

EUROPEEN POLE WITH ME COMPÉTITION



Qualifications

The qualifications take place on video. You will have to present a performance of 2 to 3 minutes maximum with a static part, spinning and ground.

Only the categories "Pole flow, Pole with my friends and Crazy Pole" do not require any qualification. All you need to do is register under the available space conditions.

During qualifying, you will be evaluated on your technique on pole and on the ground.

It is essential that your selection video be of quality so that you are judged as it should be.

Any non-compliant video will be refused without any recourse or refund of registration.

To validate your registration:

1. Complete the registration form
2. Make your selection video lasting 2 to 3 minutes and rename it on behalf of Submission European Pole with me, athlete name + category
Renowned video (eg "European Submission Pole with Me, Elodie Padovani Strong Women Semi-pro / pro".)
3. Make the payment by completing all the information requested during the payment and send your registration form with the link of the video to poleavecmoi@gmail.com at the same time as your payment.
4. Comply with the rules and send in your application in due time.

Rules

1. TERMS OF FINAL PARTICIPATION

Competitors must hand over the day of the competition:

- A medical certificate of no contraindications to the practice of Pole Dance,
- A certificate of civil liability that covers it during the event (a certificate per athlete),
- Present an ID or passport and give a photocopy.

Any incomplete file will be refused, the athlete will not be able to compete without any recourse or refund of the expenses incurred.

- **Image rights:** each competitor registering and participating in the competition abandons their right to the image whatever the commercial or promotional purposes of the discipline. Athletes agree to be interviewed, filmed and photographed before, during and / or after the competition.
- **Classification:** the ranking will be established by the scouting member according to the scores obtained, with a gold medal awarded for the 1st, a silver medal for the second and a bronze medal for the third. The title can only be awarded if at least two competitors are registered in the same category.
- **Registration:** Athletes have the obligation to present themselves at the scheduled registration time which will be communicated to them in advance and posted on the website www.europeenpolewithme.fr.
- **Insurance:** Athletes participate in the European Pole With Me competition at their own risk. Any injury or accident that may occur is the responsibility of the athlete and not the organizer or the association Pole Dance Stars. All athletes must provide proof of personal accident insurance (CR) that covers them for the duration of the competition.
- **Dress:** Athletes must have proper attire outside the dressing rooms. It is strictly forbidden to cross the room in Pole outfit or in stage dress, or to go out in undress under risk of a penalty of - 2 points.
- If an athlete in the Double or Group category is injured before the competition, and is unable to participate (even with the support of a medical certificate), no partner replacement will be allowed. The Duo or Group will be obliged to withdraw without any recourse or reimbursement of expenses incurred. In the case of the group, he can if he wishes, still participate without being penalized.

The "1st" winners of each category will be invited if they wish, to present their choreography at the show SHOW MUST GO ONE Sunday, May 24, 2020

2. MUSIC & COSTUME

- **Music:**

Competitors can freely choose their musical accompaniment, which can be a montage of different pieces of various artists, or a single piece. The complete performance must last at least three minutes (3 minutes) and at most 3 minutes 30 minutes (4 minutes) depending on the categories. A short duration, close to three minutes will not be penalizing. The originality of the musical choice and the harmony between the choreography and the music will be particularly appreciated. Time will be counted from starting the music or setting the athlete in motion if he starts without music. MP3 music format to send to poleavecmoi.musique@gmail.com

Each athlete is required to bring a USB key to the event with a backup copy of their music. The USB should contain only your piece of music, and should not contain other files. The key must be tagged with the athlete's name and the category in which he competes. This allows a quick recovery in case of technical problems with the file of the original song. The USB must be kept behind the scenes with you at all times. In case of technical problems, the scene manager will ask you.

Any delay in sending by music will be penalized and may lead to disqualification. No changes can be made after sending your music, so be careful.

Athletes will have to send their renowned music on behalf of the athlete + category (ex: Elodie Padovani, Strong Women Semi-pro) in MP3 format before April 26, 2020 to poleavecommoi.musique@gmail.com

Any delay will result in a penalty of 1 point / days. Beyond 7 days, the candidate will be disqualified.

Any music sent and not renamed on behalf of the athlete & Category will result in a penalty of 2 points.

- **Costume**

The costume can be simple or even understated, but there must be a costume because it is an integral part of the presentation during the performance and will be part of your score! Moreover, the adequacy between this costume and the general expression during the performance will be taken into account by the jury in the note "presentation".

Skirts and dresses are allowed. Transparencies in the costume are allowed as long as they do not affect the chest, buttocks or the pubic area. The nudity of these same areas (except the chest for men) during the performance will result in the immediate disqualification of the competitor. For the same reason, strings or "bikini bottoms" are forbidden unless they are "shorty" style out of "So Sexy So Pretty Exotic" category.

The shorty must cover all the buttocks so we avoid shorty Badkitty.

The bras and tops of bra type, if they are sufficiently covering and opaque, are accepted. Pants and leggings, boots and shoes rising above the ankle, as well as clothing made of leather, imitation leather or vinyl (as well as rubber, latex, PVC ...) are prohibited because they give a definite advantage in terms of taken on the bar, compared to other candidates. For the same reason, gloves and mittens are forbidden, except possibly for cases of significant and proven hyperhidrosis of the hands, attested by a medical certificate.

The use of adhesive tape or special glue to keep the garment in place during the whole show is recommended.

- **Accessories:**

You are entitled to the accessories provided that it takes no more than 1 minute of installation and that it does not require any attachment on the structure.

You can use 1 or more accessories (cap, hat, wand, chair) but no material will be provided. It must not damage the stage mat.

Jewelry and piercing are proscribed for security reasons, accessories are allowed.

It is also possible to remove a single item of costume during the performance, provided that the entire remaining costume remains perfectly decent, and continues to meet the stated criteria.

- **Footwear:**

Competitors may perform their performance barefoot or semi-spike / spikes allowed with the exception of the category "So Sexy So Pretty Exotic" which they have obligation to exercise on heels. Be careful, boots are forbidden, because of the advantage they provide in terms of grip. No seizing shoes or heels are allowed in other categories except Exotic or Pole Flow.

Costume too short or unsuitable: -1 to -3

Intimate part apparent on figures: -3 to disqualification of the candidate

Wearing unauthorized shoes: disqualification

3. PERFORMANCE & SCENE

During your visit, it is strictly forbidden to sing. In all categories, the sequence of dance movements will have to be incorporated so as to have fluid transitions, spins and tricks, a Floorwork floor passage, as well as poses at the bar and danced parts. . The elegance and fluidity of each figure, as well as the grace of the choreography will be decisive for the notation. The artistic interpretation will have to agree with the music and the rhythm of it. Flexibility, breadth and precision in the movement will have to be highlighted in the transitions as well as in the tricks and spins themselves. The judges will evaluate the athlete's ability to convey emotions and expression through the movement as well as their scenic expression.

The duo and groups will also be noted on the synchronization with the partner (s), the diversity of the figures realized in duo or in several (figure of balance, figure of aerobatics with one or the two athletes in contact with the bar, parallel synchronized figure , synchronized figure crisscrossed or balance ...)

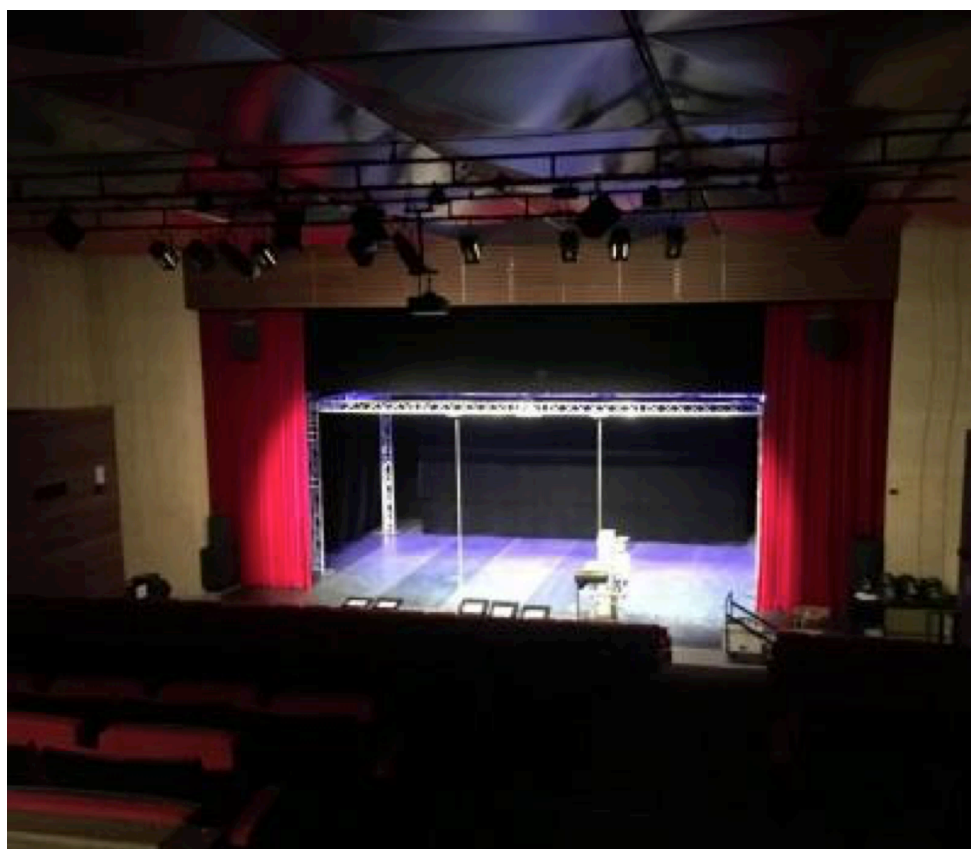
- **Categories:** The different categories will be noted in different ways, remember that in all categories, the costume is very important. "
The "tricks" or figures at the helm: The originality in the combination of tricks and spins on and around the bar as well as the variety of figures and their level of difficulty (especially in terms of strength, flexibility, agility, balance ...) will be taken into account as well as the competence level of the competitors and their control.
- **Bars:** 6 poles will be on the stage during the competition, two forward and four backward staggered.

In the solo and duet categories, the right bar (public face) is static and the left bar (public face) is in spin mode. The bars will be of diameter 45 and will be spaced from approximately 3 to 3.5 meters for the poles of front and 1m50 for those of rear on a height of 3M50.

For groups, you will have the choice of bars if spinning or static but to specify when sending your music.

- **Scene:** the scene is large, about 10 meters wide and 7 meters deep. The scene is not high but the audience. The room is air-conditioned with lodges at the back of the stage equipped with toilets and showers, and a free space will be available to the athletes in waiting which is in front of the theater. One person will be in charge of calling the candidates to join the dressing rooms of the stage. Only the candidates concerned as well as their coach will have access to the boxes of the stage.

It is strictly forbidden to touch or cling to the structure during the performance. Failure to comply with this rule may result in disqualification.





4. LEVELS

The "European Pole With Me" competition has two levels in certain categories.

Amateur: athlete who does not teach pole, who has never competed in semi-pro or pro categories, who has never been on an amateur podium, semi-pro / pro of any competition, practices the pole for less than 5 years and has no past gymnast. The organizers as well as the judges will be able to decide at any time to change your category if your level seems to them superior to the amateur category.

PROHIBITIONS: Re-grip, Air lift, Dead lift, Flip On or Flip Out with contact or contactless, Fonji or Baby fonji, Twisted Grip and Elbow reverse grip, Aysha and Handspring

Semi-Pro / Pro: Athlete who teaches pole OR who has previously competed in semi-pro or pro / OU categories who has won a podium in an Amateur / Semi-pro or Pro competition OR who has a history of Gymnast / or who has been practicing for more than 5 years.

5. GRIPS & MAGNESIES:

Some products based on magnesia, powder and lotion, allowing a better grip by reducing perspiration, especially in the hands, are allowed (grip aid). Here is the complete list: Dry Grip, Dry Hands, Mighty Grip, Ebonite, Lupit grip, X-dry and Itac. No glue or resin is allowed, only the athletes will seize their bars if they wish but in no case, the pole cleaner will do it for you to avoid any problems. Itac should be put well in advance for better efficiency and dry to avoid slipping.

Failure to respect this rule will lead to the immediate disqualification of the offending competitor. The jewels and piercing are proscribed for security reasons, the accessories are authorized (table, chair, hat, glasses, boa, tie, cape, cane, jacket, cage ...) with only one accessory per candidate and of a quick installation (1 minutes). It is also possible to remove a

single item of costume during the performance, provided that the entire remaining costume remains perfectly decent, and continues to meet the stated criteria.

6. PHOTOS AND VIDEO

One or more professional photographers will be present on the day of the event. No other photographer will be allowed outside of the photographers authorized to photograph the event. Photos and videos will be on sale during and after the competition.

7 COACH OR ACCOMPANYING

All athletes receive a discounted seat for their coach or accompanying person. This place gives access to the rehearsals and a place will be reserved to him in the public according to the category of place chosen. They will soon be on sale on our site. No one will be allowed to enter the boxes and attend rehearsals without access.

Thank you for your understanding.

Categories

Categories with selection video

CATEGORY DANSE & SPORT JUNIOR

Junior Pole with me For children 10 years and older
7 junior athletes will be selected.

They will be judged on the artistic and technical side of their performance.

Distribution of points:

50% artistic (choreography, musicality, costume ...)

50% difficulty tricks & spins / difficulty of combinations / technique

Obligations and prohibitions of this category:

Athletes must evolve on Static and spinning and must have a floorwork.

No movement of waves or hair movements (sexy) will be tolerated in this category.

MAXIMUM TIME OF YOUR PERFORMANCE 3.30 minutes.

CATEGORY MAKE ME DREAM

Make me dream "pole with me" The category "Make me dream" represents the dance side of the pole. This category will be judged largely on the artistic side 60% (fluidity, emotion, sharing, costume, choreographic coherence, transmission with the public ...) but also technical 40%.

The goal is to dream and transport the public and judges in a magical world.

Let us travel through your choreography in a parallel world and make us dream.

Distribution of points:

60% artistic (choreography, musicality, costume ...)

40% difficulty tricks & spins / difficulty of combinations / technique

Obligations and prohibitions of this category:

Athletes must evolve on Static and spinning and must have a floorwork.

Half-spikes or points are tolerated but no matter of type simili or plastic will be tolerated.

MAXIMUM TIME OF YOUR PERFORMANCE 4 minutes.

Amateur: athlete who does not teach OU, who has never competed in semi-pro or pro categories, OR has never been on an amateur, semi-pro / pro podium of any competition, has been on pole for less than 5 years and has no past as a gymnast.

PROHIBITIONS: Re-grip, Dead lift air, Dead lift, Flip On or Flip Out with contact or contactless, Fonji or Baby fonji, Twisted Grip and Elbow reverse grip, Aysha and Handspring

European Pole With Me / Hérault, France

<http://www.europeenpolewithme.fr>

Semi-Pro / Pro: Athlete who teaches pole OR who has previously competed in semi-pro or pro / OU categories who has won a podium in an Amateur / Semi-pro or Pro competition OR who has a history of Gymnast / or who has been practicing for more than 5 years.

CATEGORY SO SEXY SO PRETTY

So sexy so pretty exotic dance Pole with me The category "So sexy, so pretty" highlights the sexy side of Pole Dance. Seduce us through your performance, make us travel in your world with glamor and sensuality but without vulgarity! All Sexy sides of the pole are welcome, Hard, Flow, Burlesque but no integral nude. The wearing of nipples is allowed under conditions that they are integrated into the costume.

This category will be judged on the artistic side and the technical side of the movements executed on the pole and on the ground. Mandatory heels

Distribution of points:

50% artistic (choreography, musicality, costume ...)

50% difficulty tricks & spins / difficulty of combinations / technique

Obligations and prohibitions of this category:

Athletes have no obligation to use a bar but must imperatively have a floorwork.

The platform port is mandatory. They must be in good condition to avoid damaging the stage mat and will be checked before each pass. Candidates with damaged platforms at the level of the stubs will not be allowed to participate and will be disqualified without any recourse.

MAXIMUM TIME OF YOUR PERFORMANCE 4 minutes.

Amateur: athlete who does not teach OU, who has never competed in semi-pro or pro categories, OR has never been on an amateur, semi-pro / pro podium of any competition, has been on pole for less than 5 years and has no past as a gymnast.

PROHIBITIONS: Re-grip, Air lift, dead lift, Flip On or Flip Out with contact or contactless, Fonji or Baby fonji, Twisted Grip and Elbow reverse grip, Aysha and Handspring

Semi-Pro / Pro: Athlete who teaches pole OR who has previously competed in semi-pro or pro / OU categories who has won a podium in an Amateur / Semi-pro or Pro competition OR who has a history of Gymnast / or who has been practicing for more than 5 years.

CATEGORY STRONG MEN

Strong Men "pole with me" The Strong Men category is reserved for male athletes. It gives free expression to athletes while respecting the rules

Distribution of points:

50% artistic (choreography, musicality, costume ...)

50% difficulty tricks & spins / difficulty of combinations / technique

Obligations and prohibitions of this category:

Wearing shoes prohibited, obligation to use the static and the spinning.

MAXIMUM TIME OF YOUR PERFORMANCE 4 minutes.

CATEGORY STRONG WOMEN

Strong Women "pole with me" The "Strong Women" category represents the gym and strength of the pole. It will be judged largely on the difficulty of Tricks & Spins and the difficulty of combinations. It allows athletes to focus on the strength and technique of figures and combinations and show their expertise. The secret of the force remains in the will, then, that the force is with you.

Distribution of points:

60% Technique (difficulty tricks & spins / difficulty of combinations / technique)

40% artistic (choreography, musicality, costume ...)

Obligations and prohibitions of this category:

Athletes must evolve on Static and spinning and must have a floorwork.

Athletes are required to be barefoot and no shoes or half-points will be tolerated.

MAXIMUM TIME OF YOUR PERFORMANCE 4 minutes.

- **Amateur:** athlete who does not teach OU, who has never competed in semi-pro or pro categories, OR has never been on an amateur, semi-pro / pro podium of any competition, has been on pole for less than 5 years and has no past as a gymnast.

PROHIBITIONS: Re-grip, Air lift, dead lift, Flip On or Flip Out with contact or contactless, Fonji or Baby fonji, Twisted Grip and Elbow reverse grip, Aysha and Handspring

- **Semi-Pro / Pro:** Athlete who teaches pole OR who has previously competed in semi-pro or pro / OU categories who has won a podium in an Amateur / Semi-pro or Pro competition OR who has a history of Gymnast / or who has been practicing for more than 5 years.

CATEGORY YIN & YANG

Yin & Yang pole with me The category "Yin & Yang are two complementary elements that are used in the analysis of all the phenomenon of life.

The YIN represented in black, evokes the moon, the darkness, the freshness, the receptivity ...

The YANG represents the sun, brightness, warmth, momentum, action. It's up to you to immerse yourself in these elements and present a YIN & YANG choreography.

The duo can be composed: woman / woman or man / woman, 14 years old and +.

Distribution of points:

50% artistic (choreography, musicality, costume ...)

50% difficulty tricks & spins / difficulty of combinations / technique

Obligations and prohibitions of this category:

Athletes must evolve on Static and spinning and must have a floorwork.

Half-spikes or points are tolerated but no matter of type simili or plastic will be tolerated.

The double athletes have the obligation to present duet movements that is 2/3 of their choreography and 1/3 synchronized. A solo game is allowed.

MAXIMUM TIME OF YOUR PERFORMANCE 4 minutes.

Amateur: athlete who does not teach OU, who has never competed in semi-pro or pro categories, OR has never been on an amateur, semi-pro / pro podium of any competition, has been on pole for less than 5 years and has no past as a gymnast.

PROHIBITIONS: Re-grip, Air lift, Flip On or Flip Out with contact or contactless, Fonji or Baby fonji, Twisted Grip and Elbow reverse grip, Aysha and Handspring

Semi-Pro / Pro: Athlete who teaches pole OR who has previously competed in semi-pro or pro / OU categories who has won a podium in an Amateur / Semi-pro or Pro competition OR who has a history of Gymnast / or who has been practicing for more than 5 years.

Categories without selection

CATEGORY CRAZY POLE

Pole dance stars Pole with my friend pole with meThe category "Crazy Pole" is dedicated to humor around the pole! Because ridicule does not kill, put the package on and take us into your madness!

This category will be judged by the judges but also by the public!

The final grade will be composed of 60% of the judges' score and 40% of the audience evaluated by a sound level meter which will calculate the number of decibels!

Participate solo, duo or group / 7 athlete (s) or groups

No qualification, simply register quickly provided that there are still places!

60% judges rating with 60% staged and artistic

40% technical

Obligations and prohibitions of this category:

Half-spikes or points are tolerated but no matter of type simili or plastic will be tolerated.

No obligation on the use of the bars, no criterion for your choreography, free course to your imagination to transport us in your world!

MAXIMUM TIME OF YOUR PERFORMANCE 3.30 minutes.

CATEGORY POLE FLOW

Pole flow "pole with me" The category "Pole Flow" highlights the Floorwork side around the pole. This category will be judged on movements made on the ground with and without contact with the pole but also on the artistic side (fluidity, costume, choreographic coherence, emotions ...) and technical movements performed on the pole and on the ground.

Mixed solo from 14 years old (no selection video, no qualification, just register, 7 athletes maximum)

Distribution of points:

60% artistic (choreography, musicality, costume ...)

40% difficulty of tricks & spins / difficulty of combinations around pole and on the ground / technique

Obligations and prohibitions of this category:

Athletes must perform 2/3 of their choreography around the pole (with contact). No more than 1/3 of tricks or Spin made without contact with the ground.

Athletes may be barefoot or with dance shoes or slippers (Pleaser, Half-Tips and Spikes).

No obligation to use the two bars but will be appreciated by the judges in relation to the use of stage space.

MAXIMUM TIME OF YOUR PERFORMANCE 3.30 minutes.

CATEGORY POLE WITH MY FRIENDS

Pole my friend Pole dance stars Pole with me This category is reserved for groups to share the stage with other athletes and enjoy the energy of the group. A unique sharing for a unique experience.

The group will be judged on the artistic and technical side of the movements executed on the pole and on the ground.

The group can be composed of people of different ages and sexes and a minimum of 3 people up to 20 people on stage (with a supplement of 100 € for groups of more than 6 people).

Minimum age 8 years with a written parental agreement for any minor.

6 bars will be on stage (2 bars in front of the stage and 4 behind staggered to have the view of all the athletes.

7 groups / No qualifications, just register quickly provided there are still places!

Distribution of points:

70% artistic (choreography, musicality, costume, group cohesion, coherence, fluidity, sharing with the audience, synchronization ...)

30% technique (difficulty tricks & spins / difficulty combinations)

Obligations and prohibitions of this category:

Athletes must agree and perform the same moves on 1/2 of the choreography. The group category is not made to make mini solos, it allows on the contrary to highlight the choreographic side and synchronized in groups whether on the ground or on the pole.

When sending your music, groups will have determined the bars in Spin and Static and will not be able to change anything.

No obligation Static or Spin, it remains the choice of groups.

MAXIMUM TIME OF YOUR PERFORMANCE 4 minutes.

Good luck