



## Table of Contents

<b>Key Dates and Entry Requirements</b> .....	<b>2</b>
Key Dates.....	2
Eligibility .....	2
Entry Requirements .....	2
<b>Categories and Divisions</b> .....	<b>3</b>
Categories.....	3
Divisions .....	3
<b>Rules and Regulations</b> .....	<b>6</b>
Costume.....	6
Props.....	6
Grip.....	6
Poles .....	6
Photography & Filming.....	6
Terms & Conditions.....	7
<b>Judging Process</b> .....	<b>9</b>
<b>Scoresheets &amp; Judging Criteria</b> .....	<b>9</b>

## KEY DATES AND ENTRY REQUIREMENTS

### KEY DATES

23<sup>rd</sup> May 2021: Entry deadline – entry forms, video entries and payments to be submitted.

4<sup>th</sup> June 2021: Finalists will be announced.

31<sup>st</sup> July 2021: Finalists video submissions due.

14<sup>th</sup> August 2021: Live stream event.

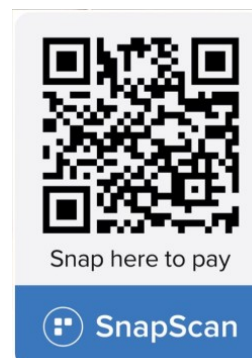
### ELIGIBILITY

1. Entry is open to anyone at least 18 years or older for all categories, except for the Pole Cubs category.
2. Entry is open to all male and female competitors worldwide.

### ENTRY REQUIREMENTS

1. Applicants must complete and submit an entry form, together with a 2-3 minute unedited video demonstrating your pole dancing ability (1.5-2 minute for the Pole Cubs category):
  - This video can be from a previous competition or performance, or can be filmed in a studio/home. The video must not be more than 8 months old. Note that the video entry does not have to be of the applicant performing his/her proposed Pole Factor performance.
  - The video is to be uploaded onto YouTube (**Unlisted** or **Public, not private**) and the link to be provided to us. **No attachments accepted.**
  - Video must be entitled: "Pole Factor, Competitor Name, Category and Division, Date filmed."
  - Video entries will be judged on pole skill and performance ability.
2. Entry fee is ZAR 350 / EUR 20 per person, per category. Duets pay ZAR 450 / EUR 30 per duet. Entry fees are non-refundable should you not be chosen as a finalist for the main event.
3. You can make payment via bank transfer (bank details below) and email proof of payment to [info@thepoleproject.co.za](mailto:info@thepoleproject.co.za) **OR** pay via Snapscan by scanning the QR code below. Please don't forget to include a reference! SnapScan is free to use and works with any South African bank, and most international credit cards. All you have to do is download the SnapScan app on your phone.

**Account name:** The Pole Project  
**Bank:** Investec Bank Limited  
**Branch name:** 100 Grayston Drive  
**Branch code:** 580105  
**Account number:** 10012411799  
**Swift Code:** IVESZAJJXXX



## CATEGORIES & DIVISIONS

### CATEGORIES

- The Pole Factor 2021 consists of 4 categories (Pole Artiste, Pole Provocateur, Pole Duets and Pole Cubs).
- There are 3 divisions in the Artiste and Provocateur categories (Amateur, Advanced and Elite), 2 divisions in the Pole Duets category (Amateur and Elite), and 2 divisions in the Pole Cubs category (Petite Cubs, Teen Cubs).
- There will be 5 finalists in each division.
- Contestants may enter more than one category. But they will have to pay an entry fee per category entered.

Applicants must select one of the following categories to enter:

1. **Pole Artiste** (Amateur, Advanced and Elite divisions)  
This category celebrates the artistic side of pole. Performances can tell a story or must incorporate a particular theme or dance style (e.g. lyrical, contemporary, ballet, jazz etc). Artistic expression and interpretation of music and movement on and off the pole is key.
2. **Pole Provocateur** (Amateur, Advanced and Elite divisions)  
This category embraces the sensual and exotic side of pole. Contestants must wear heels for at least part of their performance. Contestants may add a striptease element and remove as many items of clothing as they wish, but no nudity is allowed.
3. **Pole Duets** (Amateur and Elite divisions)  
This category is for doubles. Performances can incorporate any of the 2 styles of pole dance: artiste or provocateur.
4. **Pole Cubs** (Petite Cubs 6-12 years, Teen Cubs 13-17 years)  
This category is for pole kids and teens and will also focus on the artistic style of pole dance. Performances can tell a story or must incorporate a particular theme or dance style (e.g. lyrical, contemporary, ballet, jazz etc). Artistic expression and interpretation of music and movement on and off the pole is key.

### DIVISIONS

- As a competitor, you must be fair and truthful in your self-assessment of skills in determining your appropriate level, and the representation of your skills in your video entry.
- Finalists must be well-rounded pole dancers who can master the pole and the floor.
- The judging panel will have the right to change the contestant's division according to the video sent.

### Amateur Division

- This level is for those who can invert confidently from the air but cannot yet hold handsprings consistently or cleanly.
- You must perform a routine of 2:00 – 2:30 minutes.

Prohibited moves:

1. Moves like forearm/inverted flag grip/handsprings/ayeshas are not allowed. 3 points rule e.g. a handspring – a 2 points of contact move while inverted, is not allowed. There are exceptions (e.g. Marley and cross ankle releases are allowed).
2. No deadlifts allowed.
3. No advanced drops, pops or tumbles.
4. No snatch and grab (i.e. letting go and grabbing again).
5. No extreme flexibility moves. If you are unsure as to whether your moves are appropriate for your category, please check with us.

**Advanced Division**

- This level is for those who can safely execute at least 3 moves with 1 -2 points of contact (e.g. handspring, Ayesha, or cocoon) while inverted.
- You must perform a routine of 2:30 – 3:00 minutes.

Compulsory moves:

1. You must stay on the pole continuously for 60 seconds without touching the floor as part of your routine.
2. 1x one-arm spin (min. 360 degrees)
3. 1x aerial deadlift

Prohibited moves:

1. Release moves (complete release of all contact points with torso rotation) are not allowed e.g. fonji/half-fonji

**Elite Division**

- While this is not a required element, we highly recommend that if you are competing at Elite level, you have some previous competition or performance experience.
- You must perform a routine of 2:30 – 3:00 minutes.
- No prohibited moves.

Compulsory moves

1. You must stay on the pole continuously for 60 seconds without touching the floor as part of your routine.
2. 1x one-arm spin (min. 360 degrees)
3. 1x aerial deadlift
4. 1x drop, pop or tumble

### **Duets**

1. There are only 2 divisions: Amateur and Elite in the Pole Duets category.
2. Contestants in the Amateur Duets division may not perform any of the prohibited moves in the Amateur division (see above).
3. Amateur category contestants must perform a routine of 2:00 – 2:30 minutes. Elite category contestants must perform a routine of 2:30 – 3:00 minutes.
4. Your poles may be set to static or spinning.
5. Contestants will be judged on synchronisation, theme, timing and ability to do the chosen moves according to the level you are at.
6. Equal lifting is required. Contestants will be penalised if only one does all the lifting.

### **Pole Cubs**

- There are 2 divisions in the Pole Cubs category, according to the age of the contestant: Petite Cubs (6-12 years) and Teen Cubs (13-17 years).
- You must perform a routine of 2:00 minutes.
- No compulsory or prohibited moves.

## **RULES AND REGULATIONS**

### **COSTUME**

- Costumes and themed dress are encouraged and will earn you extra points.
- Contestants are allowed to take off parts of their costume but any form of nudity or transparency in the intimate parts is strictly forbidden and will immediately lead to disqualification.
- Allowed footwear: sports shoes, trainers/sneakers, dancing shoes, high heels and boots.
- Male contestants may perform topless. Lined shorts are highly recommended for male contestants.

### **PROPS**

- All props are ok. You are not required to submit props in advance.
- Human props are allowed to enter and exit the camera during the performance. Human props may be of any age. Your human prop can touch you, but not the pole.

### **GRIP**

- Grip enhancing products may be used. You may apply grip to your pole.

### **POLES**

- We realize that many studios are not yet fully open or that you may not have access to a large space with multiple poles. Everyone is doing their best with what they have.
- You may use one or more poles (maximum of 2 poles), either on static or spin (or both), regardless of the level you are competing in.
- You are allowed to change your pole settings during your piece if you like.

### **PHOTOGRAPHY AND FILMING**

#### General

- All photography and footage, including any video you submit to us, will remain the property of The Pole Project. You have no right to compensation for photography and footage made as part of the competition.
- Contestants agree that all photography and footage can be used by The Pole Project for promotional, advertising and commercial purposes, without compensation to the contestant.
- As a contestant, you agree to have your video streamed online.

#### Competition video submissions

- You are responsible for the quality and submission of your music and video.
- Since not everyone has access to a studio or professional looking setup, judges will base their evaluations on performance only and shall not take into account the environment.
- You must submit a video that was filmed between the day that you register for the event and the video entry deadline. Videos filmed prior to your registration date are not allowed.
- You should upload your video exactly as you want it played at the event, and should upload files by the deadline in .MOV or .MP4 format.
- Filming must be done in **landscape, 16:9 ratio (default mode for most mobiles), 1080p at Frame rate 30fps**. Please film in the best possible angle for your space.

- Videos not submitted in a 16:9 aspect ratio or videos submitted in portrait orientation will receive a 10 points deduction, or we may choose not to accept the video at our discretion.
- Videos must be UNEDITED i.e. you are not allowed to cut together multiple takes, or stop/restart your video to change pole settings.
- You may start either in position or off camera.
- You are allowed to cut the beginning and the end of your video e.g. you can crop off the section of you starting the camera and walking to the pole, or you walking from the pole to turn the camera off.
- Points will be deducted for each 10 seconds over/under the time permitted. The Pole Project reserves the right to reject or edit any video file uploaded with a timestamp that is beyond the maximum permitted time.
- Late submissions cannot not be accepted.

#### Tips for filming!

- A well-filmed video will make a big difference to the presentation of your performance!
- Remove any clutter or unnecessary items in the background to avoid distraction.
- Test your audio! Please make sure that your music is audible as you film. You may also overlay your music on top of your video if you wish (this is recommended to ensure the best audio quality).
- Test your lighting so that you are clearly seen in your video. If you are using natural light, note the best time of day to film. Pro tip: if there's a window, use the window as front or side, rather than putting it behind you.
- When filming on a phone, selfie mode (front camera) is usually filmed at a lower resolution so we recommend using the rear-facing camera instead.
- Do not include watermarks.
- You may have someone else film you and move around the room, but make sure you are in frame – this means that we can see at least ¾ of your body.

#### **TERMS & CONDITIONS**

- The Pole Project reserves the right to disqualify you, and/or bar you from entry to a future competition, if you breach the rules and regulations of the competition.
- The Pole Project reserves the right to make modifications to the rules, regulations, terms, and conditions of the competition at any time.
- If a change is deemed necessary for safety reasons, it will take place immediately and The Pole Project will make every effort to inform you as soon as possible either orally or in writing.
- The Pole Project will not be held liable for any expenses incurred by your participation in the competition. The Pole Project is not liable for any injury or damage incurred by you during any stage of the competition.
- The Pole Project will not be held liable to you for any loss or expenses suffered either directly or indirectly resulting from a breach of The Pole Project terms and conditions.
- In the event of a breach of contract by The Pole Project, your remedies shall be limited to damages not exceeding the price of the entry fee you paid.
- If you are using your own equipment, you are fully responsible for ensuring that it is secured and safe to dance/perform on.

- The Pole Project may license or subcontract all or any part of their rights and obligations without the contestant's consent.
- Any issues not already addressed within this document or on The Pole Project website or associated materials will be made by The Pole Project in due course. If any provision of these terms and conditions shall be invalid, void, illegal or unenforceable, the validity, existence, legality and enforceability of the remaining provisions shall not be affected, prejudiced or impaired.
- Failure by The Pole Project to enforce any provision of these terms and conditions shall not be treated as a waiver of that provision, nor shall it affect The Pole Project's right to subsequently enforce that provision.



## JUDGING PROCESS

- In any artistic sport, there is a subjective element to the judging. If you have concerns about the judging, please contact The Pole Factor organisers in a rational and cooperative manner.
- **Since not everyone has access to a studio or professional looking setup, judges will base their evaluations on performance only and shall not take into account the environment.** Everyone is doing the best with what they have.
- The winners will be announced at the end of the live stream event on 14<sup>th</sup> August 2021. We will also be screening video comments from the judges. After the live stream event, each contestant will receive their own score spreadsheet containing the numerical scores and written comments from the judges.
- The judges' decision is final and is not subject to challenge or appeal.
- The judges and the organisers reserve the right to expel any finalist from The Pole Factor at any time on any grounds.
- Contestants may not communicate with the judges regarding the competition itself, before or during the competition.

## SCORESHEETS AND JUDGING CRITERIA

The judging criteria is described and set out herein.

<b>POLE ARTISTE</b>	
<b>CRITERIA</b>	<b>POINTS ( /10)</b>
1. Artistic expression and creativity in pole work	
2. Execution, control and lines	
3. Fluidity of tricks and combinations	
4. Flexibility and extensions	
5. Dance choreography and floorwork	
6. Musicality	
7. Theme interpretation	
8. X-Factor & Stage Presence (the "je ne sais quoi")	
<b>TOTAL ( /80)</b>	
<b>PENALTIES</b>	<b>POINTS</b>
1. Falls, Trips & Slips (-1 to -5 points per error)	
2. Costume malfunction (-1 to -5 points per error)	
3. Failure to perform any compulsory moves (Advanced and Elite contestants only, -5 points per error)	
4. Performing any prohibited moves (Amateur and Advanced contestants only, -5 points per error)	
<b>TOTAL DEDUCTIONS (max -20)</b>	
<b>FINAL SCORE</b>	

<b>POLE PROVOCATEUR</b>	
<b>CRITERIA</b>	<b>POINTS ( /10)</b>
1. Incorporation of sexy/sensual movement in pole work	
2. Execution, control and lines	
3. Fluidity of tricks and combinations	
4. Flexibility and extensions	
5. Dance choreography and floorwork	
6. Musicality	
7. Theme interpretation	
8. X-Factor & Stage Presence (the "je ne sais quoi")	
<b>TOTAL ( /80)</b>	
<b>PENALTIES</b>	<b>POINTS</b>
1. Falls, Trips & Slips (-1 to -5 points per error)	
2. Costume malfunction (-1 to -5 points per error)	
3. Failure to perform any compulsory moves (Advanced and Elite contestants only, -5 points per error)	
4. Performing any prohibited moves (Amateur and Advanced contestants only, -5 points per error)	
<b>TOTAL DEDUCTIONS (max -20)</b>	
<b>FINAL SCORE</b>	

<b>POLE DUETS</b>	
<b>CRITERIA</b>	<b>POINTS ( /10)</b>
1. Synchronisation of tricks & combinations	
2. Synchronisation of dance & movement of both partners	
3. Execution, control and lines	
4. Fluidity of tricks and combinations	
5. Flexibility and extensions	
6. Dance choreography and floorwork	
7. Musicality	
8. Theme interpretation	
9. X-Factor & Stage Presence (the "je ne sais quoi")	
<b>TOTAL ( /90)</b>	
<b>PENALTIES</b>	<b>POINTS</b>
1. Falls, Trips & Slips (-1 to -5 points per error)	
2. Costume malfunction (-1 to -5 points per error)	
3. Performing any prohibited moves (Amateur contestants only, -5 points per error)	
4. Unequal lifting (-5 points)	
<b>TOTAL DEDUCTIONS (max -20)</b>	
<b>FINAL SCORE</b>	

<b>POLE CUBS</b>	
<b>CRITERIA</b>	<b>POINTS ( /10)</b>
1. Artistic expression and creativity in pole work	
2. Execution, control and lines	
3. Fluidity of tricks and combinations	
4. Flexibility and extensions	
5. Dance choreography and floorwork	
6. Musicality	
7. Theme interpretation	
8. X-Factor & Stage Presence (the “je ne sais quoi”)	
<b>TOTAL ( /80)</b>	
<b>PENALTIES</b>	<b>POINTS</b>
1. Falls, Trips & Slips (-1 to -5 points per error)	
2. Costume malfunction (-1 to -5 points per error)	
<b>TOTAL DEDUCTIONS (max -20)</b>	
<b>FINAL SCORE</b>	

#### **GENERAL SCORING SCALE (1-10) for all criteria**

1. Very poor
2. Poor
3. Poor to below average
4. Below average
5. Average
6. Average to above average
7. Above average
8. Very good
9. Excellent
10. Flawless perfection

#### **SCORING SCALE FOR SPECIFIC CRITERIA**

##### **Artistic expression and creativity in pole work (*Pole Artiste & Pole Cubs only*)**

- Contestants must showcase originality and creativity in their pole combinations in order to communicate an intended story or feeling.
- Pole work must also display the degree of difficulty appropriate to their division (this does not apply to the Pole Cubs category – contestants will not be judged on the difficulty level of their tricks).

##### **Incorporation of sexy/sensual movement in pole work (*Pole Provocateur only*)**

- Contestants must demonstrate mastery of sexy/sensual movement in their execution of pole combinations.
- Pole work must also display the degree of difficulty appropriate to their division.

##### **Synchronisation of tricks & combinations / Synchronisation of dance and movement (*Pole Duets only*)**

Duets will be judged on their synchronised moves i.e. are they moving at the same time, spinning at the same speed on separate poles, is there a consistent style throughout the duo.

### **Execution, control and lines**

- Contestants are judged on their execution and control of tricks and combinations. Judges will be looking for clean lines, precision, strong posture, ability to hold moves, and the deliberate creation of aesthetically pleasing shapes in the competitors' pole tricks and overall movement on the pole.
- Judges will also be looking at the way tricks and combinations are executed in order to fit into the choreography or story line, or to highlight musical accents or the mood of the music.
- A line doesn't necessarily have to be a straight one. Sharp angles, arches, flexion etc are acceptable, depending on the context of the piece.
- Competitors with a high level of difficulty of tricks will score well only if they perform those tricks well.
- For Duets, dancers must match or intentionally contrast each other's movements. They must move as a unit rather than as individuals.

### **Fluidity of tricks and combinations**

- The routine should flow well, connecting sequences and combinations in a way that demonstrates fluidity.
- Judges will be looking for smooth execution of transitions, unique transitional moves, firm/clean transitions, seamless continuous movement from one move to another.

### **Flexibility and extensions**

- Contestants should display a good level of flexibility in their legs, back and shoulders, through their lines and extensions.
- Hyperextension or contortion does not necessarily guarantee points in this section, as judges will be looking for control of flexibility, especially in entries and exits from the peak extension, and also display flexibility throughout the whole body.

### **Dance choreography and floorwork**

- Contestants will be judged on originality and creativity in sequences, smoothness in transitions and execution of dance and floorwork.
- Judges will be looking at how contestants use the floor space they have to work with.
- Contestants must display great lines, strong posture, deliberate shapes and flow.
- Choreography and floorwork must be relevant to the theme and feel for each piece. For example, Provocateur contestants must display mastery of sexy/sensual movement in their choreography and floorwork.

### **Musicality**

- The contestant will also be judged the degree to which he/she is receptive and creative in his/her interpretation or rendering of the music through movement. Judges will be looking for synergy between movements and choreography with various elements such as the beat, musical cues, vocals and tempo variation.
- The contestant will also need to demonstrate good use of varied dynamics. This means using some slower moves, sequences and combinations in contrast with other faster sections of the routine.

### **Theme Interpretation**

Judges will look at how all the aspects (dance sequences, pole combination, music choice, costume) are put together to communicate an intended story, concept or feeling. The theme must be consistent and relevant to the performance and/or the story.

### **X-Factor and Stage Presence (the “je ne sais quoi”)**

This is the contestant’s ability to engage, entertain and connect with the audience through expressions, emotions and energy. Facial expressions must effectively show emotion, and the contestant must hold his/her character the entire way throughout the routine.

## PENALTIES

- Contestants will be subject to deductions **per error**, for the following errors:
  - 1. Falls, trips & slips**

*Deduction of -1 to -5 points, depending on how bad the error is.* For example, a minor slip could receive a deduction of -1, and a major fall could receive a deduction of -5.
  - 2. Costume malfunction – broken bra straps, creeping underwear etc**

*Deduction of -1 to -5 points, depending on how bad the error is.*
  - 3. Failure to perform any compulsory moves**

*Advanced and Elite solo contestants only. Deduction of -5 points for each move that is missing.*
  - 4. Performing any prohibited moves**

*Amateur and Advanced solo contestants, and Amateur Duets only. Deduction of -5 points each time such moves are performed.*

    - With regards to the 3 points rule, this means any handspring or Static V position (with twisted, cupped or upright grip), where the feet and legs are not connected to the pole and only the hands have contact with the pole, is not permitted, even as a transition.
    - A deadlift under The Pole Factor standards will be defined by the starting position of the body. No parts of the body must be in contact with the floor. The body should be suspended away from the pole before moving into the deadlift. The poles should not be used to assist the deadlift and the legs should not be used to create momentum or a swing motion. So, to be more accurate, “aerial deadlifts” are prohibited in the Amateur division, which means mid-air shoulder mounts for example will not be allowed.
    - If you are competing in the Amateur category and may be unsure of what may constitute an “extreme flexibility” trick, it would be advisable to submit your tricks to the organiser to verify that the trick is allowed.
  - 5. Unequal lifting by the Duets contestants.** Judges would not need to calculate the total number of lifts done by each duet partner to ensure that the numbers are equal. Contestants will simply be penalised (*deduction of -5 points*) if only one does all or at least the majority of the lifting.
  - 6. Failure to perform 60 seconds of synchronisation in total.**

*Deduction of -5 points.*
- A contestant may receive multiple deductions, as deductions occur per error. **The maximum points deducted will not exceed 20.**