

THE REGULATIONS POLEDANCEHOLIC 2024

1. THE ORGANIZER

The Organizers of the POLEDANCEHOLIC ROKIETNICA 2024 are Dandelion Studio Pole Dance, Joga & Boxing (Joanna Dzięczkowska-Niklewicz) and the association Klub Sportowy Kuźnia Talentów Rokietnica.

2. THE DATE OF THE COMPETITION

The competition will take place 15th and 16th of November 2025 in Rokietnicki Ośrodek Sportu in Rokietnica (Sportowa Str. 1 62-090 Rokietnica).

An overall schedule will be published up to 14th of August 2024.

A detailed schedule will be published no later than 7 days before competition.

3. MISSION

The goal of the competition is to promote pole sport and aerial hoop, providing athletes with the opportunity to showcase their skills and compete with others.

4. CATEGORIES (description in the annex no. 1)

I. up to 18

1. SOLO POLE DANCE

- A. KIDS 7-9 AMATEUR DEBUT
- B. KIDS 7-9 AMATEUR
- C. KIDS 7-9 SEMI-PRO
- D. KIDS 7-9 PRO
- E. TEENS 10-13 AMATEUR DEBUT
- F. TEENS 10-13 AMATEUR
- G. TEENS 10-13 SEMI-PRO
- H. TEENS 10-13 PRO
- I. TEENS 10-13 STARS
- J. JUNIOR 14-17 AMATEUR DEBUT
- K. JUNIOR 14-17 AMATEUR
- L. JUNIOR 14-17 SEMI-PRO
- M. JUNIOR 14-17 PRO

- N. JUNIOR 14-17 STARS,
- O. DUET 10-17 OPEN

II. over 18 years old

- 1. POLE DANCE SOLO WOMEN
 - A. SOLO AMATEUR DEBUT
 - B. SOLO AMATEUR
 - C. SOLO SEMI-PRO
 - D. SOLO PRO
 - E. SOLO STARS
 - F. SOLO 40+ (ONLY FOR AMATEUR AND SEMI-PRO)
- 2. EXOTIC WOMEN
 - A. EXOTIC AMATEUR DEBUT
 - B. EXOTIC AMATEUR
 - C. EXOTIC SEMI-PRO
 - D. EXOTIC PRO
 - E. EXOTIC STARS
 - F. EXOTIC 40+ (ONLY FOR AMATEUR AND SEMI-PRO)
- 3. POLE DANCE SOLO MEN
 - A. MEN AMATEUR
 - B. MEN PRO
- 4. EXOTIC MEN
 - A. MEN AMATEUR
 - B. MEN PRO
- 5. DUET EXOTIC - OPEN
- 6. DUET 18+ - OPEN

It is possible to combine the men's and women's categories if fewer than 4 men (or women) register in a given category.

The organizer reserves the right to cancel a category if fewer than 4 individuals (or groups) qualify, or to merge it with another category. Qualified individuals will then be moved to other categories based on the assessment of the qualifying jury. An athlete transferred to another category may decline, in which case we will refund the entry fee.

The minimum number of participants in a category is 4

5. SUBMISSIONS AND QUALIFICATIONS

- a. to participate in the competition you must fill an application, which can be found at the following link <https://forms.gle/uwgFZq5Ht3QdDiVT7> (also on website <https://www.dandelionpoledance.pl/wydarzenia-specjalne>) with active link to the application video (us for it YouTube or GoogleDisc). **The duration of the video must be 1:30-1:50 minutes** (shorter or longer videos will be rejected!).
- b. the minor must also send parental consent (joanna@dandelionpoledance.pl) – only for classified athletes!
- c. each sent submission must be paid - 40 PLN or 15€ on the bank account with the title "first and last name and the category"
[Joanna Dzieczkowska-Niklewicz PL 24 2910 0006 0000 0000 0561 0136](#)
Submission without payment won't be considered; registration fee is non-refundable.
- d. **the deadline for submissions is 31st of July 2025**
- e. **the list of qualified athletes will announce around 14th of August 2025**
- f. **The reserve list of athletes will be announced around August 21st, 2025**
- g. Every person (duet, groups) who is qualified for the competition must pay a starting fee into the bank account (info above) within 7 days after the announcement of the list:
 - **380 PLN or 95 euros within 14 days from the announcement of the lists**
- h. failure to make the payment is explicit with delete athletes from the final list.
- i. starting fee is non-refundable
- j. The athletes can take part in more than one category - each submission must be paid separately.
- k. Sending a submission isn't equivalent with a qualification to the final list.

6. AWARDS

First place in all categories – a cash prize from the Organizer, a medal, and a certificate.

Second and third places in all categories – a valuable voucher to popular retail chains or a cash prize from the Organizer, a medal, and a certificate.

If we receive prizes from Sponsors, they will be added to the prize pool.

Special additional awards are planned – depending on the Sponsor's ideas.

A team classification is planned – the rules for team classification are explained in section 7.

7. TEAM QUALIFICATION

- a. Team must have minimum 3 person (doesn't matter if person starts in pole dance, exotic)
- b. To team qualification we will take total score of 8 person from team (with the highest score of the team)
- c. First three teams of the qualification will receive cup and prizes from sponsors.
- d. The name of the team can be write in in the registration form up to 2nd of November 2024.

8. THE SCENE AND THE POLE

There will be on the scene two poles (static and rotating) made by SUN POLE with diameter 45 mm, at a distance of 3 m from each other and a height of 4m, stainless and polished (from the participant's perspective - the rotating pole will be located on the left). The poles will be clean after each performance. Categories KIDS and JUNIOR can use mattress and coach assistance without touch.

9. REQUIREMENTS FOR ATHLETES

- a. the athletes by taking part in the competition declare that know the Regulations and is obligated to follow the rules
- b. each athlete during a registration on the day of competition must sign declaration about health
- c. in connection with the current epidemiological situation everybody must follow the safety rules
- d. the athletes take part in the competition at their risk
- e. the participant must have personal accident insurance and a valid identity document anon the day of competition show it during a registration
- f. during the competition it is forbidden to consume alcohol, drugs and other prohibited substances
- g. the minors must be under adult supervision during whole competition
- h. it's allowed to use liquid talk but the participant must consult the brand of talk - ask by mail
joanna@dandelionpoledance.pl
- i. POLE DANCE -YOU CAN ALWAYS use mattress IF YOU FEEL IT IS NECESSARY AND IMPORTANT FOR YOU

10. SCORING

POLE DANCE SOLO (KIDS, JUNIOR, TEENS, ADULT)

ARTISTIC SIDE OF PERFORMANCE	
TOTALITY IMPRESS (IDEA, CHOREOGRAPHY, LOOK)	max 10 POINTS
EMOTIONS/ ARTISTIC EXPRESSION	max 10 POINTS
FLOORWORK	max 10 POINTS
MUSIC INTERPRETATION	max 10 POINTS
LOOK (COSTUME, HAIR, MAKEUP)	max 10 POINTS
TECHNICAL SIDE OF PERFORMANCE	
STRENGTH - ELEMENTS EMPHASIZE POWER	max 10 POINTS
TECHNIQUE - FLUENCY AND CLEANLINESS OF GETTING INTO AND OFF A POSITION, TRANSITIONS, DROPS	max 10 POINTS
COHESION OF PERFORMANCE ELEMENT'S	max 10 POINTS
ACROBATIC ELEMENTS	max 10 POINTS
FLEXIBILITY (REACHING OF LINE OF KNEES AND FEET, SPLITS, STRETCHING)	max 10 POINTS
TOTAL	MAX 100 POINTS

EXOTIC (SOLO)

FLOW, DANCE, BALANCE AND FOOTWORK	max 10 POINTS
FLOORWORK	max 10 POINTS
TRICK ON THE POLE (DIFFICULT, QUALITY)	max 10 POINTS
COSTUME, MAKEUP	max 10 POINTS
INTERPRETATION OF MUSIC	max 10 POINTS
ORIGINALITY (CHOREOGRAPHY, TOTALLY LOOK, IDEA)	max 10 POINTS
FLEXIBILITY (REACHING OF LINE OF KNEES AND FEET, SPLITS, STRETCHING)	max 10 POINTS

TOTAL	MAX 70 POINTS
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DUET POLE DANCE (KIDS, TEENS, JUNIOR, ADULTS)

ARTISTIC SIDE OF PERFORMANCE	
TOTALITY IMPRESS (IDEA, CHOREOGRAPHY, LOOK)	max 10 POINTS
EMOTIONS/ ARTISTIC EXPRESSION	max 10 POINTS
FLOORWORK	max 10 POINTS
MUSIC INTERPRETATION	max 10 POINTS
LOOK (COSTUME, HAIR, MAKEUP)	max 10 POINTS
TECHNICAL SIDE OF PERFORMANCE	
STRENGTH - ELEMENTS EMPHASIZE POWER	max 10 POINTS
TRICK ON THE POLE (DIFFICULT, QUALITY)	max 10 POINTS
COHESION OF PERFORMANCE ELEMENT'S	max 10 POINTS
ACROBATIC ELEMENTS	max 10 POINTS
FLEXIBILITY (REACHING OF LINE OF KNEES AND FEET, SPLITS, STRETCHING)	max 10 POINTS
SYNCHRONIZATION	max 10 POINTS
TOTAL	MAX 110 POINTS

DUET EXOTIC

FLOW, DANCE, BALANCE AND FOOTWORK	max 10 POINTS
FLOORWORK	max 10 POINTS
TRICK ON THE POLE (DIFFICULT, QUALITY)	max 10 POINTS
COSTUME, MAKEUP	max 10 POINTS
INTERPRETATION OF MUSIC	max 10 POINTS
ORIGINALITY (CHOREOGRAPHY, TOTALLY LOOK, IDEA)	max 10 POINTS
FLEXIBILITY (REACHING OF LINE OF KNEES AND FEET, SPLITS,	max 10 POINTS

STRETCHING)	
SYNCHRONIZATION	max 10 POINTS
TOTAL	MAX 80 POINTS

I. FRAME UP STRIP DANCE

FLOW, DANCE, BALANCE AND FOOTWORK	max 10 POINTS
FLOORWORK	max 10 POINTS
COSTUME, MAKEUP	max 10 POINTS
INTERPRETATION OF MUSIC	max 10 POINTS
ORIGINALITY (CHOREOGRAPHY, TOTALLY LOOK, IDEA)	max 10 POINTS
FLEXIBILITY (REACHING OF LINE OF KNEES AND FEET, SPLITS, STRETCHING)	max 10 POINTS
TOTAL	MAX 60 POINTS

NEGATIVE POINTS

SLIPPING OFF (on the floor)	MAX MINUS 5 POINTS
FALLS (sudden uncontrolled drop onto the floor from a hoop or a pole)	MAX MINUS 5 POINTS
COSTUME'S PROBLEMS	MAX MINUS 5 POINTS
VULGAR ELEMENTS	MAX MINUS 5 POINTS
USE NOT ALLOWED ELEMENTS IN CATEGORY AMATEUR	MINUS 10 POINTS FOR EACH ELEMENTS
HUMAN PROPS touch the pole	MINUS 10 POINTS

11. INFORMATION ABOUT PERFORMANCE

a. DURATION OF PERFORMANCE

- AMATUER & AMATEUR DEBUT - 2:30 -3:00
- SEMI-PRO 3:00-3:30
- PRO & STARS 3:30-4:00

Music will turn off after the stipulated time has elapsed.

- b. THE SELECTED MUSIC must be sent on mail muzykapoledanceholic@gmail.com in the format of mp3 file **by 31 ST OF oCTOBER 2025** with description in the title **“first and family name, category”** - **NOTE! Music files won't be accepted without this description!** Music can't also be a link for YouTube or Spotify etc.

For your safety take with you pendrive with your music.

Each day of delay will result in one point being deducted from the score received for the performance.

- c. COSTUME is an individual case of participant but it's forbidden to perform topless, in erotic lingerie, in a costume exposing intimate part of body; makeup and costume can't be dirty the scene, hoop and poles; high heels permitted only in exotic category;
- d. during performance is allowed to use magnesia (ask Organizer if your product is allowed)
- e. During the performance it is allowed to use props and human props - it must be reported up to **31st of October 2025** (human props must hold/buy an entry ticket). The human props can dance, walk off the scene etc. but can't touch the poles and hoop – in the form with additional info – if you want dance/use in your performance (pole dance! Not exotic) shoes (not pleasers) – it is props – write in in the form with additional info.
- f. Each performance will be recorded – the videos cost 60 PLN or 15 EUROS – pay only be cash during registration in the day of competition – bought videos will send not earlier than 21 days after the competitions
- g. During the performances, photos will be taken by Malowanie Światłem Tomasz Gas. Detailed information about the photos will be provided closer to the event by Tomasz Gas. Payment for the photos should be made directly to the photographer's account. The photos will be made available to those who have previously placed an order for photos during the performances, no earlier than 14 days after the competition.

12. AUTHORIZATION FOR REPRODUCTION OF PHYSICAL LIKENESS AND AUTHORIZATION FOR PROCESSING OF PERSONAL DATA

- a. making a submission and take the part of POLEDANCEHOLIC ROKIETNICA 2024 is tantamount to lasting and unconditionally free of charge authorization for photographic, video and television recording of all presentations and their use, publication and transmission in any media
- b. the participant is required to consent to the processing of personal data in a registration form
- c. sending the registration form and participation in the competition is tantamount to accepting the Regulations.

13. FINAL PROVISIONS

- a. The Organizer reserves the right to amend the Regulations at any time without prior warning
- b. The issues not included in the Regulations are subject to separate decisions
- c. The Organizer reserves the right to change the date or cancel event in the case of unforeseen situations
- d. The Organizer is not responsible for claims of third party resulting from infringement of intellectual property rights protected by law (Dz.U. z 2021 position 1062).

14. Disqualification of a Competitor - Registering for an incorrect (lower) category and failing to inform about this before the start lists are announced, in the case of qualified competitors, is considered an action against the principles of fair play and is punishable by disqualification. We do not practice moving competitors to a higher category after the start lists have been announced.

The goal of our organized competitions is to promote the principles of fair play and to provide equal opportunities for all participants.

Annex no. 1 DESCRIPTION OF CATEGORIES

- In age categories we will check date of birth day **on the day of competition**
- **For advanced levels, the requirements will be assessed as of 31st of October 2025.** If you have become an instructor or achieved a podium position after the list was announced and before 31st of October 2025, please inform us—category changes will be necessary!
- If you achieve a podium position after 31st of October, you may compete in the category you were initially qualified for. If you complete the instructor course after 31st of October, you can compete in the category you would have been in before the course.

- When verifying podium finishes, the rank of the competition is also considered. We do not take into account internal school competitions or small locally organized events—it's best to ask each time, and we will verify the competition rank

The organizer may, in special cases, decide to move a competitor to a higher category at any time.

Important info – remember that the judges have the right to move a competitor to a higher category if their performance exceeds the declared level! If you plan to showcase very advanced moves, sign up for the PRO category right away to avoid additional stress after your performance.

I. AMATEUR DEBUT

- The competitor has been training aerial acrobatics (any discipline) for less than 4 years.
- They are *not* an instructor in any aerial acrobatics discipline (pole dance, aerial hoop, silks, trapeze), artistic gymnastics, rhythmic gymnastics, acrobatic gymnastics, or dance.
- They are performing in a competition for the very first time.
- If, after being accepted to the competition, you participate in another competition, you must compete in the AMATEUR category – inform us about this immediately.
- Participating in a competition for the first time
- **forbidden tricks and transitions**
 - **On the pole** – Iron X, Rainbow Marchenko, Fonji, Russian Split, Bird of Paradise, Cocoon, Chopstick, Eagle, gainer-style dismounts, Phoenix, Human Flag, Broken Split, Deadlifts, Janeiro, and any elements in which the body loses contact with both the pole and the floor at the same time (e.g. grip switches, dismounts, jumps, forward/backward tosses, etc.)
 - **Floorwork** – kicks, front flips, back flips

II. AMATEUR

- The competitor has been training aerial acrobatics (any discipline) for less than 4 years.
- They are *not* an instructor in any aerial acrobatics discipline (pole dance, aerial hoop, silks, trapeze), artistic gymnastics, rhythmic gymnastics, acrobatic gymnastics, or dance.
- They have placed on the podium in the amateur category a maximum of **two times**.
- They have **won** the amateur category a maximum of **once**.
- **forbidden tricks and transitions**
 - a. **On the pole** – Iron X, Rainbow Marchenko, Fonji, Russian Split, Bird of Paradise, Cocoon, Chopstick, Eagle, gainer-style dismounts, Phoenix, Human Flag, Broken Split, Deadlifts, Janeiro, and any elements in which the body loses contact with both the pole and the

floor at the same time (e.g. grip switches, dismounts, jumps, forward/backward tosses, etc.)

b. **Floorwork** – kicks, front flips, back flips

III. SEMI-PRO

- Has been an instructor in any aerial acrobatics discipline (pole dance, aerial hoop, silks, trapeze), artistic gymnastics, rhythmic gymnastics, acrobatic gymnastics, or dance for **less than 4 years**.
- Has been training in any aerial acrobatics discipline for **more than 4 years**.
- Has competed in the **semi-pro** category.
- Has placed on the podium in the **semi-pro** category a maximum of **two times**.
- Has **won** the **semi-pro** category a maximum of **once**.
- Has **won** the **amateur** category **more than once**.
- Has competed in the **amateur** category and placed on the podium **more than twice**.

IV. PRO

- Has been a **pole dance / exotic / aerial hoop instructor** for **more than 3 years**.
- Has competed in any aerial acrobatics discipline (pole dance, aerial hoop, silks, trapeze), artistic gymnastics, rhythmic gymnastics, or acrobatic gymnastics and placed on the podium in the **semi-pro** category **more than two times**.
Has **won** the **semi-pro** category **more than once**.
- Has placed on the podium in the **pro** category a maximum of **5 times**.
- Has **won** the **pro** category a maximum of **3 times**.
- Has been moved to the **pro** category in other competitions due to the level they represented.

V. STARS

- Has been a **pole dance / exotic / aerial hoop instructor** for **more than 3 years**.
Has **won** the **pro** category **more than three times**.
- Has placed on the podium in the **pro** category **more than 5 times**.
- Has been moved to the **stars/elite** category in other competitions due to the level they represented.

VI. ~~FREESTYLE POLE (ULTRA POLE)~~

- ~~— category for athletes aged 14+~~
- ~~— the battle involves two competitors of the same gender~~
- ~~— pairings for the battles will be drawn after the registration closes~~

- ~~— a minimum of 4 competitors is required for the category~~
- ~~— the maximum number of competitors is 16~~
- ~~— after registration closes, the competition format will be announced, depending on the number of entries~~
- ~~— each battle between two competitors lasts 2 minutes and consists of 4 rounds of 30 seconds each, with each competitor performing for 2 rounds. Competitors will alternate every 30 seconds, based on a signal~~
- ~~— music will be chosen by the organizer and will be fast paced/energetic~~
- ~~— each competitor will have their own static pole~~
- ~~— costume and makeup are optional; sneakers or athletic shoes are allowed~~
- ~~— the video submission should be a standard competition video, similar to those for other categories; if you are also entering other categories, the same video can be used.~~

VII. EXOTIC 40+

- category for women 40+
- combined category for AMATEUR DEBUT, AMATEUR, and SEMI-PRO levels
- women 40+ from the PRO and STARS categories are not allowed to compete in this category

VIII. DUETY

- All duets are combined categories for women and men,
- with no division by skill level.
- In categories under 18 years of age, a duet is defined as the 10–17 age group.

IX. FRAME UP STRIP DANCE

- Dance performed in pleaser-style heels.
- Dance without the use of a pole.
- Categories: 18+

If you have any doubts, ask the Organizer.

joanna@dandelionpoledance.pl