



Full Information Pack

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Timeline

Date	Day of the week	Item
25/10/2023	Wednesday	VIP Entries open
31/10/2023	Tuesday	Entries open
18/12/2023	Saturday	Entries close
19/12/2023 - 31/01/2024		Video round judging
01/02/2024 – 25/02/2024		Moderation period
26/02/2024	Monday	Announce finalists via email
26/05/2024	Sunday	Live Final

General Regulations

- Entrants must be 16+ and submit their entry form online. Entrants can use their stage name or legal name.
- Entry is subject to a non-refundable fee of £40 per application. We have a limited number of discounted low income and SWeR applications available, please contact us to apply.
- Your fee covers: entry and video judging (if applicable), feedback from our panel of judges (if applicable), and if successful a place in the live final.
- If entrants wish to enter multiple categories, they must enter a form and a fee per category.
- There are no group categories.
- Video entry is required for all categories except Showcase. These can be submitted at a later date to the application form and fee via email to glow@ukpp.co.uk.
- Any style of pole is welcome subject to a minimum covering of nipples and genitals. Heels are welcome in any category. Removal of clothing can be included subject to minimum coverage.
- Competitors must have a minimum of 1m45s of pole in their routines for both the video entry and live final (defined as touching the pole in any way).
- The same criteria is used for video entry and live final except costume which is not judged in the video entry.
- All judges, competitors and our moderator receive the same judging criteria.
- Judges have been selected anonymously via application and screening.
- No physical interaction with the audience is allowed.
- Human props are allowed but must not have any contact with the pole.
- We welcome all bodies, levels, and people.
- In order to maintain unbiased approach, judges are required to flag competitors who they are connected to i.e they have taught or are connected to via work or other relationships.
- Competitors are forbidden from discussing judging matters with any of the judging panel. Failure to comply may result in disqualification.

- Competitors must respect sex workers and sex work and are asked to consider these themes carefully to be respectful of those who are stigmatised. If you have any queries please contact us via email: glow@ukppc.co.uk
- Competitors must respect marginalised and stigmatised communities. There is zero tolerance for any disrespect and this may result in disqualification, bans or penalty at video or live final.
- You may submit a different routine for the video and live final but we ask that they reflect a similar style.
- Entry to Showcase category is direct to stage and limited to 12 slots. There is no video round. If you apply and the category is full, we will suggest you an alternative.
- You must be available on Sunday 26th May 2024 for the live final in Brighton, East Sussex.

Categories

Showcase

Open to any solo pole dancer who wants to perform but does not want to be judged:

- Optional feedback (but no scores) can be given if you would like to work towards competing (please state on application).
- Please state if you would like feedback on all or one of the following: technical, composition, presentation.
- Any style of pole is welcome. Any footwear including heels welcome.
- This category is first come, first served and guarantees a space on stage.
- Songs must be between 3 minutes and 5 minutes long.

First Timer

Open to any amateur pole dancer who has:

- Never been on stage before as a solo performer (whether pole or otherwise)
- Has never performed at events that are open to the public (whether voluntary or paid) –in-house studio showcases do not count as performing.
- Has never competed in any event as a solo performer (whether pole or otherwise)
- Has never taught pole in any capacity
- Any style of pole is welcome. Any footwear including heels welcome.

Scoring:

Technical – 30% (please choose your technical level from beginner to elite, see segment information)

Presentation – 30%

Composition – 40%

Stage Lover

Open to any amateur pole dancer who has:

- Been on stage solo before (whether pole or otherwise)
- Performed choreographed pole pieces at events as a solo performer whether paid or unpaid
- Has competed in any event as a solo performer but not placed (whether pole or otherwise)
- Who has never taught pole in any capacity whether paid or unpaid
- Any style of pole is welcome. Any footwear including heels welcome.

Scoring:

Technical – 30% (please choose your technical level from beginner to elite, see segment information)

Presentation – 30%

Composition – 40%

Performer

Open to any pole dancer, defined as:

- Paid instructors who teach at any level
- Pole dancers who are confident in their ability to perform staged and choreographed routines on stage at their current skill level (from beginner up)
- Paid or unpaid pole dance performers who are **not** performing staged and planned tricks and choreography regularly
- Paid or unpaid pole dance performers who perform **freestyle** pole dance at events, strip clubs, road-shows, exhibitions, festivals, etc as part of their employment
- Competitors who have entered previous competitions as a solo performer but not placed 1st, 2nd or 3rd
- Any style of pole is welcome. Any footwear including heels welcome.

Scoring:

Presentation – 50%

Composition – 50%

No technical, all levels of ability welcome

Instructor

The instructor category is open to:

- Pole dancers who are paid to instruct/assist but have never been professional pole performers of any kind whether paid or unpaid.
- Pole dancers who haven't won or placed in a pole competition as a solo performer.
- Any style of pole is welcome. Any footwear including heels welcome.

Scoring:

Technical – 40% (please choose your technical level from beginner to elite, see segment information)

Presentation – 30%

Composition – 30%

Expert

The Expert category is open to:

- Those who have placed in a pole competition as a solo performer in any category.
- Paid pole dance performers who regularly perform high level, professional staged and planned tricks and choreography i.e. professional standard performing work whether voluntarily, without payment, or paid, as a solo performer.
 - Note: Strippers, podium dancers and people who perform freestyle only as opposed to choreographed pieces to a set song are not required to enter this category.
 - Examples of professional staged performance include: Regular, professional choreographed cabaret or variety shows i.e Proud Cabaret, performance on stage at a stadium sized event, touring an act with a circus or similar troupe.

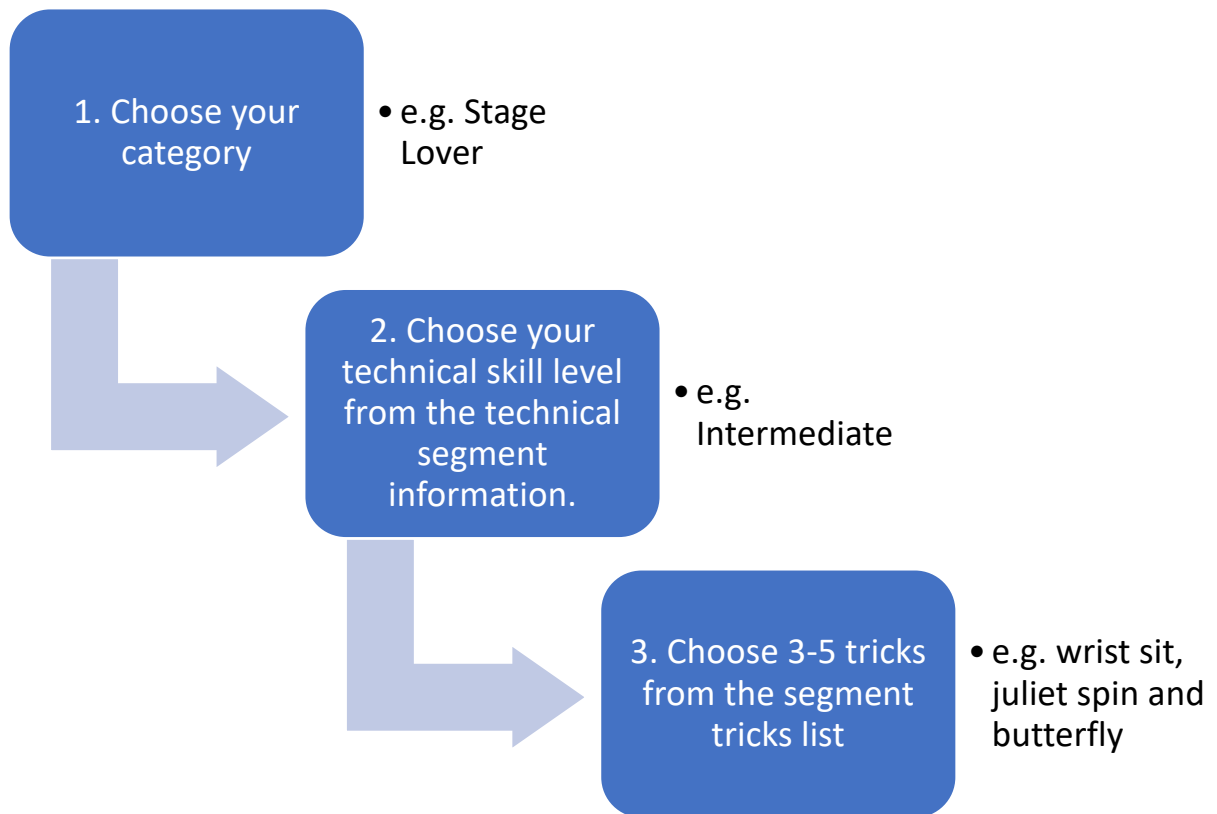
Scoring:

Technical – 40% (please choose your technical level from beginner to elite, see segment information)

Presentation – 30%

Composition – 30%

Example Application



Video Entry Criteria

1. Videos must be filmed within the last 12 months and reflect a similar theme for the live final should you get through i.e. if you plan to do a routine that reflects twerk style please ensure your video reflects that.
2. Videos for all categories must be 2m30s – 3m30s long. If your video is longer we will simply stop judging at 3m30s.
3. You must choose your 3-5 segment tricks from our levelled list (see attached document) for 50% of the technical score.
4. Videos must be shot as one piece with no editing. All floor and pole areas must be visible and well-lit.
5. Costume is **not** judged.
6. Videos can be on one or two poles, on static or spin.
7. Videos must be uploaded to Vimeo or YouTube and set to unlisted. If you set your video to private we will not be able to judge your entry.
8. You can apply and then choose your segment tricks and submit your video via email at a later date (before 18th December 2023) or you can choose to select your tricks and submit your video at the time of application.
9. Six finalists will be chosen from each category in the video rounds to compete in the live final.
10. All competitors will receive feedback via email within two weeks of the last finalist being announced with priority given to those competing in the live final.
11. If you have any condition that you would like us to take into account when judging please detail this on your application form.

Live Final

- For **Showcase and Performer Categories** – your song choices must be between 3m30s and 4m45s. All other categories are detailed in the technical segment document as per your technical level.
- Stage specifications will be provided in advance.
- There will be two 45mm poles, you can choose your configuration i.e. one static, one spin or two spin. You can choose the way you would like these configured.
- First Timer category and those who are anxious or have other needs will be allowed to enter the venue earlier than the rest of the competitors (times tbc). We aim to offer a dedicated First Timer liaison officer who will be there for extra support.
- Props are allowed but we **do not** allow any liquid or items that cannot be set up and cleared within 2 minutes. Please contact us with any queries via email glow@ukppc.co.uk
- Song choices are first come first served and there are no duplications. Song length is relative to your technical skill level – please see the additional document.
- Chaperones must buy a ticket to enter the venue. There will be sale of tickets early for competitors to ensure people can be present and provide support. Only one chaperone is allowed per competitor. Our backstage area is limited in space so we cannot guarantee access for chaperones at all times. No free tickets are available.
- Judges will be on a balcony and will not be able to be seen easily. Please perform to the audience.
- There will be time to test the poles and stage at an allocated time slot. We suggest you use this to walk your routine through, measure movements and feel the height and space. There is not time for a full run through.
- You can check with the sound desk that your music is correct.
- Professional photos and video is an extra which we will offer as an add on. You will be able to buy these after the live final.

JUDGING GUIDELINES

Technical

Segmented Tricks 50%

50% of the weighting for the technical element will be tricks chosen from our segment list.

You are required to select your appropriate technical skill level from:

- Beginner
- Beginner plus
- Intermediate
- Advanced
- Elite

You will then choose 3-5 tricks in advance from our list to be judged.

These can be performed on static or spin pole.

You can choose upon application for the video entry, or if you submit your video later you can state upon submitting your video via email to glow@ukppc.co.uk

For the live final, competitors will be asked to give the panel their decision at least one month prior to the live final via email.

The technical segment tricks have been chosen in consultation with a panel of experienced instructors, Spin City Aerial Fitness and their most recent Pole Bible and PDC Pole Dance Community.

Please see end of this document for your options.

You are free to choose 3, 4 or 5 tricks from our segment document. However, please be aware that the scoring will increase per trick as follows:

- 3 tricks chosen = each one is worth 1/3 of the 50% (16.66% of total technical score)

- 4 tricks chosen = each one is worth $\frac{1}{4}$ of the 50% (12.5% of total technical score)
- 5 tricks chosen = each one is worth $\frac{1}{5}$ of the 50% (10% of total technical score)

Level Appropriateness

Competitors are reminded to enter their segment tricks at a level that is true to their current ability level.

Any competitors found to be entering at a level easier than their actual level may be disqualified from the competition.

If you are unsure of where you fit in our levelling system, please ask your instructor or email us for clarity: glow@ukppc.co.uk

Criteria For Remaining Technical (other 50%)

Strength

- Has the competitor used moves that require an appropriate level of static strength?
- Has the competitor used moves that require an appropriate level of dynamic strength?
- Has the competitor used unique combinations or transitions?
- Does the competitor utilise the height of the poles and/or the width of the stage?

Flexibility

- Has the competitor demonstrated an appropriate level of flexibility for their chosen tricks and spins?
- Has the competitor demonstrated flexibility in more than one area if appropriate?

Execution

- Are non-segmented tricks solid and controlled?

- Does the competitor transition in and out of moves cleanly and with control?
- Does the competitor demonstrate good technique?
- Do spins have good momentum and form, with smooth transitions in spin combinations?

Criteria For Presentation

Lines & Form

- Does the competitor demonstrate good lines and form in their moves? This includes arm, wrist, and leg lines or the lines through the shape of a trick.
- Are lines consistently clean throughout the routine?

If you choose an leg extension in your theme, make sure you are doing it throughout your routine. Equally if it's a choice to flex your feet at points to reflect your theme, make sure we can see it is intentional.

If you have a disability that inhibits lines or form, this will be discounted. Please specify on your application form.

Stage Presence

- Does the competitor perform to and engage the audience?
 - *We are looking to see you connect with your audience rather than the judges. Please plan your routine to entertain, amaze and astound your audience!*
- Does the competitor 'own' the stage?
 - *Don't be scared to take up space, to make the most of your time to shine and to make your personality come across. Your uniqueness is what will make your performance sparkle! Use as much of the stage as you can.*
- Does the competitor make good use of the performance space?

- *Make sure you have elements in your performance that utilise your stage in its entirety. Your performance character begins from when you walk out!*

Flow & Movement

- Does the competitor move efficiently between different elements of their routine?
- Are movements precise without surplus footsteps, hand adjustments, knee re-grips?
- Has the competitor used a variety of pole and floor-based movements? Do they choose ways of moving between the poles that are stylistic?
- Are their movement elements well executed?
- Has the competitor used innovative movements on and off the pole?

Please note that we welcome alternative style of pole dance and as long as your type of flow is consistent throughout, we will assume you have chosen that as a stylistic choice i.e. jerky movements to reflect a more staccato type song.

Costume (only judged in the live final)

- Does the competitor have a costume that fits well, ensuring no body parts be accidentally revealed?
- Does the costume fit the theme of their song and routine?
- Does the costume feel cohesive from head to toe?
- Is the footwear choice suitable for the competitor's theme and style?
- Are any labels visible?

Please note that you are welcome to intentionally remove clothing, but you must ensure genitals and nipples are covered during your performance.

Criteria For Composition

Style

- Do the tricks and movement elements fit with the chosen style of performance?
- Has the competitor adopted an unusual or unique style? Have they maintained this throughout?
 - *For example, if you choose to flex your feet in your piece, this would be a stylistic choice and served with intention, and reflected at points throughout.*
- Is their costume appropriate to the theme and tone of the performance?
 - *Please note that we are not looking for expensive costuming. We are looking for an outfit that co-ordinates well with the overall piece (we encourage competitors to make their own, re-use, recycle and thrift wherever possible – think creativity over spending!)*
- Are props used effectively?

Musicality

- Does the music reflect the style of the performance?
- Has the music been appropriately interpreted?
- Does the competitor use the highs and lows in the music effectively?
- Are the highs and lows of the music reflected in the routine with tricks and spins at appropriate moments?

Overall Choreography

- Do all parts of the routine tie together well?
- Is there a clear structure to the routine?
- Does the competitor use contrast, or variations in tone speed and mood?
- Did the performance hold the audience's attention throughout?

Scoring System

Judges will score each competitor out of 10 for each of the above elements (as relevant to the category entered).

Judges can apply a decimal point in their judging.

Our scoring is determined as per the below table:

Points	Description
0	Nothing worth any note, exceptionally unsafe or uncohesive.
1	Many errors, unsafe and negligible content
2	Very poor, more faults than not
3	Poor, many faults
4	Below average, a couple of faults
5	Average, a balance of faults and not
6	Above average with a few faults
7	Good with a minor fault or two
8	Very good with a minor fault
9	Exceptional, almost imperceptible very minor fault
10	Perfect – no faults of any kind. To be given in the highest case of scoring.

A moderator will assess all scoring to ensure fair and honest scoring by judges.

There will be no tied scoring in the competition at video or live stages.

In the event of scores being matched, judges will be asked by the moderator to discuss and re-assess.

Penalties

Rule Broken	Score Penalty
No technical segment chosen prior to live final	50% of technical score
Human props touching the pole	5 points deducted from presentation element per incident
Less than 1m45s of pole work (see below)	
Between 1m and 1m15s	30
Between 1m16s and 1m30s	20
Between 1m31s and 1m44s	10

Please note that we defer to and discuss with our moderator any penalties applied to competitors. We may rely on recordings to confirm penalties – we encourage you to record your routine as a back-up for confirmation.

Sample Score Sheets

SAMPLE SCORE SHEET - PERFORMER		
SECTION	ELEMENT	SCORE
PRESENTATION 50%		
Max score 50	Lines and form	8
	Stage presence	10
	Flow and movement	7.5
	Costume (live final only)	6.5
	PERCENT SCORE	80.00%
	TOTAL PRESENTATION SCORE/50	40
COMPOSITION 50%		
Max score 50	Style	9.5
	Musicality	7
	Overall choreography	9
	PERCENT SCORE	85.00%
	TOTAL COMPOSITION SCORE/50	42.5
	TOTAL SCORE OUT OF 100	82.5

SAMPLE SCORE SHEET - FIRST TIMER	TECHNICAL LEVEL - BEGINNER	
SECTION	ELEMENT	SCORE
TECHNICAL 30%		
<i>Segmented tricks (out of 10)</i>	Step around	8
Max score 40	Back hook	5
	Pole stand	6
	Carousel kick	8
	PERCENT SCORE	67.50%
	SCORE OUT OF 15	10.125
<i>Overall technical</i>	Strength	6
Max score 30	Flexibility	8
	Execution	9
	PERCENT SCORE	76.67%
	SCORE OUT OF 15	11.5
	TOTAL TECHNICAL SCORE/30	21.625
PRESENTATION 30%		
Max score 40	Lines and form	7
	Stage presence	4
	Flow and movement	6
	Costume (live final only)	10
	PERCENT SCORE	67.50%
	TOTAL PRESENTATION SCORE/30	20.25
COMPOSITION 40%		
Max score 30	Style	3
	Musicality	5
	Overall choreography	7
	PERCENT SCORE	50.00%
	TOTAL COMPOSITION SCORE/30	15
	TOTAL SCORE OUT OF 100	56.875

SAMPLE SCORE SHEET - EXPERT	TECHNICAL LEVEL - ADVANCED	
SECTION	ELEMENT	SCORE
TECHNICAL 40%		
<i>Segmented tricks (out of 10)</i>	Dragons tail	6
Max score 50	Allegra	6.5
	Yogini	5.5
	Shouldermount	3
	Iguana	7
	PERCENT SCORE	56.00%
	EQUIVALENT SCORE OUT OF 20	11.2
<i>Overall technical</i>	Strength	6
Max score 30	Flexibility	6.5
	Execution	7
	PERCENT SCORE	65.00%
	EQUIVALENT SCORE OUT OF 20	13
	TOTAL TECHNICAL SCORE/40	24.2
PRESENTATION 30%		
Max score 40	Lines and form	7
	Stage presence	4
	Flow and movement	6
	Costume (live final only)	10
	PERCENT SCORE	67.50%
	EQUIVALENT SCORE OUT OF 20	13.5
COMPOSITION 30%	TOTAL PRESENTATION SCORE/30	20.25
Max score 30		
	Style	3
	Musicality	5
	Overall choreography	7
	PERCENT SCORE	50.00%
	TOTAL COMPOSITION SCORE/30	15
	TOTAL SCORE OUT OF 100	59.45

Trick Segment

Beginner

Here are the tricks and spins for beginner level. Please choose 3-5 to include in your routine. This will comprise 50% of your technical score. Songs must be between 3 minutes and 3 minutes 30 seconds long.

All additional beginner level tricks on the pole must have three points of contact at all times (excluding spins).

Disallowed: any moves where your head is below your hips if in contact with the pole, one handed spins.

Step around/dip



Ballerina Pose

Can leave one hand on the pole.



Pirouette

Can pivot on two feet if needed.



Prayer slide



Walk into sit from the floor (hands on)

Both feet remain on the floor until the legs and hips are in position.

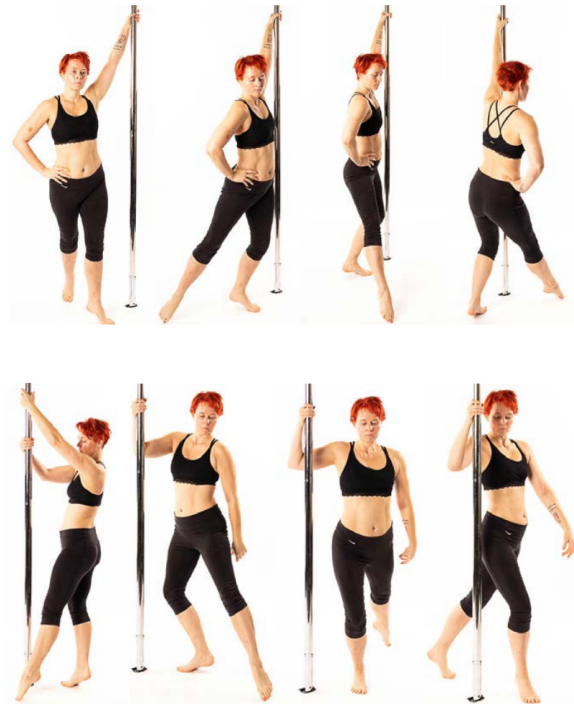


Basic Fireman Spin



Pole Walk Direction Change

AKA ronde du jambe walks.



Carousel kick

is not a held position. Just a kick up and down with the back leg.



Front Hook Spin



Back Hook Spin



Tango Kick

AKA ballet kick.



Beginner Plus

Here are the tricks and spins for beginner plus level. Please choose 3-5 to include in your routine. This will comprise 50% of your technical score. Songs must be between 3 minutes 15 seconds and 3 minutes 45 seconds long.

All additional beginner level tricks on the pole must have three points of contact at all times (excluding spins). Hand removal is allowed as part of a style choice or to accent your trick i.e. in an upright twisted crucifix.

Disallowed: bracket grip, inverted tricks of any kind

Fireman Spin - crossed ankles



Attitude spin



Pole stand (hands off)



Upright twisted crucifix (arm in front of pole)



Side Spin

Either grip variation



Sit from standing on the floor (hands on) OR sit from pole stand

Either leg variation



Fankick



Barrell roll

AKA log roll, coffin roll.



Upright thigh hold/long sit



Chair spin



Pole climb

Can use forearm or long arm grip.



Intermediate

Here are the tricks and spins for intermediate level. Please choose 3-5 to include in your routine. This will comprise 50% of your technical score. Songs must be between 3 minutes 45 seconds and 4 minutes 15 seconds long.

All intermediate combos must be a maximum of 3 moves combined.

All additional intermediate level tricks on the pole must have two points of contact to comprise a hand and a body part i.e. no arms only moves.

Aerial inverts are allowed.

Disallowed: shoulder mount and aerial shoulder mount, handspring, extended butterfly, jade split, allegra, Ayesha, straight edge, jacknife, aerial invert to chopper.

Wrist sit

AKA hello boys, lady garden



Stargazer

AKA inside cupid layback, hand on foot optional



Boomerang spin (full bracket grip)



Genie



Cross knee or ankle release (bent or straight leg layback)

No hand on foot or ankle if choose bent leg



Inside and outside leg hang

AKA scorpio and gemini. Hands off.



Superman



Flatline scorpio



Juliet spin



Inverted crucifix (twisted or full)

No hands on the pole



Pole assisted forearm stand

Any leg variation, no foot hooks



Butterfly

Entry from either outside leg hang or crucifix








Advanced

Here are the tricks and spins for advanced level. Please choose 3-5 to include in your routine. This will comprise 50% of your technical score. Songs must be between 4 minutes and 4 minutes 30 seconds long.

All advanced combos must be a maximum of 5 tricks or spins combined.

All additional moves allowed except disallowed as per below.

Disallowed: iron-x, muscle up, fonji, phoenix, bird of paradise, spatchcock, eagle, rainbow Marchenko, reverse Ayesha/satellite, devil's point shuffle, holly drop

<p>Extended butterfly</p> <p>AKA butterfly extend, straight leg butterfly</p> 	<p>Shouldermount</p> 
<p>Allegra (open or closed)</p> <p>ALLEGRA - CLOSED</p>  <p>ALLEGRA - OPEN</p> 	<p>Jade Splits</p> 

Eros



Iguana



Ayesha (straddle)

True grip, cup grip, twisted grip or elbow grip



Dangerous Bird

Bottom hand on leg optional. Can be hands free



Yogini



Dragons Tail



Handspring (any grip)



Tail Sit

AKA violator

Contact point either on crotch or just under glute



Elite

Here are the tricks and spins for elite level. Please choose 3-5 to include in your routine. This will comprise 50% of your technical score. Songs must be between 4 minutes and 4 minutes 30 seconds long.

All elite combos are unlimited.

All additional moves are unrestricted.

Iron-X

AKA iron cross

Any hand variant



Eagle

Bottom leg can be on or off the pole



Marion Amber



Superpain



Bird of Paradise (inverted)



Janeiro



Rainbow Marchenko



Reverse Ayesha

AKA satellite



Phoenix (any variant)



Holly Drop



Devil's Point Shuffle

Variant as per below or genie to genie variant



Fonji

