

# ROCK THE POLE

## Pure Gravity Fitness COMPETITION DETAILS

### COMPETITORS

- \* **Registration Fee \$25 Due at time of sign up. Competitors MUST be registered on or before February 12, 2015 NO LATER than 5:00pm please call Kyra @ 608-751-1330**
  - \* **NO** nudity is allowed, **NO** Thongs, shoes optional.
  - \* Practice time day of the event 7:00 pm – 8:00pm
  - \* Mandatory meeting at 8:00pm
  - \* Competitor will be disqualified from the Competition if any intimate body parts are exposed.
  - \* **ALL** Competitors MUST sign a release form: **NO EXCEPTIONS**
  - \* Pure Gravity Fitness, LLC is not liable for injury, damage, or theft resulting from participation in the competition.
  - \* **ALL** decisions by PGF, LLC are **Final** & binding
  - \* Winners names, pictures and a short Bio will be posted to ALL PGF, LLC. Websites including Facebook (Winners MUST be available for photo's/ interviews before, during & after competition)
  - \* Dressing Room area is designated for ***competitors and staff ONLY!*** Family & friends are **not allowed** and must remain outside of designated areas.
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- \* **PGF, LLC. Reserves the right to disqualify & remove a competitor from the competition at any time before, during or after the competition due to inappropriate behavior, drug use or alcohol consumption that may impair or cause harm and injury to themselves or others. ALL decisions are final**

## **MUSIC**

There are no restrictions on song choice, style or musical genre for the ROCK THE POLE competition, however, the following requirement will apply:

- Competitor **MUST** provide 3 songs
- Music must be submitted in the form of CD, flash drive.
- Song must be min. 3 minutes in length with no cap on time
- PGF, LLC has the right to edit and/or cut length of music submission
- Music may be emailed prior to February 12, 2015 ( must bring a hard copy the day of competition)
- PGF, LLC has the right to make a song selection of its choice if there are malfunctions to the music during the competition/performance
- No rules on explicit language
- Music must be clearly marked on the CD and/ or Flash drive itself with performers name
- Grace period of 10 seconds will apply to each song choice

## **PERFORMERS ATTIRE & PROPS:**

- Performers must wear “suitable dance attire” at all times
- Bottom Garment no lower at the waist than the pelvic bones
- Bottoms **MUST** completely cover the gluteal cleft and it **MUST** cover the gluteal folds
- Breast **MUST** be covered at **ALL** times
- **NO** nipple exposure
- **ALL intimate body parts MUST be covered**
- **PGF, LLC has the rights to disqualify a competitor for any reason including attire malfunctions or exposure of intimate body parts**
- **NO** visible logos large than 1” will be permitted
- Removal of clothing is permitted provided the minimum attire defined above is adhered to at all times: clothing removal is considered a prop and therefore the rules regarding the props will apply
- Competitors may wear boots, shoes or perform in bare feet
- Props are permitted as long as the competitor can quickly bring them on & off the stage on their own
- **NO** G-Strings, **NO** Thongs & **NO** Nudity allowed

## **POLE & PERFORMANCE AREA**

- Pole specs are : 45mm Spin pole, 11 feet 3 inches, mounted to the rafter
- Sponsored by **X-POLE**
- Stage measurements: 8'x8'x 16"
- Stage floor at current time is rubberized. We are planning on recovering with alternate material. Material TBD
- Staging is provided by Murphy's Pub & Grill please contact Nick with questions or concerns
- Between each performance the pole will be thoroughly cleaned from top – bottom using Rubbing Alcohol and a soft cloth
- The following Grip Aids are acceptable Dry Hands, Mighty Grip, ITac, Tite Grip and Firm Grip
- Grip Aids are **ONLY** allowed on the body
- You may **NOT** apply Grip Aids to the pole directly
- Pole Cleaners **will not be allowed** to apply Grip Aids to the pole
- NO Candle wax, NO water, NO lotion
- **ABSOLUTLEY NO OILS OR LOTIONS ARE PERMITTED TO BE USED ON ANY AERIAL APPARATUS; POLE, SILKS OR LYRA**
- Water and/or liquids cannot touch the stage surface

## **JUDGING CRITERIA AND RULES**

All competitors of any performance level are encouraged to strive for their best performance. PGF, LLC. Recognizes the hard work put into each performance at any level and is excited for new and returning competitors to compete in the ROCK THE POLE competition. We encourage all competitors to view the judging/score sheets at the end of the competition round.

Judges will be taking into consideration the following:

- **Athleticism**
- **Flexibility**
- **Attitude/Sportsmanship**
- **Engagement with the pole**
- **Difficulty of Tricks**
- **Straight legs/Arms with proper extensions**
- **Pointed toes**
- **Style, Dramatic execution & Originality**
- **Engaging the music**
- **Judges Interpretation**
- **Fluidity and Transitions**
- **Use of Stage and Floor**
- **Proper Execution**

**Competitors may be disqualified or marked down for not adhering to the dress code, inappropriate behavior or coming off the stage during the performance**

- Pole Spin combos are encouraged by not mandatory
- Aerial inverts are encouraged but not mandatory
- Rock the Pole competition has 2 rounds with a possible 3<sup>rd</sup>
- In the event that there is a tie and need for a 3<sup>rd</sup> round PGF, LLC will have a Sudden death final performance. Audience participation will determine winner in the event there is a Sudden Death tie.
- There will be **NO** talking between judges while the competitor is performing and score sheets are being completed
- Constructive Criticism and praises are encouraged from Judges
- Judges are not allowed to step away during a performance, if for any reason a judge needs to step away Kyra Wieland will be notified and step in as a replacement judge
- Judges are to be fair in scoring: any discrepancy should be reported to Kyra Wieland who will have final say in the matter
- **NO refunds of fees associated with the Competition will be granted**