

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 Dzieczkowska-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

- a. Registration is completed via the registration form – available from April 1, 2026.
- b. 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.
- 2nd and 3rd place: cash prize from the Organizer, medal, and diploma.
- 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 45 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.

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: 80 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
- Krzysztof Michta Fotografia

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 DESCRIPTION

For age categories, the YEAR OF BIRTH is decisive.

Skill level requirements are verified as of September 30, 2026.

The Organizer may move competitors to a higher category at any time.

Judges also have the right to move a competitor to a higher level if the performance significantly exceeds the declared category.

1. AMATEUR DEBUT

- trains aerial disciplines recreationally,
- is not an instructor,
- competes for the first time,
- prohibited tricks include advanced pole tricks such as Iron X, Fonji, Phoenix, Human Flag, Janeiro, star fish etc.

2. AMATEUR

- trains recreationally,
- is not an instructor,
- has placed on the podium in Amateur categories no more than twice,
- has won Amateur only once,

- same prohibited tricks as Amateur Debut.

3. SEMI-PRO

- instructor for less than 5 years,
- training for more than 4 years,
- podium placements in Semi-Pro no more than twice,
- Amateur competitors performing prohibited tricks are automatically transferred to Semi-Pro.

4. PRO

- instructor for more than 5 years,
- multiple Semi-Pro wins or podium placements,
- may have podium placements in Pro up to five times,
- may have won Pro up to three times.

5. STARS

- won Pro more than three times,
- more than five podium finishes in Pro,
- transferred to Stars/Elite level in other competitions.

6. FREESTYLE POLE (ULTRA POLE)

- category for ages 14+
- battle format
- 2-minute battles
- static poles
- energetic music selected by the Organizer

7. EXOTIC 40+ / ART 40+

Combined category for competitors aged 40+.

8. DUETS

- combined categories for women and men
- no skill division
- under 18 duet category: ages 10–17

9. FRAME UP STRIP DANCE

- performed in pleaser shoes
- without using the pole
- 18+ category

10. EXOTIC SHOW & TRICKS

- category focused on tricks on both poles combined with floorwork

11. EXOTIC LOW FLOW

- choreography and floorwork are the foundation,
- pole tricks are optional,
- tricks are judged mainly on flow and integration with choreography,
- no tricks does not negatively affect scoring.

If you are unsure which category to choose, 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.