

POLEDANCEHOLIC 2026

1. COMPETITION ORGANIZER

The competition is organized by:

- FUNDACJA MOTION ART HUB, based in Rokietnica (fundacjamotionarthub@gmail.com)
- Klub Sportowy Kuźnia Talentów w Rokietnicy
- Joanna Dzięczkowska-Niklewicz, based in Mrowino, ul. Lubomira 52/2, 62-090 Mrowino (Dandelion Studio Pole Dance, Yoga & Boxing).

2. DATE OF THE COMPETITION

The competition will take place on October 17–18, 2026 at Rokietnicki Ośrodek Sportu, ul. Szamotulska 29, 62-090 Rokietnica, Poland.

A detailed schedule (including performance times) will be announced between 7 and 14 days before the competition.

A preliminary schedule will be published around July 14, 2026 together with the list of qualified competitors.

3. MISSION OF THE COMPETITION

The purpose of the competition is to promote pole sport and provide athletes with an opportunity to present their skills.

4. CATEGORIES

(A detailed description of categories is included in Appendix No. 1)

I. UNDER 18

1. SOLO POLE DANCE

- KIDS 7–9 AMATEUR DEBUT
- KIDS 7–9 AMATEUR
- KIDS 7–9 SEMI-PRO
- KIDS 7–9 PRO
- TEENS 10–13 AMATEUR DEBUT
- TEENS 10–13 AMATEUR

- TEENS 10–13 SEMI-PRO
- TEENS 10–13 PRO
- TEENS 10–13 STARS
- JUNIOR 14–17 AMATEUR DEBUT
- JUNIOR 14–17 AMATEUR
- JUNIOR 14–17 SEMI-PRO
- JUNIOR 14–17 PRO
- JUNIOR 14–17 STARS
- DUET 10–17 OPEN

II. 18+

1. ART SOLO (POLE DANCE) – WOMEN

(Male categories may be merged if fewer than 4 men register)

- ART AMATEUR DEBUT
- ART AMATEUR
- ART SEMI-PRO
- ART PRO
- ART STARS
- ART 30+ SEMI-PRO
- ART 40+ (OPEN LEVEL)

2. ART SOLO (POLE DANCE) – MEN

- ART AMATEUR
- ART SEMI-PRO
- ART PRO
- ART STARS

3. ART DUET POLE DANCE – OPEN

One combined category for women, men, and mixed duets.

4. EXOTIC SHOW & TRICKS – WOMEN

- EXOTIC AMATEUR DEBUT
- EXOTIC AMATEUR
- EXOTIC SEMI-PRO
- EXOTIC PRO

- EXOTIC STARS
- EXOTIC 30+ SEMI-PRO
- EXOTIC 40+ (OPEN LEVEL)

5. EXOTIC SHOW & TRICKS – MEN

- EXOTIC AMATEUR
- EXOTIC PRO

6. EXOTIC DUET – OPEN LEVEL

7. FRAME UP STRIP DANCE – OPEN LEVEL

8. EXOTIC LOW FLOW – WOMEN ONLY

- EXOTIC LOW FLOW AMATEUR
- EXOTIC LOW FLOW SEMI-PRO
- EXOTIC LOW FLOW PRO
- EXOTIC LOW FLOW STARS
- EXOTIC LOW FLOW 30+ SEMI-PRO
- EXOTIC LOW FLOW 40+

The Organizer may merge women's and men's categories if fewer than 4 competitors register in a given category.

The Organizer reserves the right to cancel a category if fewer than 4 competitors qualify or to merge it with another category. Competitors may be moved to another category according to the jury's decision. A competitor may refuse the transfer and receive a refund of the entry fee.

Within 7 days after the publication of the start lists, competitors may withdraw after category merging and receive a refund.

Amateur Debut and Amateur categories may be merged without participant consent.

Amateur + Semi-Pro or Semi-Pro + Pro categories may be merged only with participant consent.

The minimum and maximum number of participants per category is determined by the Organizer.

IN DUET CATEGORIES – MAXIMUM 5 DUETS.

5. REGISTRATION

- Registration is completed via the registration form – available from April 1, 2026.
- After submitting the form, each participant will receive payment details for the entry fee:

- 460 PLN – SOLO category
- 660 PLN – DUET category

c. Registration closes on June 30, 2026 or when all spots are filled.

d. Every application submitted before category closure is accepted. Confirmation emails will be sent on the first publication date of the start lists.

e. Start lists will first be published around July 14, 2026 and updated regularly.

f. In case of exceeding the participant limit while registration is still open, the order of submissions will determine qualification.

g. The Organizer reserves the right to keep 20 reserve spots.

h. Applications without payment within the required deadline will not be added to the start list.

i. Entry fees are non-refundable in case of competitor withdrawal.

j. Competitors may participate in more than one category; however, each category requires a separate application and fee.

k. Any person who submits the application and pays the fee is automatically placed on the start list.

6. AWARDS

- 1st place in all categories: cash prize from the Organizer, medal, and diploma - details in appendix 3.
- 2nd and 3rd place - medal and diplom
- Sponsor prizes may increase the prize pool.
- Special sponsor awards may also be granted.
- Awards are presented during the ceremony on the day of performance. Awards may be collected by an authorized person, but prizes will not be shipped.

7. TEAM CLASSIFICATION

A team must consist of at least 3 competitors.

For team classification, results of a maximum of 8 competitors from one team will be counted.

The team name may be provided in the registration form or in the additional information form available to qualified competitors.

The Organizer reserves the right to cancel the team classification.

8. STAGE, LIGHTING, AND POLES

The stage will include two MPOLE poles (static and spinning), diameter 42 mm, approximately 3 meters apart and 4 meters high.

- From the competitor's perspective: spinning pole on the left, static pole on the right.
- Stainless steel, polished finish.
- Poles are cleaned after each performance.

The stage is not elevated. It consists of PVC flooring mounted directly on the floor, dimensions approximately 7 m x 4 m.

Competitors may clean the pole themselves using products approved by the Organizer.

Lighting selection will be possible (details will be collected via an additional form sent in September).

- Color selection is available.
- Color changes during the performance are possible.
- No spotlight tracking.
- No smoke effects.
- No projector background visuals.

9. REQUIREMENTS FOR COMPETITORS

- a. By participating, the competitor confirms that they have read and accepted the Rules.
- b. Competitors declare that their health condition allows participation and that there are no medical contraindications.
- c. All persons attending the event must comply with current safety regulations.
- d. Competitors participate at their own risk.
- e. Competitors must possess valid accident insurance covering pole dance competitions and present proof of identity and insurance during registration.
- f. Consumption of alcohol, drugs, intoxicants, or other prohibited substances is strictly forbidden during the event.
- g. Minor competitors must remain under parental or legal guardian supervision.
- h. Pole Dance – KIDS, TEENS, and JUNIOR categories may use crash mats and spotters (without physical support) without penalties.

18+ categories may use crash mats.

SAFETY IS THE MOST IMPORTANT THING! IF YOU FEEL SAFER WITH A MAT, YOU MAY REQUEST ONE.

10. SCORING

II. ART SOLO (KIDS, TEENS, JUNIOR, ADULTS)

Artistic Side

- Overall impression (concept + choreography + appearance) – max 10 points
- Emotions / artistry – max 10 points
- Floorwork – max 10 points
- Musicality – max 10 points
- Appearance (costume, hairstyle, makeup) – max 10 points

Technical Side

- Strength elements – max 10 points
- Technique / cleanliness / transitions / drops – max 10 points
- Music consistency with movements – max 10 points
- Acrobatics – max 10 points
- Flexibility – max 10 points

Maximum: 100 points

III. EXOTIC SHOW & TRICKS

- Flow, dance, footwork – max 10 points
- Floorwork – max 10 points
- Pole tricks – max 10 points
- Costume and makeup – max 10 points
- Musical interpretation – max 10 points
- Originality / show concept – max 10 points
- Flexibility – max 10 points

Maximum: 70 points

IV. DUET ART

Maximum: 110 points

V. DUET EXOTIC SHOW & TRICKS

Maximum: 80 points

VI. FRAME UP STRIP DANCE

Judged categories:

- Choreography
- Musicality

- Concept
- Performance
- Technique
- Balance / standing work
- Costume
- Acrobatics

Maximum: 80 points

VII. EXOTIC LOW FLOW

Maximum: 90 points

11. DEDUCTIONS AND PENALTIES

ART / EXOTIC

- Slip on the floor – up to 5-point deduction
- Sliding down the pole – up to 5-point deduction
- Vulgar movements or costume – up to 5-point deduction
- Costume malfunction – up to 5-point deduction
- Using prohibited tricks in Amateur categories – transfer to Semi-Pro
- Finishing before or after music – 5-point deduction
- Human prop touching the pole – 10-point deduction

STRIP DANCE

- Loss of balance – up to 5-point deduction
- Costume malfunction – up to 5-point deduction
- Finishing before or after music – 5-point deduction
- Inappropriate shoes – up to 5-point deduction

12. GENERAL PERFORMANCE INFORMATION

Performance duration

- Amateur / Amateur Debut: 2:30–3:00
- Semi-Pro and 40+: 3:00–3:30
- Pro and Stars: 3:30–4:00
- Duets: 3:00–4:00

- Frame Up Strip Dance: 3:00–4:00

Music will be stopped after the allowed time.

Music files must be sent to: musykapoledanceholic@gmail.com by September 20, 2026.

Each day of delay results in a 2-point deduction.

Music must be submitted in MP3 format titled: “name surname category”

YouTube links are not accepted.

Music may not contain vulgar, racist, or unethical content.

Competitors must also bring their music on a USB drive.

Costume

- No topless performances.
- No erotic lingerie.
- No exposure of intimate body parts.

Makeup is allowed but competitors may not dirty the poles or stage.

Shoes are allowed only in Exotic categories.

Grip products

Allowed:

- OCUN
- KeepGrip
- Dry Hands

Grip may only be applied to the body, never to the poles.

Forbidden grips:

- ITAC2
- Monkey Hands products
- Sticky Mania
- resin-based KeepGrip

Using forbidden grip products results in a 10-point deduction.

Human Props

Human props are allowed. They must purchase an audience ticket and sign health declarations if required.

Human props:

- may dance,

- may walk on stage,
- may NOT climb or touch the pole.

Props

Props that require cleaning of the stage after the performance must be reported in the additional form, which will be provided in September. Other props do not need to be reported.

Video Recordings

Every performance will be professionally recorded. Recording purchase price: 80 PLN (cash only on the competition day).

Videos will not be uploaded to YouTube. They will be sent no earlier than 14 days after the competition. The Organizer reserves the right to extend this period to 21 days.

Photos

Photos will be taken by Malowanie Światłem Tomasz Gas. Detailed information about photography orders will be announced closer to the event.

Audience Tickets

The event is ticketed. Audience ticket price: 100 PLN. Every person except competitors and children under 6 years old must have a ticket.

13. IMAGE RIGHTS AND PERSONAL DATA PROCESSING

Participation in the competition constitutes free and unconditional consent for the Organizer to photograph and record performances and publish them in any media.

Approved media partners:

- Malowanie Światłem Tomasz Gas
- Damian Nowicki My Photo Way

Consent for personal data processing is granted in the registration form.

Submitting the registration form and participating in the competition means acceptance of these Rules and the Rules of Stowarzyszenie Klub Sportowy Kuźnia Talentów.

14. FINAL PROVISIONS

- Matters not covered by these Rules are decided by the Organizer.
- The Organizer reserves the right to change the Rules at any time.
- The Organizer may change the event date or cancel the competition due to unforeseen circumstances.
- Qualified competitors may withdraw within 7 days after a date change announcement and receive a refund.

- The Organizer is not responsible for lost or unattended belongings.
- The Organizer is not liable for third-party intellectual property claims.
- Any disputes shall be resolved by the court competent for the Organizer's registered office.

15. DISQUALIFICATION

Registering for an incorrect lower category and failing to report it before the publication of the start lists may be considered a violation of fair play and may result in disqualification.

In special cases, the Organizer may transfer a competitor to a more appropriate category according to their skill level.

The purpose of the competition is to promote fair play and equal opportunities for all competitors.

APPENDIX NO. 1 – CATEGORY DESCRIPTIONS

For age categories, the **YEAR OF BIRTH** is decisive.

The requirements for each skill level will be verified as of **September 30, 2026**. If you become an instructor or achieve a podium placement after the start lists have been published but before September 30, 2026, please inform us – your category will need to be changed.

When verifying podium placements achieved at competitions, the **rank and level of the competition** will also be taken into account. We do not consider internal studio competitions or small locally organized events. If in doubt, please contact us and we will verify the rank of the competition.

IN SPECIAL CIRCUMSTANCES, THE ORGANIZER MAY DECIDE TO MOVE A COMPETITOR TO A HIGHER CATEGORY AT ANY TIME.

IMPORTANT – PLEASE REMEMBER THAT THE JUDGES HAVE THE RIGHT TO MOVE A COMPETITOR TO A HIGHER CATEGORY IF THEIR PERFORMANCE CLEARLY EXCEEDS THE LEVEL DECLARED. IF YOU INTEND TO PERFORM HIGHLY ADVANCED TRICKS, ENTER THE PRO CATEGORY FROM THE START TO AVOID ADDITIONAL STRESS AFTER YOUR PERFORMANCE.

1. AMATEUR DEBUT

- the competitor trains aerial acrobatics (any discipline) recreationally;
- the competitor is not an instructor in any aerial acrobatics discipline (pole dance, aerial hoop, aerial silks, trapeze), artistic gymnastics, sports gymnastics, sports acrobatics or dance;
(being an instructor/trainer means teaching classes – if you teach classes, you are considered an instructor/trainer);
- the competitor is participating in a competition for the first time;
- if, after being accepted for POLEDANCEHOLIC but after registration, you participate in another competition, you must compete in the **AMATEUR** category – please inform us immediately.

Prohibited elements:

a) On the pole:

Iron X, Rainbow Marchenko, Fonji, Russian Split, Bird of Paradise, Starfish, Cocoon, Chopstick, Eagle, Gainer-type dismounts, Phoenix, Human Flag, Broken Split, Deadlifts, Janeiro, Handspring variations, as well as any elements in which the body loses contact with both the pole and the floor at the same time (grip changes, dismounts, jumps onto the pole, forward and backward flips, etc.).

b) Floorwork:

Aerial/cartwheel-style elements, front somersaults and back somersaults.

The Organizer reserves the right to extend the list of prohibited elements. After each significant amendment to the Rules, information about the change will be published on the competition's social media channels.

2. AMATEUR

- the competitor trains aerial acrobatics (any discipline) recreationally;
- the competitor is not an instructor in any aerial acrobatics discipline (pole dance, aerial hoop, aerial silks, trapeze), sports gymnastics, artistic gymnastics, sports acrobatics or dance;
- the competitor has achieved a podium placement in the Amateur category no more than **twice** (including Amateur Debut);
- the competitor has won the Amateur category no more than **once** (including Amateur Debut).

Prohibited elements:

a) On the pole:

Iron X, Rainbow Marchenko, Fonji, Russian Split, Bird of Paradise, Cocoon, Chopstick, Eagle, Gainer-type dismounts, Phoenix, Human Flag, Broken Split, Deadlifts, Janeiro, Handspring variations, as well as any elements in which the body loses contact with both the pole and the floor at the same time (grip changes, dismounts, jumps onto the pole, forward and backward flips, etc.).

b) Floorwork:

Aerial/cartwheel-style elements, front somersaults and back somersaults.

The Organizer reserves the right to extend the list of prohibited elements. After each significant amendment to the Rules, information about the change will be published on the competition's social media channels.

3. SEMI-PRO

- the competitor has been an instructor in any aerial acrobatics discipline (pole dance, aerial hoop, aerial silks, trapeze), sports gymnastics, artistic gymnastics, sports acrobatics or dance for **less than 5 years**;
- the competitor has trained in any aerial acrobatics discipline for **more than 4 years**;
- the competitor has previously competed in the Semi-Pro category;
- the competitor has achieved a podium placement in the Semi-Pro category no more than **twice**;
- the competitor has won the Semi-Pro category no more than **once**;
- the competitor has won the Amateur category more than once;
- the competitor has competed in the Amateur category and achieved a podium placement more than twice;
- a competitor who performs even **one prohibited element** while competing in the AMATEUR / AMATEUR DEBUT category will automatically be moved to the **SEMI-PRO** category.

4. PRO

- the competitor has been a pole dance / exotic / aerial hoop instructor for **more than 5 years**;
- the competitor has participated in competitions in any aerial acrobatics discipline (pole dance, aerial hoop, aerial silks, trapeze), sports gymnastics, artistic gymnastics or sports acrobatics and has achieved a podium placement in the Semi-Pro category **more than twice**;
- the competitor has won the Semi-Pro category **more than once**;
- the competitor has achieved a podium placement in the PRO category no more than **5 times**;
- the competitor has won the PRO category no more than **3 times**;
- the competitor has been moved to the PRO category at another competition due to their demonstrated skill level.

5. STARS

- the competitor has won the PRO category **more than three times**;
- the competitor has achieved a podium placement in the PRO category **more than five times**;
- the competitor has been moved to the STARS / ELITE category at another competition due to their demonstrated skill level.

6. FREESTYLE POLE (ULTRA POLE)

- ~~category for competitors aged 14+;~~
- ~~each battle is between two competitors of the same gender;~~
- ~~battle pairings will be drawn after registration closes;~~
- ~~minimum number of competitors required to run the category: 4;~~
- ~~maximum number of competitors: 16;~~
- ~~after registration closes, the competition format will be announced depending on the number of registered competitors;~~
- ~~each battle between two competitors lasts 2 minutes and consists of four 30-second rounds, two rounds for each competitor;~~
- ~~competitors alternate every 30 seconds upon a given signal;~~
- ~~music will be selected by the Organizer and will be fast/energetic;~~
- ~~each competitor will have their own pole; both poles will be static;~~
- ~~costume and makeup are optional; sports shoes such as trainers/sneakers are permitted;~~
- ~~the qualification video should be a standard application video, the same as for the other categories. If you are also applying for another ART category, the same video may be used.~~

7. EXOTIC 40+ / ART 40+

- category for competitors aged **40+**;
- combined category for the following skill levels: **AMATEUR DEBUT, AMATEUR, SEMI-PRO, PRO and STARS.**

8. DUETS

- all duet categories are combined categories for women and men;
- there is no division by skill level;
- in categories for competitors under the age of 18, the duet category covers ages **10–17**.

9. FRAME UP STRIP DANCE

- dance performed in **Pleaser-style high-heeled shoes**;
- performed **without the use of a pole**;
- category for competitors aged **18+**.

10. EXOTIC SHOW & TRICKS

- this category is based on tricks performed on **both poles**, combined with floorwork;
- this corresponds to the category previously called **EXOTIC** at our competitions;
- it combines Exotic dance with pole tricks.

11. EXOTIC LOW FLOW

- the foundation of this category is choreography performed around the pole and floorwork;
- pole elements are only an additional part of the choreography. Their assessment will be based on whether they fit the overall choreography and whether they are performed correctly;
- competitors may climb the pole only up to the height of the competitor's head;
- if you choose to perform pole tricks, their technical execution will be assessed;
- **not performing pole tricks does not negatively affect the judges' score**;
- music is unrestricted;
- movement fluidity, connections between elements and transitions are assessed;
- **pole tricks are not required**.

If you are unsure which category you should enter, please contact the Organizer.

APPENDIX NO. 2 – PARENTAL CONSENT FOR MINORS

I hereby consent to my daughter/son participating in the POLEDANCEHOLIC ROKIETNICA competition.

I declare that my child has no medical contraindications for participation in Pole Dance / Aerial Hoop activities and competitions.

I understand that Pole Dance / Aerial Hoop is a discipline with a high risk of injury.

In the event of injury or health complications occurring during the competition, I will not make claims against the Organizer.

I take full responsibility for my child during the event.

The child possesses valid accident insurance.

APPENDIX NO. 3 – CASH PRIZES

General list of cash prizes for 1st place:

Amateur Debut – **PLN 500**

Amateur – **PLN 500**

Semi-Pro – **PLN 1,000**

PRO – **PLN 1,000–1,500**

STARS – **PLN 1,500–2,000**

Frame Up Open – **PLN 1,500**

40+ Open (Art, Exotic Show & Tricks, Exotic Low Flow) – **PLN 1,000**

Duets (10–17 & 18+) – **PLN 1,200**

General list of special cash prizes:

Grand Prix PRO – **PLN 1,000**

Grand Prix STARS – **PLN 1,000**

CASH PRIZES BY CATEGORY

KIDS / TEENS / JUNIOR CATEGORIES

KIDS 7–9 AMATEUR – **PLN 500**

KIDS 7–9 PRO – **PLN 1,000**

TEENS 10–13 AMATEUR DEBUT – **PLN 500**

TEENS 10–13 AMATEUR – **PLN 500**

TEENS 10–13 SEMI-PRO – **PLN 1,000**

TEENS 10–13 PRO – **PLN 1,000**

JUNIOR 14–17 AMATEUR DEBUT – **PLN 500**

JUNIOR 14–17 AMATEUR – **PLN 500**

JUNIOR 14–17 SEMI-PRO – **PLN 1,000**

JUNIOR 14–17 PRO – **PLN 1,500**

JUNIOR 14–17 STARS – **PLN 1,500**

DUET 10–17 – **PLN 1,200**

ART CATEGORIES

ART 18+ AMATEUR DEBUT – **PLN 500**

ART 18+ AMATEUR – **PLN 500**

ART 18–24 SEMI-PRO – **PLN 1,000**

ART 25–29 SEMI-PRO – **PLN 1,000**

ART 30+ SEMI-PRO – **PLN 1,000**

ART PRO – **PLN 1,500**

ART STARS – **PLN 2,000**

ART 40+ – **PLN 1,000**

MEN'S ART PRO – **PLN 1,500**

ART DUET 18+ – **PLN 1,200**

EXOTIC SHOW & TRICKS CATEGORIES

EXOTIC SHOW & TRICKS AMATEUR DEBUT – **PLN 500**
EXOTIC SHOW & TRICKS AMATEUR – **PLN 500**
EXOTIC SHOW & TRICKS SEMI-PRO – **PLN 1,000**
EXOTIC SHOW & TRICKS 30+ SEMI-PRO – **PLN 1,000**
EXOTIC SHOW & TRICKS PRO – **PLN 1,500**
EXOTIC SHOW & TRICKS STARS – **PLN 2,000**
EXOTIC SHOW & TRICKS 40+ – **PLN 1,000**

EXOTIC LOW FLOW CATEGORIES

EXOTIC LOW FLOW AMATEUR DEBUT – **PLN 500**
EXOTIC LOW FLOW AMATEUR – **PLN 500**
EXOTIC LOW FLOW SEMI-PRO – **PLN 1,000**
EXOTIC LOW FLOW 30+ SEMI-PRO – **PLN 1,000**
EXOTIC LOW FLOW PRO – **PLN 1,500**
EXOTIC LOW FLOW 40+ – **PLN 1,000**

FRAME UP

FRAME UP STRIP DANCE – **PLN 1,500**

POLEDANCEHOLIC 2026 GRAND PRIX

GRAND PRIX PRO – **PLN 1,000**
GRAND PRIX STARS – **PLN 1,000**

TOTAL CASH PRIZE POOL: PLN 38,400