



**When your Spirit comes alive, you become a divine creator for the joy of yourself and others**



Pole and Aerial ART International Competition

&

World Cup

&

Free Creative Space

Rules

**21-22-23 March 2025**

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## Introduction

### Pole and Aerial ART Hungary & Pole and Aerial ART World Cup

PAAH & PAW



### When Your Soul Comes to Life



**When your Spirit comes alive, you become a divine creator for the joy of yourself and others**

### The spirit and mission of the Pole and Aerial ART Hungary and World Cup:

Promoting the expression of the true self, in the language of dance, pole art, aerial art.

Encourage its competitors and performers to dare to dive into the deepest layers of the self-identical creative process, where our true inexhaustible power lies.

We believe that it is then that we can achieve the unearthly success that gives us an everlasting experience, satisfaction, a sense of arrival, opening our hearts to the realisation of our true selves:

- ✿ when we can bring out the treasures within us,
- ✿ when we can bring out the best in ourselves,
- ✿ when we live authentically from our hearts the infinite wonder of the present moment,
- ✿ when it's just the dance, the music and us,
- ✿ when our performance gives us goosebumps as we experience the timeless magic of presence,
- ✿ when in total surrender, our physical body does its job almost perfectly on its own,
- ✿ when we can show our best skills by focusing on the present moment,
- ✿ when we can offer our hearts, our souls, so that the light of our souls shines in the space.

Our goal is not to battle against each other: to work towards our individual goals, helping each other, lifting each other up.

**Our mission with Pole and Aerial ART Hungary & Pole and Aerial ART World Cup** events is to support **self-expression** on pole and aerial art equipment in **the freest way possible**.

In addition to this, our focus is on **celebrating, supporting, encouraging and promoting those who take to the stage, rather than "judging" or ranking talent, while providing space and time for the freest, most liberated expression of self-expression and the most diverse range of creative outlet for talents to flourish.**

We also aim to go beyond the framework of competition, to provide a space for all those who wish to bring their art to the public for the joy of creation and self-expression. It is in this spirit that the **Free Creative Space genre** has been created, in which the performances presented are not judged.

The **ExoART** (formerly Glamour and Exotic Art) division was also established in 2021 with the aim of creating a new genre, with its distinctive visual style and movement that offers sophisticated artistic expression for the adults.

The competition, PoleArt Hungary, was the first international pole-art competition in Hungary and was held for the first time in spring 2016. Since then, we have been working day after day, putting our hearts and souls into our work, in order to organise the first Pole and Aerial ART World Cup and the qualification competition leading up to it **in 2025**, for the first time in the history of Hungary.

Information about the World Cup and the qualification procedure can be found in the "Pole and Aerial ART WORLD CUP Qualification" section of the rules.

## **Organizer**

**Pole and Aerial ART Hungary** and the **Pole and Aerial ART World Cup** events are organised by

**Paradise Dance Art, Pole Fitness and Aerial Academy**

[www.facebook.com/paradiseakademia](https://www.facebook.com/paradiseakademia)

+36703705337

## Competition rules

### Deadlines - Pole and Aerial ART World Cup & Pole and Aerial ART Hungary application

|                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>28th September 2025</b><br><b>(until midnight)</b> | <b>By the application deadline</b> it is required: <ul style="list-style-type: none"><li>➤ To submit your application form</li><li>➤ To submit artistic theme</li><li>➤ Acceptance of parental consent via the form (for competitors/performers under 18 years of age)</li><li>➤ Payment of application/participation fee:<br/>Individual category: <b>30.000 Ft/participant</b><br/>Team category (2+): <b>20.000 Ft/participant</b></li></ul> |
| <b>8th October 2025 (until midnight)</b>              | Submit your music and artistic theme to <a href="mailto:music@poleandaerialart.com">music@poleandaerialart.com</a>                                                                                                                                                                                                                                                                                                                              |
| <b>7-8-9th November 2025</b>                          | <b>Date of the Event</b>                                                                                                                                                                                                                                                                                                                                                                                                                        |

### ! Important notes about deadlines and application !

- Once the number of applications have reached the maximum capacity of the event, the Organizer may close the registration earlier than the deadline.
- The receipt of the application fee and the submission of the online application form together ensure the participation of the competitor/performer in the event.
- The online application form must include the personal e-mail address and telephone number of the competitor (or, in the case of a competitor/performer under 18 years of age, of his/her guardian). Failing to do so will make the application invalid!
- Late applications after the given deadline are possible only up to the remaining available capacity.
- The application fee is non-refundable.

## Divisions and categories

### Pole and Aerial ART competitive categories

#### Categories:

amateur, semi-pro, professional, star

#### Equipment:

pole, hoop, silk, hammock or freestyle equipment (eg. aerial pole, lollipop, cube etc.)

|                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Amateur category:</b><br>individual or team competitors who are <b>currently or previously have not been involved in teaching in the relevant genre, or have not previously achieved a podium finish in a national or international competition</b> (home competitions within the club/studio are not considered).<br>See also: "Criteria for classification of categories" | <b>Junior I.</b> – ages 6-10<br><b>Junior II.</b> – ages 11-14<br><b>Junior III.</b> – ages 15-18<br><b>Adult I.</b> – ages 19-35<br><b>Adult II.</b> – ages 36-44<br><b>Senior</b> – ages 45+ |
| <b>Semi-pro category:</b><br>individual or team competitors who <b>are or have been instructors in the relevant genre, or who have not previously achieved a podium finish in a semi-pro, professional or elite level national or international competition.</b><br>See also: "Criteria for classification of categories"                                                      | <b>Junior I.</b> – ages 6-10<br><b>Junior II.</b> – ages 11-14<br><b>Junior III.</b> – ages 15-18<br><b>Adult I.</b> – ages 19-35<br><b>Adult II.</b> – ages 36-44<br><b>Senior</b> – ages 45+ |
| <b>Professional category:</b><br>individual or team competitors who <b>are currently or have previously been involved in teaching in the relevant genre, or who have previously achieved a podium finish in a semi-professional, professional or elite level national or international competition.</b><br>See also: "Criteria for classification of categories"               | <b>Junior I.</b> – ages 6-10<br><b>Junior II.</b> – ages 11-14<br><b>Junior III.</b> – ages 15-18<br><b>Adult I.</b> – ages 19-35<br><b>Adult II.</b> – ages 36-44<br><b>Senior</b> – ages 45+ |
| <b>Star category:</b><br>individual or team competitors who, <b>in the last eight years, have at least three podium finishes in international competitions in the professional, elite or star categories.</b>                                                                                                                                                                  | <b>Junior I.</b> – ages 6-10<br><b>Junior II.</b> – ages 11-14<br><b>Junior III.</b> – ages 15-18<br><b>Adult I.</b> – ages 19-35<br><b>Adult II.</b> – ages 36-44<br><b>Senior</b> – ages 45+ |

### ExoART categories

|                                                                                                 |                 |
|-------------------------------------------------------------------------------------------------|-----------------|
| <b>Male and female categories</b><br><b>Amateur, semi-pro, professional and star categories</b> | <b>Ages 18+</b> |
|-------------------------------------------------------------------------------------------------|-----------------|

### Free Creative Space

|                                                                                                         |
|---------------------------------------------------------------------------------------------------------|
| No age group or skill level classification, free choice of pole or aerial equipment<br>ExoART: ages 18+ |
|---------------------------------------------------------------------------------------------------------|

## Para Division

There are no physical limits to the unfolding of talent; the para division aims to sensitise and integrate people with disabilities into the world of performing arts and artistic expression, in a spirit of equal opportunities.

The para division is open to individual competitors who have a congenital or acquired disability, or a possible accident, resulting in a greater degree of mobility or sensory impairment, or a minor intellectual disability.

Within the para division, there is no age or other distinction, so it is not to be confused with the classifications used in competitive sports.

## Free Creative Space

For those who can best open themselves and the world through pole and aerial arts within the dance arts, the Free Creative Space offers the perfect opportunity to express themselves.

In both pole and aerial arts, there are very few rules about the choreography to be performed, but the Free Creative Space genre allows for even more freedom of self-expression.

In this division, there is no objective or subjective judging or ranking of the choreography presented, and no expectations regarding the level of skill, execution, or the ratio of use of the equipment.

Performers can showcase their art to the audience without having to compete with anyone else or trying to be better than anyone else, as their own theme/story is not compared to other participants.

In this great genre, the theme/ story of the performer's choreography, free creation, dance, music, free movement and the celebration of genres will be given the main role and the spotlight, in a professional, theatrical setting, with a lifetime of experiences and memories not only in the form of photos and videos, but also on a soul level.

Free Creative Space applicants will be evaluated by the jury in the same way as the contestants, with the same scoring system, so that they can get feedback on the performance and contribute to the future development of the performers. For information on how to request a scorecard, see "Requesting Digital Scorecards".

## ExoART

This year marks the 5th edition of Pole and Aerial ART Hungary and the first time that ExoART, a new stylistic direction, will be presented on the Pole and Aerial ART World Cup stage, which was also created with the aim of creating a new genre.

The ExoART division aims to present the amazing repertoire of movement of the exotic genre by highlighting glamour, mystery and beauty, both through the language of appearance and movement. It gives total freedom to use styles freely, whether mixed or blended, without limits, for the fullest expression. A fusion of pure exo-specific dance technique and artistic expression.

ExoART, whether it is flow, hard, old school, burlesque, showgirl, glamour, new wave, or any combination of these, takes this style of dance to an artistic level, which means that in the choreography, a theme or story unfolds in the emotional experience and representation of the performer's message or a message in which he or she is directly or indirectly emotionally involved.

This new stylistic direction can really come to life on stage, whether the performer is more lyrical, softer, harder or tighter, when the atmosphere of his or her performance can be felt even when looking at the silhouette of the performer; his or her choreography is effective, expressive, narrative-introspective, and thus becomes a performance that evokes emotions in the audience.

We see into the soul of the performer through their expressive movements.

Using any of the exotic trends or a mixture of them, create a choreography that best and most faithfully expresses what you are, what you want to convey to the audience, what you want the audience to feel. You don't need to stick to the rules of style, you will have ExoART choreography!

The high heels, the make-up, the special costume, all help you to reveal and showcase your most sensual, feminine side, whether it's sexy, subtle, wild, passionate, sad, anguished, struggling with inner storms, flirty or silly. It's a celebration of the intertwining of feminine and masculine energy, where the pole as masculine energy provides a stable, emanating force, a space around which the feminine can flow, shine. Live and give to the audience your flowing unique feminine-masculine fusion!

We encourage you to create! Create a choreography where every movement shows you, your theme, your mood, your story, everything you want to show the audience. Pay attention to the small details, be brave, and let the emotion, the thought, the mood be the most important part of your work, along with the pure technique. During your performance, let every inch of you move from your soul! The greatest freedom is the creation where you are yourself!

## **Categories**

Criteria for classification of categories in pole and aerial art competition disciplines:

### **Amateur**

The amateur category is open to competitors who are less experienced both in practising on a specific equipment (pole or aerial) and in movements independent of the equipment.

All of these aspects should be considered in terms of both the degree of difficulty of the exercises presented during the performance and the accuracy of the execution.

**!** 180° or greater angle splits, extreme flexibility, dynamic drops, acrobatic connections, sustained power elements such as handstands, floating ayesha, janeiro, iron-x, etc. are not permitted in the amateur category and may result in reclassification of the competitor without further justification.

### **Semi-pro**

The semi-pro category is open to competitors who have sufficient routine both in terms of practising on a specific equipment (pole or aerial) and in terms of moving independently of the equipment.

All of these aspects should be considered in terms of both the degree of difficulty of the exercises presented during the performance and the accuracy of the execution.

The semi-pro category is for competitors who are confident in their technical skills, but may not yet have experience of competing.

### **Professional**

The professional category is open to competitors who have confident, even several years of experience both in training on a specific equipment (pole or aerial) and in moving independently of the equipment.

All of these aspects should be considered in terms of both the degree of difficulty of the exercises presented during the performance and the accuracy of the execution.

### **Star**

The star category is open to competitors whose achievements and skills exceed those of a professional-level competitor, with a minimum of three international podium finishes in the professional, elite or star categories in the last eight years.

! When classifying categories, the difficulty, accuracy of execution and overall movement of the routine presented by the competitor - together: **their skill level** - may override their performance in previous competitions.

Every effort will be made to ensure equal opportunities and fair competition in the running of the event, therefore, the performance of elements/moves of higher or lower difficulty than the required skill level (on or off the chosen equipment) may result in a competitor being reclassified.

! Due to age restrictions, the ExoART category will not be opened in the para division.

## **Application criteria**

### **For the participants:**

**Complete and submit the online application form** via the organisation's website:

<https://poleandaerialart.com/en/application/>

In addition to the information provided on the form, the online application is valid upon uploading the following documents/files and **completing the online payment:**

1. For competitors/performers under 18 years of age, acceptance of the **parental consent** form on the application form.
2. The team's application must be submitted on a single entry form containing the details of all team members.  
The team must choose a team name – it is important that this does not match the name of any team member; only unique, fantasy names are permitted.
3. Sending your **chosen music in MP3 format**, along with a **written artistic theme of 300-500 characters** (for more details, see the section titled "Artistic Theme") to [music@poleandaerialart.com](mailto:music@poleandaerialart.com) by the given deadline.

Music files must be named in the following format:

Category\_Equipment\_Age group\_Individual/Team\_Name/Names

Eg.: AMATEUR\_Hoop\_Junior 3\_team\_Julia Kiss\_Cathy Grand

**! If the music file is uploaded with a different or incomplete name than the above format, the application will not be considered final. !**

By submitting the application form, the applicant acknowledges that **they have read and accepted** the rules in full.

The participant must be present on the day of the Event in a condition to compete/perform by the registration time set by the Organizer.

## **Application fee**

All participants will be required to pay an application/participation fee **by the indicated deadline**, which can be paid after completing the online application form.

If the entry fee is paid by a studio or association, billing information is required at the time of payment.

- Individual participants: **30.000 HUF / category / participant**
- Team category (2+): **20.000 HUF / participant**

Note: the participation fee is non-refundable!

## Non-attendance and its sanctions

In case of non-attendance, the application/participation fee is non-refundable.

**Attendance at the awards ceremony is mandatory.** If for any reason a competitor/performer is unable to attend the announcement of results/award ceremony, they must notify the organizer in advance and appoint a person to collect any prize(s) they may have won.

The prizes and gift packs can be collected within 7 calendar days after the event, either in person in Budapest or via a parcel delivery service, the costs of which are borne by the competitor/performer.

## Categories, equipment, stage

Equipment to be used in the competition and in the Free Creative Space:  
pole, hoop, silk/tissue or freestyle equipment (eg. aerial pole, lollipop, cube etc.).

In the **pole art** categories, 3 poles are available on the stage, with a **diameter of 4.5 cm** and a **minimum height of 3.8 m and a maximum height of 4 m**.

The **distance between the poles** is approximately 3 metres (+/- 30 cm), and between the poles and the edge of the stage area (e.g. curtains) at least 2 metres.

The competitors/performers can use all three poles in either fixed or rotating positions during their performance. The desired setting must be indicated to the backstage coordinator on site immediately before taking the stage.

No mandatory rate of utilisation of the poles or their total height for competitors/performers.

Competitors/performers may use one, two or all three poles. No extra points or deductions will be awarded for the use or non-use of the poles.

The aerial art competitors/performers use their own equipment to demonstrate their routine.

The competitor takes full responsibility for any damage caused to the equipment or to their own or the participants' physical integrity that may result from the use of the equipment they bring.

The organizer is not responsible for the equipment brought by the competitors, their professional suspension or their movement.

The aerial equipment are suspended by motor at any height up to 6 metres. Approximately at the centre of the stage, one motorised suspension point is connected. Any other request (possibly more than one suspension point) must be notified by e-mail before the deadline for applications.

## Stage rehearsals

Prior to the competition, participants will have the opportunity to walk around the stage, test the poles in the pole art events, measure the distances between them, and locate and view the suspension points in the aerial art events.

**! The rehearsal time is for testing the specific equipment/suspension or stage space, not for rehearsing the performance to be presented !**

The organizer will endeavour to provide the opportunity for all technical rehearsals to support the safe preparation of the competitors/performers on site, prior to taking the stage.

Information about this will be sent to participants by e-mail before the event.

Attendance at rehearsals is not mandatory and there are no sanctions for absence.

## Artistic Theme

When applying, competitors/performers are required to submit a 300 - 500 character description of their artistic theme, which will be presented to the audience by the announcer before taking the stage.

The artistic theme is the performer's narrative, story, or message in which he or she is directly or indirectly emotionally involved. It must reflect the performer's contemporary world, and form a close unity with it.

Any current affairs, whether political, world affairs or religious, can be included, as long as they are not offensive, mocking, degrading, humiliating or ridiculing.

### **The performer should provide a description of the theme, its introduction, choreography, any manifestations, and the music of their choice:**

- must not be offensive to national beliefs,
- cannot be racist,
- cannot incite violence,
- must not promote the use of prohibited substances,
- cannot defame anyone or any idea,
- must not be hateful,
- must not offend any religion or denomination,
- must not criticise or be mocking,
- must not be demeaning or offensive to anyone or any belief.

Furthermore, the theme description must not contain any personal introduction (e.g. name, age) or reference to which association/studio you are representing on stage.

If the submitted artistic theme does not meet the above content requirements or exceeds the specified maximum number of characters, the organizer reserves the right to modify the description to bring it into compliance.

**!** In the event of a breach of these rules, the performer may be excluded even during the performance.

## Music

### Competition

|                                 |                                                    |
|---------------------------------|----------------------------------------------------|
| <b>Amateur category</b>         | music/choreography length between 2:30 - 3:00 mins |
| <b>Semi-pro category</b>        | music/choreography length between 3:00 - 3:30 mins |
| <b>Professional category</b>    | music/choreography length between 3:30 - 4:00 mins |
| <b>Start category</b>           | music/choreography length between 3:30 - 4:30 mins |
| <b>ExoART amateur category</b>  | music/choreography length between 2:30 - 3:00 mins |
| <b>ExoART semi-pro category</b> | music/choreography length between 3:00 - 3:30 mins |
| <b>ExoART pro category</b>      | music/choreography length between 3:30 - 4:30 mins |
| <b>ExoART star category</b>     | music/choreography length between 3:30 - 4:30 mins |

## Free Creative Space

|                            |                                                    |
|----------------------------|----------------------------------------------------|
| <b>Pole and Aerial ART</b> | music/choreography length between 3:00 – 5:00 mins |
| <b>ExoART</b>              | music/choreography length between 3:00 – 5:00 mins |

## Rules for choosing music

It can be instrumental or contain vocal parts.

➡ Use of obscene words (lyrics) in any language will result in immediate disqualification, except in ExoART categories, if it is closely related to the artist's artistic theme and complies with the rules applicable to the theme. It can consist of an edited combination of 1 or more tracks.

The edited music used in the competition/performance must be submitted in MP3 format by the deadline, using the naming format indicated above only.

Two competitors in different or the same category may choose the same piece of music.

## Costume

### Costume rules for Pole and Aerial ART:

- must be in harmony with the music and the message of the choreography,
- must not restrict or hinder the participant's movement or endanger their physical integrity (e.g. different types of jewellery),
- can be in one, two or more pieces,
- the choreography can be performed barefoot, in gym slippers, trainers, sneakers or boots
- **must fully cover the intimate parts of the body**
  - ➡ if any intimate part of the body becomes visible or is not adequately covered during the performance, the jury may stop or, if appropriate, immediately disqualify the participant,
- if the use of Kinesio tape is necessary for medical reasons, it should be used in body colour only, otherwise it can be used as a complement to a costume, but not as a substitute for it,
- gloves are only allowed with a medical certificate (in case of hyperhydration), which must be presented at the latest at registration.

### Materials not permitted:

- underwear, swimwear, grippy clothing (leather, latex, PVC, rubber), transparent clothing in the pelvic, buttocks, chest areas for women,
- **the use of boots that cover the shin and knees to increase grip,**
- ordinary training clothes,
  - ➡ garments may be removed during choreography only if they do not violate the rules of Pole and Aerial ART for costume, otherwise the participant will be immediately disqualified.

### Costume rules for ExoART:

- must be in harmony with the music and the message of the choreography,
- must not restrict or hinder the participant's movement or endanger their physical integrity (e.g. different types of jewellery),
- can be in one, two or more pieces,
- **must fully cover the intimate parts of the body**
  - ➡ if any intimate part of the body becomes visible or is not adequately covered during the performance, the jury may stop or, if appropriate, immediately disqualify the participant,
- if the use of Kinesio tape is necessary for medical reasons, it should be used in body colour only, otherwise it can be used as a complement to a costume, but not as a substitute for it,

- high heeled platform shoes are mandatory to be worn throughout the entire performance: in the amateur category,
  - they must be at least 6 inches high, and from the semi-pro category up, at least 7 inches high,
- gloves are only allowed with a medical certificate (in case of hyperhidration), which must be presented at the latest at registration,
  - ➡ garments may be removed during choreography only if they do not violate the rules of ExoART for costume, otherwise the participant will be immediately disqualified.

#### **Materials, equipments not permitted for ExoART:**

- a swimsuit or underwear,
- ordinary training clothes,
- sex tools/toys/devices
- display of genitalia by instruments, objects
- fetish tools

#### **Accessories, human props, grip aids**

**!** Props (chairs, hats, feathers, boas, screens, etc.) may be used during the choreography, but **no equipment** or accessories **that may hinder or endanger the safety of the participants, competitors/performers or spectators (e.g. open flame, smoke, oil, paint, dust, liquids).**

**In the event of improper use of props,** the jury may stop or, where appropriate, immediately disqualify the participant.

The name(s) of human prop(s) must be sent by e-mail to the Organizer no later than the application deadline.

Human props must not touch the equipment used by the competitor.

**If the competitor/performer is unsure about the usability of their equipment, they must contact the Organizer by e-mail no later than the application deadline.**

**! The competitor and/or their assistants will have a maximum of 2 minutes to remove the props used on stage after the end of the performance.. !**

Participants may use any grip aids on their own bodies that do not leave a permanent mark or residue on the equipment provided by the organizer or on the stage surface.

Magnesia/grip aids may be applied to the poles only in the case of hyperhydration certified by a doctor. The certificate must be submitted by the participant at the latest at the time of on-site registration. In this case, the competitor and/or their assistants will have a maximum of 2 minutes after the end of the performance to remove any magnesia that may be applied.

Any grip aids on the participants own (aerial) equipment may only be used at the participant's own risk.

#### **Obligations of the participant**

Behave with courtesy and decency throughout the event and afterwards.

This obligation also applies to any posts or statements made on social media about the event or any of its participants.

Any ethically objectionable behaviour may result in the subsequent disqualification or, where appropriate, the loss of the title of the competitor/performer, depending on the degree of the infringement.

To cooperate with the Organizer, its representatives and volunteers throughout the event.

Comply with the rules and regulations at all times.

Competitors are not allowed to communicate with members of the jury during the competition, before or after the competition.

The participant may not sell their place / title in the event.

All participants are fully responsible for their personal belongings for the duration of the competition.

Will arrive on time, properly prepared, at the venue of the event.

The participant must not be under the influence of alcohol and/or mind-altering substances during the event.

Acknowledges that the press and the organizer present at the event may record and possibly interview them for use in various media platforms.

Attendance at the awards ceremony is mandatory. If for any reason a competitor/performer is unable to attend the results announcement/award ceremony, they must notify the organizer in advance and appoint a person to collect any prize(s) they may have won.

The prizes and gift packs can be collected within 7 calendar days of the event, either in person or by courier service, the costs of which are borne by the competitor/performer.

At the time of the awards ceremony, all contestants must appear on stage in the costume, make-up and hairstyle worn at the competition.

### **Obligations of the organizer**

All participants will be welcomed on the spot by themselves or by their delegated representative or facilitator.

Provides medical assistance during the competition.

Provides suitable conditions for participants, both on stage and backstage (dressing rooms, warm-up facilities, stage rehearsal).

The Organizer is obliged to provide a separate area for the jury and the press at the venue.

The Organizer is not responsible for the personal belongings of the participants.

The Organizer of the Pole and Aerial ART Hungary competition and its representatives will not be liable for any injury or damage resulting from participation in the event.

Any matter not covered by this document may be decided unilaterally by the Organizer.

The Organizer reserves the right to change the Rules of Participation, which will be published immediately on its website, social media platforms and newsletter, as appropriate.

### **Reasons for exclusion**

A participant will be excluded from the event with immediate effect if:

- the information submitted by the applicant is not truthful,
  - their clothing is intentionally or unintentionally dislodged during the exercise, thereby exposing intimate body parts, and, in addition to immediate disqualification, the applicant may no longer participate in the event or repeat the routine,
  - behaving in an unfair or unethical way towards the organizers, jury members or other participants,
  - being under the influence of alcohol, drugs or other narcotic, intoxicating or mind-altering substances,
- the participant's physical safety or health is endangered or they endanger others,
- using an inappropriate prop,
- unfair, unethical behaviour (online or offline) towards any participant in the event,
- the performer, by their theme, its descriptive description, choreography, any manifestation, as well as the music they choose, violates the principles known to the artistic theme,
- not following the rules.
- In the event of a clear copying of a previously presented choreography or idea during a performance, the organizer will take decisive action to protect creative liberty and original works. In such cases, not only may the participant be disqualified, but they may also be banned from future events.

## Scoring system

### For Pole and Aerial ART and ExoART competitions

The **primary aim** of the Pole and Aerial ART Hungary event is to **promote artistic expression** on pole and aerial equipment in **the freest possible way**.

The aim is not primarily to "grade" or rank the talent of those who take the stage, but to **celebrate, support, encourage, promote and provide space and time for the freest, most liberated expression of talent and the widest range of creative expression**.

Based on the above mission, reclassification/merging of categories may be necessary in order to create a **competitive situation** and to allow the announcement of placings within the (merged) category.

As stated above, in the Pole and Aerial ART Hungary event, no winner will be declared in a given category with one single entry.

### Rules and guidelines of the scoring system

- In the case of an inappropriate choice of category or if the number of competitors in a category is less than 3, the jury/organiser may reclassify the competitor(s) to the appropriate or combined category, even immediately before the announcement of the results. If the contestant does not wish to compete in the merged/reclassified category, they may perform in the Free Creative Space genre. Participants will be informed of potential reclassifications when the starting order is sent out. If they have any objection to the reclassification, they have 72 hours from the date of dispatch to do so, exclusively by e-mail to [info@poleandaerialart.com](mailto:info@poleandaerialart.com).
- The scoring system for the Para division is the same as for the individual Pole and Aerial ART divisions.
- The age of the competitor on the first day of the competition will be taken into account for age classification.
- In the case of mixed age groups, teams must enter the age category of the oldest member.
- The team's application must be submitted on a single entry form containing the details of all team members.
- The team must choose a team name - it is important that this does not match the name of any team member; only unique, fantasy names are permitted.
- Scores are calculated on the basis of the average of the Jury's scores.
- Competitors will be ranked according to the total score they have achieved.  
The competitor with the highest score will be the first place winner.
- The total score achieved:
  - 150 points in individual categories
  - 160 points in the group categories.
- In the case of competitors with the same score, the one with the higher artistic score will finish higher in the ranking.  
In case of equal artistic and technical scores, the final order will be decided by the jury president.
- In the case of special awards, the contestant with the highest artistic score will be awarded the "Performing Arts Special Award", and the contestant with the highest technical score will be awarded the "Technical Special Award", both in pole and aerial.
- The Jury's decision cannot be appealed.
- Competitors are not allowed to contact members of the Jury during the competition.

## Artistic Scores

|        |                                                                            |            |
|--------|----------------------------------------------------------------------------|------------|
| 1      | The message and originality of artistic theme                              | 10 points  |
| 2      | Display and recognizability of the artistic theme during the performance   | 10 points  |
| 3      | Unique, creative presentation of combinations, movements and elements      | 10 points  |
| 4      | Expressiveness of the movements and elements presented                     | 10 points  |
| 5      | Display of emotions, characters, moods, facial expressions                 | 10 points  |
| 6      | Musical interpretation in relation to the artistic theme                   | 10 points  |
| 7      | Musicality                                                                 | 10 points  |
| 8      | Costume, make-up, hair, and props to harmonise with the theme/choreography | 10 points  |
| 9      | Stage presence, suggestive performance, confidence                         | 10 points  |
| 10     | "WOW" factor                                                               | 10 points  |
| Total: |                                                                            | 100 points |

### A guide to understand the Artistic Scoring criteria

1. The message and originality of artistic theme  
It assesses the uniqueness and attention-grabbing nature of the topic or message the competitor wishes to present: an unusual choice of theme, a potentially startling and or unique content/message.
2. Display and recognizability of the artistic theme during the performance  
On the basis of this scoring aspect, the jury will assess the extent to which the performance reflects the artistic theme.
3. Unique, creative presentation of combinations, movements and elements  
It appreciates the uniqueness, unconventionality, individuality and uniqueness of the movements and sequences of movements presented in the choreography.
4. Expressiveness of the movements and elements presented  
The harmony of the elements and movement sequences presented in the competitor's performance in relation to the artistic theme is assessed.
5. Display of emotions, characters, moods, facial expressions  
The contestant's emotional expression is judged on how well it matches the message of the artistic theme and how well they can convey this through their facial expressions and movements during the performance.
6. Musical interpretation in relation to the artistic theme  
This scoring section assesses how well the choreography presented by the competitor is in harmony with the music, the lyrics, the message and the mood of the artistic theme.

## 7. Musicality

This scoring aspect evaluates how well the movements presented by the contestant are in harmony with the melody and beat of the music, and how well the choreography follows the dynamics, rhythm changes and musical exposition of the music; overall, how well the unity of the dance and the music is created.

## 8. Costume, make-up, hair, and props to harmonise with the theme/choreography

In this scoring aspect, the jury will assess the extent to which the make-up, hairstyle, costume and any props used help the competitor to bring the artistic theme and character to life visually, and the overall stage appearance and overall image of the performance, reflecting the artistic theme.

## 9. Stage presence, suggestive performance, confidence

This scoring criteria assesses how well the competitor is able to convey their artistic theme and character to the audience, and how confident and charismatic they are on stage.

## 10. "WOW" factor

This scoring criteria assesses the ability of the competitor to make an impact on the audience, to evoke an emotional response, to make the performance memorable and unique.

### Technical Scores

|        |                                                                                               |           |
|--------|-----------------------------------------------------------------------------------------------|-----------|
| 1      | Clear, precise execution of the elements and movements presented, refined lines               | 10 points |
| 2      | Variety and difficulty of the elements of the routine (according to the level of competition) | 10 points |
| 3      | Flexibility                                                                                   | 10 points |
| 4      | Strength, dynamics, stamina                                                                   | 10 points |
| 5      | Flow of movements, smooth connections                                                         | 10 points |
| Total: |                                                                                               | 50 points |

### A guide to understand the Technical Scoring criteria

#### 1. Clear, precise execution of the elements and movements presented, refined lines

It assesses the competitor's exacting, precise, effortless and accurate execution of all movements performed during the choreography, e.g. knee and foot extension ("pointe"), light, graceful posture.

#### 2. Variety and difficulty of the elements of the routine (according to the level of competition)

It assesses the expected variety and difficulty of the elements/movements presented in a given category according to the level of knowledge of the classification.

#### 3. Flexibility

It assesses the versatility and degree of flexibility of each element and movement presented in the choreography.

#### 4. Strength, dynamics, stamina

It evaluates the controlled execution of all static or dynamic elements or movements presented during the choreography, the degree of effort, the presence of endurance.

#### 5. Flow of movements, smooth connections

To move smoothly and harmoniously from one movement to another, without interrupting the continuity of the sequence of exercises, except when the interrupted, broken movement is explicitly part of the choreography.

The performance of elements/movements with a higher degree of difficulty than the relevant skill level (on or off the chosen equipment) may result in the competitor being reclassified.

! 180° or greater angle splits, extreme flexibility, dynamic drops, acrobatic connections, sustained power elements such as handstands, floating ayesha, janeiro, iron-x, etc. are not permitted in the amateur category and may result in reclassification of the competitor without further justification.

### ExoART Artistic Scores

|        |                                                   |            |
|--------|---------------------------------------------------|------------|
| 1      | Choreography                                      | 10 points  |
| 2      | Originality, choice of theme, uniqueness of theme | 10 points  |
| 3      | Harmony between choreography and theme            | 10 points  |
| 4      | Harmony between pole work and dance               | 10 points  |
| 5      | Floorwork                                         | 10 points  |
| 6      | Musicality                                        | 10 points  |
| 7      | Appearance, costume                               | 10 points  |
| 8      | Presentation                                      | 10 points  |
| 9      | Stage presence                                    | 10 points  |
| 10     | Overall effect                                    | 10 points  |
| Total: |                                                   | 100 points |

### A guide to understand the ExoART Artistic Scoring criteria

- Choreography  
The special, unique and artistic character of the choreography presented is assessed by this aspect.
- Originality, choice of theme, uniqueness of theme  
It assesses the originality and uniqueness of the artistic theme, its innovative and unconventional approach and presentation.
- Harmony between choreography and theme  
This criteria evaluates how well the choreography really reflects the theme, how specific it is, whether the movements really reflect the theme, whether the choreography really conveys the emotions that are intended to be performed.
- Harmony between pole work and dance  
In this section, the jury assesses the balance between the performer's pole technique and dance technique, and whether one aspect and the other are present in balanced proportions throughout the performance.
- Floorwork  
All dance elements, acrobatic elements, postures, their connection and execution on the floor.

**6. Musicality**

This scoring aspect evaluates how well the movements presented by the contestant are in harmony with the melody and beat of the music, and how well the choreography follows the dynamics, rhythm changes and musical exposition of the music; overall, how well the unity of the dance and the music is created.

**7. Appearance, costume**

Clothing, shoes, hairstyle, make-up and any accessories must be in harmony with the theme and choreography.

**8. Presentation**

It assesses the level of the contestant's performance ability, how well he or she can portray the desired character, mood and emotions.

**9. Stage presence**

The performers are appreciated for their suggestive style of presentation, their charisma, the way they fill the room with their presence.

**10. Overall effect**

The effectiveness of the choreography presented, the performance style, the theme and all the elements presented for the whole performance.

### ExoART Technical Scores

|        |                              |           |
|--------|------------------------------|-----------|
| 1      | Pole tricks, transitions     | 10 points |
| 2      | Clear, precise execution     | 10 points |
| 3      | Flexibility                  | 10 points |
| 4      | Specific dance technique     | 10 points |
| 5      | Dynamics, stamina, endurance | 10 points |
| Total: |                              | 50 points |

### A guide to understand the ExoART Technical Scoring Scoring criteria

**1. Pole tricks, transitions**

This scoring criteria assesses the difficulty, variety and smoothness of the pole tricks.

**2. Clear, precise execution**

In this section, the jury will assess the precise execution of pole tricks, transitions, dance and floor elements.

**3. Flexibility**

It assesses the versatility and degree of flexibility of all the elements and movements presented in the choreography, with particular attention to the foot and spike hold in relation to the use of shoes.

**4. Specific dance technique**

The exotic dance style evaluates all specific aspects relevant to it, including the proper use of shoes (platform, edges, heels), foot position, knee and ankle alignment, body waves, and head position.

**5. Dynamics, stamina, endurance**

This scoring criteria assesses the dynamics of the performer's choreography and how stable and consistent it is throughout the performance.

## Team Scores

|   |                                                                     |          |
|---|---------------------------------------------------------------------|----------|
| 1 | Cooperation, synergy and harmony between team members               | 5 points |
| 2 | Integrating differences between team members during the performance | 5 points |

### A guide to understand the Team Scoring criteria

1. Cooperation, synergy and harmony between team members  
It assesses the coordinated spatial movement of the team members, their cooperation in the elements, connections and other movements.
2. Integrating differences between team members during the performance  
In team productions, it is not necessary to present synchronized elements; the symbiosis that emerges during the performance is the guiding principle in this respect. The creative nature of the choreography is judged in this scoring section according to the extent to which any differences between team members are integrated to create a symbiosis.

## Jury

Information about the members of the Jury and its composition will be posted on the competition website and on the official Facebook group of the Organisation:  
(<https://www.facebook.com/groups/616763832810534>)

## Deductions

At the discretion of the jury president and the organiser, they may be awarded in the following cases:

1. Incomplete or false information on the application form or documents to be attached (e.g. false/incomplete information on age group, level of knowledge, etc.).
2. Submitting related documents, music files after the deadline.
3. Exceeding the time allocated for the stage rehearsal
4. Delay after being called on stage
5. Non-compliant costume (e.g. underwear, swimwear)
6. Use of prohibited grip aids or other prohibited objects/props
7. Any activity that intentionally or unintentionally constitutes a breach of the rules as set out in this document.

The deductions are between (-)1 and (-)5 points, depending on the degree of the infringement.

Deductions and other penalties may be applied in cases not covered by these rules, based on the decision of the organizer and/or the jury, with written justification.

## Requesting digital scorecards

Competitors have the opportunity to request their digital scorecards within 7 calendar days of the event. Scorecards can be ordered online for an administration fee of HUF 1500, which will be available on [www.poleandaerialart.com](http://www.poleandaerialart.com) the day after the event.

## Awards

Awards will be presented in each category:

- ★ **1., 2., 3. places.**

The highest artistic, technical and overall scores given by the jury will be awarded among all competitors:

- ★ **"Performing Arts Special Award"** in PoleART
- ★ **"Performing Arts Special Award"** in AerialART
- ★ **"Technical Special Award"** in PoleART
- ★ **"Technical Special Award"** in AerialART
- ★ **"Absolute Winner Special Award"** - based on the overall score in each genre or category.
- ★ **"Professional Recognition"** special award - awarded to competitors and performers who appear on stage in three or more categories at a given event.

**! At the time of the awards ceremony, all contestants must appear on stage in the costume, make-up and hairstyle worn at the competition. !**

## Pole and Aerial ART WORLD CUP qualification

About the qualification process

Qualification for the Pole and Aerial ART World Cup is open to competitors from all countries from around the world in all categories announced and held at Pole and Aerial ART Hungary.

**! Competitors who achieved podium finishes in the foreign/international competitions listed in the Appendix to these regulations in 2024/2025 are eligible to participate in the World Cup. !**

### Age Classification

- ★ Competitors who qualified in Hungary will remain in the age group in which they qualified.
- ★ Competitors who qualified outside of Pole and Aerial ART Hungary - in competitions listed in the appendix - may enter based on the age classification specified in the Hungarian regulations.

**! In the case of merged categories, the categories may be separated at the organiser's discretion.**

The Pole and Aerial ART World Cup offers competitors at Amateur, Semi-Pro and Professional level the opportunity to compete internationally, including the chance to win the world champion title.

The podium finishers in each category (1st, 2nd and 3rd place) from the Spring 2025 Pole and Aerial ART Hungary competition will qualify for the World Cup in November. If the qualifying competitors do not submit their applications for the World Cup by the announced application deadline, the following runners-up (4th, 5th and 6th) will be given the opportunity to enter as substitutes, provided that their qualifying score is within 10 points of the 3rd place qualifier.

## Rules for taking videos and photos at the event

The Organizer has the right to record the performances and competitions at the event.

All photos and video footage taken at the event will remain the property of the Organizer and may be used for promotional purposes or even destroyed if their content is objectionable in terms of the Rules of Participation.

At the time of registration, the participants waive the right to dispose of the photos and videos of themselves and to claim any compensation for them.

Photos and videos of the competitors/performers' performances may be posted on the organizer's social media platforms in public form.

Apart from the official photos and videos provided by the Organizer, no professional photography is allowed.

**! By applying, the participant accepts the rules and regulations and considers them to be binding.**

**The Organizer reserves the right to make changes (postponement, cancellation, etc.) to the rules, the conditions, the organisation and the programme of the event.**

**The event will take place in full compliance with the current legislation and the current Government Regulations.**

#### Contact details

For questions related to the event, we can **only** provide information via the contact details below, and we are unable to use social media messaging applications for contact purposes!

www.poleandaerialart.com

info@poleandaerialart.com

+36 70 370 5337

+36 20 910 6772

## APPENDIX

The following foreign/international competitors who achieved podium finishes in 2024/2025 are eligible to participate in the World Cup:

### PoleART

**1. Pole Art Italy**

Italy

**2. Fusion Pole Championship**

Latvia

**3. PD Revolution**

Austria, Greece, Russia

**4. Pole Emotion**

Latvia

**5. Pole Art France és UK**

France, United Kingdom

**6. Greek Pole dance festival**

Greece

**7. Pole dance show Kielce**

Poland

**8. Airstars**

Thailand

**9. International Pinup Competition**

Poland

**10. Polespain**

Spain

**11. Pole art in Ukraine**

Ukraine

**12. Pole Earth**

Italy

## ExoART

### 1. Exotic Generation

Mallorca, Malta, Mexico, Switzerland, Poland, China, Italy, Brazil, Japan, Argentina, Spain, France, Columbia, Russia, Kazakhstan, Bali, Finnland, South-Korea, Taiwan, Chile, Australia, Latin-America, Philippines

### 2. Fusion Pole Championship

Latvia

### 3. Exotic Goddess

Italy, Switzerland

### 4. PD Revolution

Austria, Greece, Russia

### 5. Pole Emotion

Latvia

### 6. Exotic Moon

Italy, Russia

### 7. Greek Pole dance festival

Greece

### 8. Pole dance show Kielce

Poland

### 9. Moonlight Fest Championship

Poland

### 10. International Pinup Competition

Poland

## AerialART

### 1. Athlos Kalamata

Greece

### 2. Zero Gravity

Estonia

### 3. UK Aerial Performance Championship

United Kingdom

### 4. Czech Aerial Hoop Art

Czech Republic

**5. Cirque Fest Italy**

Italy

**6. AIRSTARS Aerial & Pole Art Competition**

Thailand

**7. Pole Earth**

Italy