



POLE FREAK AERIAL ART CHAMPIONSHIP

POLE DANCE — RULES AND REGULATIONS

These rules cover the pole dance discipline. Rules for the hoop, hammock and silks disciplines will be published separately.



ORGANIZED AND CREATED BY

Pole Dance Studio Phoenix

Zagreb, Croatia

1. GENERAL NOTES

- The organizer reserves the right to amend and adapt these rules, and is obliged to inform competitors of any such change in good time.
- The number of competitors per category is limited. If a category fills up before registration closes, the organizer may close registration for that category early.
- A competitor entering more than one category or discipline must submit a separate application and pay a separate entry fee for each category and discipline.
- The division of categories by sex (M/F) refers to biological sex.

2. CATEGORIES

Competitors are divided into two main divisions: **Amateur** and **Professional**. The main divisions are further divided by age and sex into the following subgroups:

Subgroup	Age	Note
Mini F/M	4 – 8 years	amateur division only
Children F	9 – 12 years	Children M*
Junior F	13 – 17 years	Junior M*
Adult Female / Adult Male	18 – 39 years	
Senior Female / Senior Male	40 years or more	
Mix Doubles Junior	17 years or less	
Mix Doubles Adult	18 years or more	

* If a boy registers in one of these categories, a separate boys' category will be held.

Division Change Due to Incorrect Registration

If a competitor signs up for a division that does not align with the competition's guidelines and this is recognized by the organizers or the Head Judge before competition registration is closed, the competitor may be automatically moved to the correct division. This ensures that the competition remains fair and that competitors compete against others with a similar skill level.

This change will be made based on the competitor's experience and skill, as determined by the competition's criteria for the amateur and professional divisions. Competitors are encouraged to review the division guidelines carefully when registering.

Competitors under the age of 18 may only participate in the competition with the written and signed permission of a parent or legal guardian. Documentation must be provided upon request.

3. MUSIC LENGTH BY CATEGORY

Category	Music length
Mini	2:00 – 2:30 min
Children	2:00 – 2:30 min
Junior (Amateur and Professional)	2:30 – 3:30 min
Adult (Amateur and Professional)	3:00 – 4:00 min
Senior (Amateur and Professional)	3:00 – 4:00 min
Doubles Junior	3:00 – 4:00 min
Doubles Adult	3:00 – 4:00 min

4. COSTUME

- The costume must match the theme and storyline of the choreography.
- Removing parts of the costume is allowed as long as the intimate parts of the body remain covered (chest, groin).
- The costume must not put the competitor at risk of injury (slips, falls, ...) and must not be made of materials that provide extra grip on the pole (latex, rubber, etc.).
- Any problem with the costume will be penalized with negative points, and if the Head Judge decides that the costume is inappropriate for this type of competition (deliberate display of nudity, racist or other offensive imagery, ...), it may also result in disqualification.
- The costume must not display anyone's logo, a manufacturer's name, or any advertising. The only markings allowed are those that fit the theme and storyline of the choreography.
- Footwear is allowed as part of the costume if it fits the theme and storyline of the choreography, and it must not serve as extra help when climbing or performing tricks.
- Knee-high and thigh-high boots/shoes are forbidden.

5. HAIR AND MAKEUP

- Hair and makeup must complement the theme and storyline of the choreography.
- Body paint is allowed if it is water-based and leaves no marks on the pole.

6. PROPS

- All props that can be brought onto and taken off the stage within 1 minute are allowed, provided that after their removal the stage is left in its original condition.
- Throwing confetti, glitter, or similar small materials that cannot be removed from the stage quickly and easily between two routines is forbidden.
- **Human prop:** if a person takes the role of a prop, their interaction with the competitor must not include assisting with the execution of the compulsory pole elements or the compulsory acro balances on the floor. A human prop must not perform any pole elements, as this breaches the criteria of the solo category. Such a performance will be penalized with negative points.

- The use of fire or anything flammable is **STRICTLY** forbidden, as are dangerous or sharp objects that could injure the competitor.

All props and their intended use must be listed in the application.

7. SAFETY IN THE MINI AND CHILDREN CATEGORIES

Spotters are permitted to support competitors in the Mini and Children categories to enhance safety during their performances. Spotters should stay at the back of the stage but may move closer when competitors execute high-risk maneuvers, for added protection.

During the performance, spotters must avoid any physical contact or verbal instructions unless an accident occurs. If a spotter intervenes by grabbing the competitor, the Head Judge has the authority to halt the performance and potentially disqualify the competitor. However, if the spotter makes light contact (without grabbing, catching, pushing, or otherwise assisting the competitor in executing a trick), the Head Judge will determine whether the contact was sufficient to warrant disqualification.

If a competitor requires a spotter, they must bring their own — the organizer will not provide spotters for the event.

8. GRIP AIDS AND PRODUCTS

Between routines, the poles are cleaned with 70% ethyl alcohol and, if necessary, with medical benzine. Applying any substances or grip products to the pole itself after cleaning is **not allowed**.

ALLOWED

- magnesium-based products (liquid and/or powder)
- silica-based products (e.g., Dry Hands)
- natural-wax-based products (e.g., iTac)

STRICTLY FORBIDDEN

Rosin-based products (e.g., Monkey Hands) and other products that leave hard-to-clean residue on the pole.

9. GENERAL RULES

PFAAC is an artistic competition with compulsory fundamental pole skills, depending on the category, presented through some form of artistic expression, such as a storyline and/or an interpretation of the music through movement. The interpretation and the storyline must be clear, and the choreography must clearly convey what it is about. The emphasis is on a clearly interpreted theme and on the uniqueness of the performed elements and combinations. In addition to the compulsory elements, anything that goes beyond what has already been seen will earn extra (bonus) points.

The competition takes place on two (2) Lupit competition poles made of stainless steel, 45 mm in diameter and 4 m high, with a distance of 3.5 m between the poles.

Seen from the **audience**: the left pole is static and the right pole is spinning.

Technique

1. Compulsory elements/combinations on the pole
2. Transitions and lines
3. Acrobatic/dance sequence on the floor
4. Other elements and combinations

Art

1. Theme
2. Interpretation of the theme
3. Use of the stage
4. Overall stage presence

The technical value of the choreography accounts for **50%** of the score, and artistic expression for the other **50%**. The competitor should use both poles equally and use the stage space in balance with the choreography. If props are used, their use must be meaningful.

Correct Execution of Elements

Only the following elements will be recognized:

- on the **static pole**: elements shown from the correct angle for that element and held for at least 2 seconds;
- on the **spinning pole**: elements held for a full rotation, not counting the entry into and exit from the element.

10. GENERAL DEDUCTIONS AND BONUSES

DEDUCTIONS

1. fall
2. flexed feet (allowed if the movement is meaningful and intentional, as part of the dance movement and the interpretation of the music in the choreography)
3. wrong element angle
4. element not held long enough
5. wrong/poor leg lines

BONUSES

1. creativity
2. new (rarely performed) elements*
3. NO flexed feet throughout the entire routine
4. well-balanced choreography (balance between pole and floor)
5. the competitor's X factor

* Refers to demanding elements and/or combinations that demonstrate exceptional strength and flexibility, and to new and different combinations of elements that demonstrate the competitor's innovation and creativity.

11. RULES BY CATEGORY

AMATEUR — MINI AND CHILDREN

This category includes all children (M/F) aged 4 to 8 (Mini) and children aged 9 to 12 (Children*) who have never competed, or who have never won one of the top three places, at similar pole art and pole sport competitions.

* If they have competed and won at competitions that do not require specific pole skills, they may take part in the amateur category after prior consultation with the organizer. The same applies if the competitor won 2nd or 3rd place but their performance level does not exceed the amateur category, and the last competition they won took place in the same competition season.

COMPULSORY ROUTINE

- equal use of both poles, with no compulsory sequences or elements in the routine
- a dance sequence on the floor

FORBIDDEN

See the Forbidden section of the Amateur category (Junior, Adult and Senior): all the rules from there apply here as well. In addition, competitors **must not use the top third of the pole**, and at every moment while performing elements on the pole they must have at least two points of contact with the pole and/or the floor. Elements with only one point of contact (gripping point) are **STRICTLY forbidden**.

PROFESSIONAL — CHILDREN

The professional category includes competitors who have won one of the top three places in the amateur category at similar competitions, or who have already competed in the professional category at similar competitions. The category is open to all competitors who meet the category minimum in terms of the ability to perform the compulsory pole routine.

COMPULSORY ROUTINE

1. **Static combo** — connecting at least 2 elements on the static pole into a coherent sequence without dismounting from the pole
2. **Spinning combo** — connecting at least 2 elements on the spinning pole into a coherent sequence without dismounting from the pole
3. **Acrobatic/dance sequence on the floor** — connecting acrobatic and/or dance components into a coherent whole on the floor

BONUSES

- a drop on the pole of at least 1 m
- aerial deadlift (grip of choice)
- oversplit
- back bend with straight knees

AMATEUR — JUNIOR / ADULT / SENIOR

The amateur category includes competitors who have never competed, or who have never won one of the top three places in that category, at similar pole art and pole sport competitions.

If they have competed and won at competitions that do not require specific pole skills, they may take part in the amateur category after prior consultation with the organizer. The same applies if the competitor won 2nd or 3rd place but their performance level does not exceed the amateur category, and the last competition they won took place in the same competition season.

COMPULSORY ROUTINE

1. **Static combo** — connecting at least 2 elements on the static pole into a coherent sequence without dismounting from the pole
2. **Spinning combo** — connecting at least 2 elements on the spinning pole into a coherent sequence without dismounting from the pole
3. **Acrobatic/dance sequence on the floor** — this sequence must **NOT** include somersaults, acro walkovers or similar 360° rotations in which the body does not have at least two points of contact with the floor and/or the pole

FORBIDDEN

- deadlift
- elements of extreme flexibility, as well as those combining a simultaneous back extension and a 180° split (marchenko, extended eagle, extended allegra, etc.)
- flips, drops and somersaults without contact with the pole and/or the floor, i.e. those in which, at the moment of rotation, the body does not have at least two points of contact with the pole and/or the floor

ALLOWED

- flexy elements whose execution does not require excessive strength and dynamics*
- back extensions (cocoon from scorpio, ballerina, janeiro, allegra, etc.) if the knees are not fully extended during execution
- inversions such as the invert V and the shoulder mount, as long as they are not performed with straight legs or as a deadlift or aerial deadlift

* Strength and dynamics of execution refer to the entry into the element, the exit from it, and the hold itself.

PROFESSIONAL — JUNIOR / ADULT / SENIOR

The professional category includes competitors who have won one of the top three places in the amateur category at similar pole art and pole sport competitions, or who have already competed in the professional category at similar competitions. The category is open to all competitors who meet the category minimum in terms of the ability to perform the compulsory pole routine.

COMPULSORY ROUTINE

1. **Power spin on the static pole** — a dynamic rotation on the static pole from which, without touching the floor, the body rises into an inversion of choice; a full circle of the rotation must be completed without stopping or touching the floor
2. **Dynamic/power combo** — connecting at least 2 strength and/or dynamic elements into a coherent, harmonious sequence
3. **Aerial deadlift** — grip of choice (if the invert V or the shoulder mount is performed, both legs must be straight); for other grips, knee flexion is allowed
4. **Flexy combo** — connecting at least 2 flexy elements (a split of at least 180° with full knee extension and/or a back extension, i.e. a leg behind the head); the elements must be connected into a coherent, harmonious sequence with no other elements in between
5. **Acrobatic/dance sequence on the floor** — includes dance movements and/or acrobatic elements of choice

BONUSES

- back bend on the pole with straight knees
- aerial deadlift with both legs straight
- regrip
- oversplit
- acrobatic pole flip (min. 180°)

AMATEUR — MIX DOUBLES JUNIOR / ADULT

This category includes competitors who have never competed as a pair, and who have never won one of the top three places as a pair, at similar pole art and pole sport competitions.

If they have competed and won at competitions that do not require specific pole skills, they may take part in the amateur category after prior consultation with the organizer. The same applies if they won 2nd or 3rd place but their performance level does not exceed the amateur category, and the last competition they won took place in the same competition season.

COMPULSORY ROUTINE

1. **Static doubles trick** — one doubles element/trick on the static pole performed by both partners together, connected as one whole and depending on each other*
2. **Spinning doubles trick** — one doubles element/trick on the spinning pole performed by both partners together, connected as one whole and depending on each other*
3. **Synchronized acrobatic/dance sequence on the floor** — must last at least 8 counts and must **NOT** include somersaults, acro walkovers or similar 360° rotations in which the body does not have at least two points of contact with the partner, the floor and/or the pole

* Separate synchronized elements do NOT count.

Both partners must equally take on the roles of "catcher/base" and "flyer".

FORBIDDEN

- "release and catch" elements and tricks*
- aerial deadlift
- doubles elements and tricks in which the catcher/base does not have at least two points of contact (gripping points) with the pole

* Elements and tricks in which the catcher (base) releases the flyer, so that the flyer has no contact with the pole or the partner, and then grabs onto the catcher and/or the pole again.

PROFESSIONAL — MIX DOUBLES JUNIOR / ADULT

The professional category includes pairs who have won one of the top three places in the amateur category at similar pole art and pole sport competitions, or who have already competed in the professional category at similar competitions. The category is open to all pairs who meet the category minimum in terms of the ability to perform the compulsory pole routine.

COMPULSORY ROUTINE

1. **Static combo** — connecting at least 2 doubles elements on the static pole into a coherent combination without dismounting from the pole*
2. **Spinning combo** — connecting at least 2 doubles elements on the spinning pole into a coherent combination without dismounting from the pole*
3. **Acro balance on the floor** — performing 1 acro balance on the floor in which the execution of the figure depends on both partners connected as one whole

* Separate synchronized elements do NOT count.

Both partners must equally take on the roles of "catcher/base" and "flyer".

BONUSES

- a joint drop (a drop from a shared figure formed by both partners)
- aerial deadlift on the partner and/or the pole
- a "release and catch" trick/element*

* Elements and tricks in which the catcher (base) releases the flyer, so that the flyer has no contact with the pole or the partner, and then grabs onto the catcher and/or the pole again.