, posture, body control, stretch, flow, continuity, and great bodywork (maximum amplitude of movement) are included in the judging. Lifting figures may also be incorporated. Typical movement forms such as contraction, release and opposition should be as much a part of the choreography as pole and partner work. The versatility and execution of the dance will also be considered in the judging. Visual effects such as pole tricks, level changes, floor and group work, formation changes, ripples are desirable. ATTENTION: Only 3 people may be on one pole at a time (spinning), i.e. a total of 6 people on both poles at the same time in spinning mode. Another person may be held between the two poles by other people. The light is chosen to match the song, the story and the tempo. Reveals are about changing one's costume into another costume quickly and interestingly in a clever and tricky way. By turning, twisting, subtracting certain elements and parts. Each Reveal is worth 3 points.

Dance Partner:

Dance partners are not allowed, human props are. They do not dance or interact with the dancer.

Props:

All kinds of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Charisma, interaction audience	10
Hotness, Sensuality, Flow of movement	10
Creativity	10
Musical delivery, flow of choreo,	
Rhythm & sense of time, Dynamic/soft breaks	15
Reveals	15
Interaction with Partner, Tricks	15

Gesamt 85

TECHNIK

Leg Work, Heels Clacks, Extensions	10
Strength & Flexibility, Splits	10
Bodenarbeit, Bodyrolls, Snacks,	
Kopf-Handstand, Leg Traces, Body Lifts	10
Pole Tricks	5
Pole Low	5
Power Turns, Explosive Soft Stunt Style	5
Dynamic / soft transitions	5
Synchronität	10

Gesamt 60

Attention- Attention- Attention

PROHIBITION: IT IS NOT ALLOWED TO UNDRRESS COMPLETELY AND SHOW YOUR PRIVATE PARTS. ALSO, NO MASTURBATION ELEMENTS MAY BE SHOWN OR INDECENTLY TOUCHED SELF. NOT EVEN BY THE DANCE PARTNER! THESE ACTIONS WILL LEAD TO THE CANCELLATION OF THE SHOW AND DISQUALIFICATION.



CHAIR DANCE SINGLE (CS)

ART OF TEASE

AGE: FROM 18

PERSONS: 1

LEVEL: ALL LEVELS

MUSIC: 2-3 MINUTES

POLES: -

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED,

SHOES: HIGH HEELS, OVERKNEES, BOOTS...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

CATEGORY DESCRIPTION

Chair dance is a form of dance that is usually associated with burlesque or striptease. You use a chair as an apparatus to move, balance on and perform many interesting movements and techniques.

The style of chair dancing evolves from the sexy burlesque roots and adds sky-high heels and super seductive moves to add to the heat! Also pack inspiration from dance styles like Vogue Femme, Twerk, Strip Plastic and Commercial to your program.

Heels are not mandatory, you may also dance barefoot. Reveals are all about transforming your costume into another costume in a clever and tricky way, quickly and interestingly. By turning, twisting, subtracting certain elements and parts. 3 points are awarded for each Reveal.

Dance Partner:

Dance partners are not allowed, human props are.

Props:

All types of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Charisma, interaction audience	15
Creativity	10
Musical delivery, flow of choreo,	
Rhythm & sense of time,	10
Reveals	15

Gesamt

60

TECHNIK

Chair Akrobatic: Jumps, Tips & Tilts	20
Splits, Dead Lifts	10
Leg Work	5
Head-handstand,	5
Chair Work (up, down, turn)	10
Heels Work, Walks, Spins	10

Gesamt

60

ACHTUNG - ACHTUNG - ACHTUNG - ACHTUNG - ACHTUNG

VERBOTE: ES IST NICHT ERLAUBT, SICH VOLLSTÄNDIG ZU ENTKLEIDEN UND SEINEN INTIMBEREICH ZU ZEIGEN. AUCH DÜRFEN KEINE MASTURBATIONS ELEMENTE GEZEIGT WERDEN ODER SICH UNANSTÄNDIG SELBST BERÜHRT WERDEN. AUCH NICHT VOM DANCE PARTNER! DIESE HANDLUNGEN FÜHREN ZUM ABRUCH DER SHOW UND ZUR DISQUALIFIKATION



CHAIR DANCE GROUP (CG)

ART OF TEASE

AGE: FROM 18

PERSONS: 3-8

LEVEL: ALL LEVELS

MUSIC: 3-4 MINUTES

POLES: -

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED,

SHOES: HIGH HEELS, OVERKNEES, BOOTS,

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

CATEGORY DESCRIPTION

Chair dance is a form of dance that is usually associated with burlesque or striptease. You use a chair as an apparatus to move, balance on, and perform many interesting movements and techniques.

Chairdance Group still emphasizes interaction with each other, lifts and synchronicity. Begeistert with cool formation changes and great partner tricks.

Heels are not obligatory, it may also be danced barefoot. Reveals are about changing your costume into another costume in a clever and tricky way, quickly and interestingly. By turning, twisting, subtracting certain elements and parts. 3 points are awarded for each Reveal.

Dance Partner:

Dance partners are not allowed, human props are.

Props:

All types of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Charisma, interaction audience	15
Creativity	10
Musical delivery, flow of choreo,	
Rhythm & sense of time,	10
Reveals	15
Synchronicity	5

Gesamt 65

TECHNIC

Chair Akrobatic: Jumps, Tips & Tilts	20
Splits, Dead Lifts	10
Leg Work	5
Head-handstand,	5
Chair Work (up, down, turn)	10
Heels Work, Walks, Spins	10
Interaction and acrobatics with partner,	
formation changes, tricks, balancing	10

Gesamt 70

ACHTUNG - ACHTUNG - ACHTUNG - ACHTUNG - ACHTUNG

VERBOTE: ES IST NICHT ERLAUBT, SICH VOLLSTÄNDIG ZU ENTKLEIDEN UND SEINEN INTIMBEREICH ZU ZEIGEN. AUCH DÜRFEN KEINE MASTURBATIONS ELEMENTE GEZEIGT WERDEN ODER SICH UNANSTÄNDIG SELBST BERÜHRT WERDEN. AUCH NICHT VOM DANCE PARTNER! DIESE HANDLUNGEN FÜHREN ZUM ABRUCH DER SHOW UND ZUR DISQUALIFIKATION



BURLESQUE (B)

ART OF TEASE

AGE: FROM 18

PERSONS: 1

LEVEL: ALL LEVELS

MUSIC: 2-3 MINUTES

POLES: -

CLOTHING: EVERYTHING IS ALLOWED. THE INTIMATE AREA MUST ALWAYS BE PROPERLY COVERED ABOVE AND BELOW. CLOTHES MAY BE REMOVED,

SHOES: HIGH HEELS, OVERKNEES, BOOTS...

TECHNICS: ALL TECHNICAL ELEMENTS ARE ALLOWED

CATEGORY DESCRIPTION

The term still stands for the humorously seductive show in the style of the great Parisian revue theaters Moulin Rouge or Folies Bergère. Comedy, striptease and theater combine to create a firework of entertainment. In addition, Burlesque also stands for a certain style, which is oriented to the U.S. American pin-up girls of the 20s-50s. The interplay of clothing, shoes, hairstyle, make-up and accessories ensures a decidedly feminine look.

This naturally includes a corresponding repertoire of gestures and movements, ranging from a lascivious swing of the hips to the meaningful look in the eyes. Burlesque celebrates the femininity and beauty of women. Captivate the audience, audience interaction and reactions will be judged.

Give your show a story with a great opening, a good story and a spectacular finale. You are welcome to show something you are particularly good at, for example circus technique, playing a musical instrument, singing, whatever you enjoy. Reveals are about transforming your costume into another costume in a clever and tricky way, quickly and interestingly. By turning, twisting, subtracting certain elements and parts. For each Reveal you get 3 points.

Dance Partner:

Dance partners are not allowed, human props are.

Props:

All types of props and props are allowed.

EVALUATION

CHOREO / SHOW

Costume, Make Up, Hair	10
Charisma	15
Interaction & Reaction Audience	10
Creativity	10
Story	10
Musical realization	10
Accessories, Props	10

Gesamt 75

TECHNIK

Story Intro, Middle, Final, Twist	10
Acting technique, mimic, theater	10
Humor, Parody, Drama	10
Use & Implementation Accessories,	10
Probs	10
Reveals	15
Extra Talent, Abilities, Performance Technique (Circus Technique, Musical Instruments, Singing)	15

Gesamt 80

ACHTUNG - ACHTUNG - ACHTUNG - ACHTUNG - ACHTUNG

VERBOTE: ES IST NICHT ERLAUBT, SICH VOLLSTÄNDIG ZU ENTKLEIDEN UND SEINEN INTIMBEREICH ZU ZEIGEN. AUCH DÜRFEN KEINE MASTURBATIONS ELEMENTE GEZEIGT WERDEN ODER SICH UNANSTÄNDIG SELBST BERÜHRT WERDEN. AUCH NICHT VOM DANCE PARTNER! DIESE HANDLUNGEN FÜHREN ZUM ABRUCH DER SHOW UND ZUR DISQUALIFIKATION



CONTACT

JUDGES

All questions about judging, elements and points will be answered by Alina.

judges@rockthestage.eu

ORGA

All questions about the championship, the procedure, music, technique.... will answer you T.J..

info@rockthestage.eu

CREW

You would like to experience the championship and don't dare to compete yet, don't have time to prepare or just can't make it this year?

Then join our crew and experience an unforgettable day / weekend.

Steffi will help you here.

crew@rockthestage.eu