



POLE CHAMPIONSHIP NETWORK

POLE STARS CATEGORY – REGULATIONS 2026

The following criteria are applicable to the POLE STARS 2026 category belonging to the POLE CHAMPIONSHIP NETWORK under the supervision of the Organization and the Juries.

1. Pole Star Categories

Athletes who apply to this category must exclusively meet ALL the following requirements:

- A. Over 18 years old, both genders.
- B. Podium in Elite in National tournaments (in their country of origin)
- C. Podium in Elite in International / Regional tournaments
- D. Serve as a Jury in National and/or International Pole tournaments.
- E. Act as a Master Instructor in the delivery of workshops at a national and/or international level.

The organization can change its category if any of these requirements are not met at the sole discretion of the organizer. The category opens with a minimum of 5 registered.

Participation in the Pole Stars charge does not exclude the athlete from participating in the Elite or Pole Theatre Experience Elite categories if wished, and must follow the specific rules and regulations for those categories that are different from the STARS category.

We expect presentations focused on the X-factor, dance, excellent technical skills, but above all the ORIGINALITY of the artistic & technical proposals.

2. Performance Requirements / Scoring

2.1. Music Selection

Athletes are allowed a personal choice of accompaniment that can be a mix of musicians and artists. The use of silence (no music) or live music (subject to review by technical operators) is also allowed.

- Minimum duration 4 minutes / Maximum duration 5 minutes.
- Music that exceeds the defined maximum minutes will not be allowed.
- The musical theme must be sent by mail to the organizer until November 9 in an MP3 file clarifying in the file name: Competition, Category, Surname and Name in that order (eg: Pole Stars Julia Aguiar) and in the text of the mail: Name and Surname of the athlete.

2.2. Presentation, Artistic and Technical

2.2.1. X Factor & Originality- 100 Total Points

* X-Factor (100): The appearance and image transmitted must capture the attention of the judges during the entire duration of the performance using characterization and movement resources. Contact and facial expression, stage

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presence and capturing the attention of the audience. The artist's ability to convey some emotion or feeling. The ability to entertain and capture the audience and judges will be judged. The presentation of a character, story or emotion will give a plus to the evolution of the x factor. The originality of the proposals presented will be evaluated.

2.2.2. Artistic (all categories except Doubles) - 150 Total Points

* Dance work at the pole and outside the pole (100): Fluidity of the movements during the Performance. Grace and easyness. There is no limit to the incorporation of different dance techniques. Use of the stage: The use of the stage will be evaluated. The athlete must occupy most of the points on the stage.

* Clothing and Make-up (20): The make-up must be stage, theater or related to the danced story. The use of accessories, footwear and small props that can enter and leave the stage (in less than 1 minute) is allowed.

* Rhythmic interpretation (20): Execution of pole or dance movements, according to the music and musical beats (routine carried out based on the music and its accents and musical nuances). The end of the performance must coincide with the end of the music.

* Originality (10): The originality of the 3 points mentioned above will be evaluated: Selected dance movements and styles, selected clothing, accessories & makeup, selected music and rhythmic interpretation of the performances.

2.2.3. Technical - 150 Total Points

* Strength Tricks on the pole (50): Tricks that involve strength and great load of force (isometric, concentric or eccentric) with two or more points of contact with the pole.

* Flexibility and Contortion Tricks on the bar (50): Tricks that involve flexibility and/or contortion in one or more muscle groups.

* Spinning Pole (20):

Performance on the spinning pole is evaluated. The management, control and fluidity of this is evaluated as well as the sequences (combination of tricks) developed in that pole.

There are no minimum times required for the use of the spinning pole, its use is at the athlete's discretion.

* Links and Transitions (20): The fluidity, simplicity, quality, neatness and originality with which the artist transitions from one trick to another will be evaluated.

*Originality (10): The originality of the tricks, sequences and combos performed on the bar will be evaluated.

2.3. IMPORTANT ALL CATEGORIES

An athlete can perform the performance again only in the following cases:

- Due to a technical failure with the music, the floor or the poles.
- Because of a health problem. After the corresponding medical intervention and with the authorization of the intervening doctor, provided that the latter happens in the period where the competition is taking place and there were no changes in the jury.



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3. Scoring System

3.1. Scoring of All categories except Pairs (see definitions in 2.2.)

A. Factor X Points to be awarded in total: 100

B. Artistic Points to be awarded in total: 150

- Dance work at the pole and outside the pole: from 1 – up to 100 points.
- Clothing and Makeup: from 1 – up to 20 points.
- Rhythmic Interpretation: from 1 – up to 20 points.
- Originality: from 1 – up to 10 points.

C. Technical Points that will be awarded in total 150

- Strength tricks on the pole: from 1 – up to 50 points
- Flexibility and Contortion Tricks: from 1 – up to 50 points
- Spinning Pole: from 1 – up to 20 points
- Links and Transitions: from 1 – to 20
- Originality: from 1 – up to 10 points.

4. Disqualifications and Penalties

The organization can disqualify or penalize, before, during and after the competition, if any of the athletes does not comply with the rules and regulations.

Immediate disqualification will occur for the following reasons:

- Not being present at the opening time, at the presentation of their category and at the time of awarding of the results and/or prizes.
- Not finishing the performance:
 - ✓ without technical reasons (bars, music, stage).
 - ✓ without medical reasons (injuries).

5. Results

The general winner will be the one who obtains the highest accumulated score (X FACTOR + TECHNICAL + ARTISTIC)

Resolution of ties:

1. In the case of a tie, the candidate with the highest score accredited in the X FACTOR + ARTISTIC section will be the winner.
2. If the competitors still have the same number of points, a "Pole down" will be held to decide the final winner. A Pole Down is the final performance between the athletes who will each dance for 2 minutes to decide which athlete is the winner. The judges will decide who will be awarded first place without the need for scoring.



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The total results will be published after the awards within a period not exceeding 10 days after the event.

6. Judging the competence

The evaluations of the Jury will be recorded in electronic spreadsheets online using the POLE CHAMPIONSHIP NETWORK electronic judging system. The individual scores of each Judge will be kept private. The competitor will receive the overall scores, detailing subtotals in Factor X, Artistic and Technical.

The Jury will not be able to engage in conversations with any of the competitors once the contest has started and until the scores are published. The judges are appointed by the POLE CHAMPIONSHIP NETWORK.

7. Competition Poles' Specifications

Professional Poles will be used, securely tied at both ends.

7.1. Technical specifications:

- * Material: Stainless Steel, mirror finish
- * Diameter: 45 mm => 1 3/4 Inches
- * Wall thickness: 3 mm
- * Length 4 meters
- * Distance between poles: 4 meters
- * Distance from the poles to the end/mouth of the stage 2 meters minimum

7.2. Types of Poles

- * Static, a pole that cannot rotate.
- * Spinning, a bar that rotates in both directions.

THE ATHLETE MAY INDICATE WHICH WILL USE SPINNING OR FIXED. You must indicate at the time of registration if you will opt for a configuration other than the standard: Rotating pole on the right side looking from the public to the stage.

8. Clothing

8.1. Outfit

- Any type of outfit is allowed.
- Nudity in intimate parts and genitals is Prohibited.
- The use of pants, gloves, accessories or leggings is allowed.
- The use of dress tape will be allowed to prevent clothing from shifting.
- Only bare torso is allowed in the male category.
- The use of taping is allowed
- The use of accessories is allowed.

8.2. footwear

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- The use of any footwear is allowed

8.3. Others

- The use of resins is prohibited.
- Pole Grips are allowed (magnesium powder, Mighty Grip, Itac, etc.) only on the athlete's body. It is not allowed to incorporate these products into the pole.
- The use of small props and elements is allowed
- Removing one or more items is permitted.

8. On stage companions

You can have up to 4 escorts on stage. In that case you must detail them at the time of registration and pay for the corresponding insurance. (See Registration, Application and Payment rules)

10. First Aid / Medical Care

The organization provides a physiotherapist and/or a doctor at the event in case of injury.

In the case of injury, the first aid representative has the final decision regarding the continuity of the candidate in the competition.

11. Regulations inquiries

All technical queries regarding the regulation will be answered only by the following email: info@polechampionship.net