



Artistic Pole Dance National and International competition regulations



Connecting Pole Dancers world wide, promoting the confidence, physical strength, skill and athletic ability required to show case this unique form of dance and fitness



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WPDF Rules (Sports & Dance regulations)

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Introduction

The World Pole Dance Federation (WPDF) is the governing body for the profession of artistic pole dancing. The WPDF has appointed a Committee which continually monitors the game and its rules, and when considered necessary makes recommendations for changes to the Board of Directors of the WPDF which has the ultimate authority for making any changes to the rules of artistic pole dancing.

The rules as published here are the basic rules for adults (Female and male).
The following criteria are applicable during all competitions under the supervision of the WPDF:

Rule 1. Pole dance performance (Sports & Glamour)

For marks to be awarded the following criteria must be adhered to

A. Music choice

- * Entrants are allowed a personal choice of accompaniment, which can be a mixture of music and artists.
- * The performance must not exceed five minutes.

B. Presentation

- * Appearance. The competitor's appearance and emanation must be of such quality to hold the judges attention during the whole performance, with the use of costume and movement.
- * Stimulation. Eye-contact, facial expression, stage presence and captivation of the audience's attention

C. Dance Performance

- * It is not permitted to 'sing along' with the accompaniment
- * Sequenced dance movements and transitions incorporating pole tricks and holds
- * Elegant and fluid movements during choreography, grace & poise
- * Combined floor performance
- * Movement interpretation according to the music & rhythm
- * Flexibility and suppleness
- * Clear and concise precision during each move, transition and trick

D. Pole tricks

- * Original improvisations and combinations of sequences, tricks and movements on and around the pole
- * Artistic presentation & performance
- * Variation of tricks & level of difficulty
- * Demonstration of skill and strength



WPDF Rules (Sports & fitness regulations)

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Rule 2. Pole performance (Sports & fitness)

For marks to be awarded the following criteria must be adhered to

A. Music choice

- * Entrants are allowed a personal choice of accompaniment, which can be a mixture of music and artists.
- * The performance must not exceed five minutes.

B. Presentation

- * Appearance. The competitor's appearance and emanation must be of such quality to hold the judges attention during the whole performance. Conventional fitness style clothing and footwear is only permitted. Bare feet is permitted
- * Personality. The competitors should have an individual style and identity of their own.
- * Professionalism and focus captivating the audience's attention at all times
- * Physical fitness and attributes associated with the development of physical skills such as stamina, speed, balance and agility, demonstrating muscular strength & power, muscular endurance, cardiovascular fitness and flexibility

C. Fitness Performance

- * It is not permitted to 'sing along' with the accompaniment
- * Sequenced movements and transitions incorporating pole tricks and holds
- * Elegant and fluid movements during choreography focusing on strength & power
- * Combined floor performance
- * Movement interpretation according to the music & rhythm
- * Flexibility and suppleness
- * Clear and concise movements, transitions and tricks demonstrating the range of movements at a joint

D. Pole tricks

- * Original improvisations and combinations of sequences, tricks and movements on and around the pole
- * Artistic presentation and performance
- * Variation of tricks and level of difficulty
- * Demonstration of skill and strength



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Rule 3. Allocation of Scores

Three categories

A. Presentation

Points will be awarded
from 0.5 (half point) – 5 points, ascending
to 1.0 point
to 1.5 points
to 2.0 points
to 2.5 points
to 3 points etc... up to a maximum of 5 points.

B. Dance/Fitness performance

Points will be awarded
from 0.5 (half point) – 10 points, ascending
to 1.0 point
to 1.5 points
to 2.0 points
to 2.5 points
to 3 points etc... up to a maximum of 10 points.

C. Pole tricks

Points will be awarded
from 0.5 (half point) – 15 points, ascending
to 1.0 point
to 1.5 points
to 2.0 points
to 2.5 points
to 3 points etc... up to a maximum of 15 points.

Rule 4. Results

The overall winner will be the one with the highest accumulated points

1. In the case of a tie the candidate with the highest points awarded in the pole tricks section (C) will be the winner
2. If in the case pole tricks are also tied, the candidate with the highest points awarded in the dance performance section will be the winner (B).
3. If then the points are the same the highest points awarded in the presentation category will be the winner (A).
4. If the competitors still hold the same number of points, a "Pole Down" is held in order to decide the final winner.

* A Pole Down is the final pole performance between the candidates who will each dance once more for a time of 3 minutes each to decide which dancer is the best. The points will be awarded as in category A out of 5 points

The judges decide out of the tie breakers who is to be awarded 1st position



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Rule 5. Evening Awards

Additional awards may be awarded during the competition at the discretion of the host country

Best Pole Tricks = highest number of points awarded in the pole tricks category

Best Entertainer = highest number of points awarded in the performance category

Best Outfits (glamour category only) = separate points awarded for costumes and makeup

Rule 6. Judging competitions

The judging forms must be recorded on a form with the judges name and signature on it and kept private

The judges must be briefed prior to every competition

Judging of National Heats

A minimum of 3 jury members

Judging of National finals

A minimum of 5 jury members

Judging of International competitions

A minimum of 5 jury members with no more than 2 judges from one country.

Rule 7. DANCE POLES

Professional dance poles must be used for National and International competitions, securely fixed top and bottom.

A risk assessment must be completed prior to all competitions by the head judge and the pole must not be left unattended once finalised and securely checked prior to the competition.

The Health and safety of all competitors is paramount.

Materials: High gloss polished brass or stainless steel

Diameter: 42.4 mm => 1 ¼ inch

Minimum wall thickness: 2 mm

Minimum length (3 meter)

Maximum length (4 meter)

* A length above 3 meter, the wall thickness increases to a minimum of 3 mm.

Materials: high gloss polished brass or stainless steel

Diameter: 48.3 mm => 1 ½ inch

Minimum wall thickness: 4 mm

Minimum length (3 meter)

Maximum length (6 meter)

* A length above 4 meter, the wall thickness increases to a minimum of 5 mm.

Rule 8. POLE STATUS

Dance Poles have two different statuses.

- 1) Static; a static dance pole can not rotate
- 2) Rotating; a rotating dance pole rotates to the left as well as to the right direction and is fixed with bearings.

National competition organisers may choose what pole status they use for their competition.

International competitions will be held with static and rotating poles unless decided otherwise by the WPDF and host organisers.

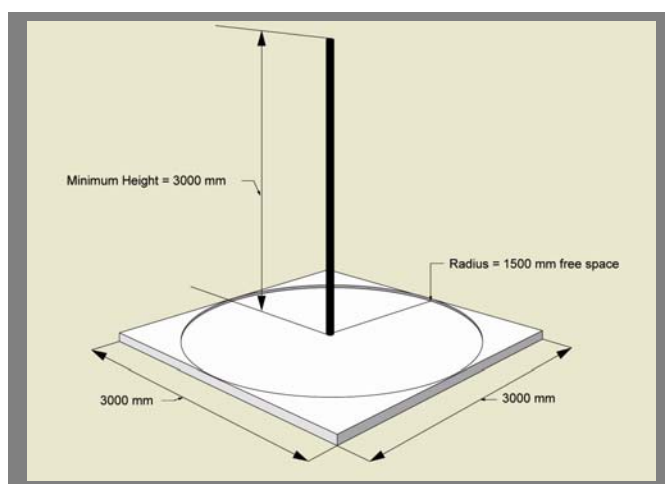
The World Championships will be held with a static and a rotating performance pole.



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Rule 9. Floor measures

Floor measures for competitions have to be minimum 3000 mm × 3000 mm, with a radius of 1500 mm as shown in the diagram below. There is no maximum size



Rule 10. Clothing for sport and glamour

- * The wearing of skirts are permitted
- * Thongs, g-strings are prohibited
- * No nudity is permitted and the clothing must cover the breast, bottom and groin area at all times during the competition otherwise the candidate will be disqualified.
- * Clothing may not be opaque during any stage of the presentation
- * Long trousers, pants or leggings are prohibited
- * The clothing may not be made from leather, rubber, latex, PVC or similar
The use of clothing sticky tape is permitted to prevent clothing from moving

Rule 11. Clothing for sport and fitness

- * Sport clothing is permitted in the sports category only
- * This include clothing for gymnastics and figure skating
- * The wearing of skirts are permitted
- * Thongs, g-strings and bikini style clothing is prohibited
- * Short shorts or similar are acceptable as long as they cover the bottom
- * Crop tops are acceptable
- * No nudity is permitted and the clothing must cover the breast, bottom and groin area at all times during the competition otherwise the candidate will be disqualified.
- * Clothing may not be opaque during any stage of the presentation
- * Long trousers, pants or leggings is prohibited
- * The clothing may not be made from leather, rubber, latex, PVC or similar
- * The use of clothing sticky tape is permitted to prevent clothing from moving



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Rule 12. Shoes for GLAMOUR category

- A performance may only be performed in heels or bare feet.
- Boots from the ankle upwards are forbidden.
- Shoes may have a platform
- Sandals are prohibited.

Rule 13. Shoes for SPORT category

- A performance may only be performed in sport shoes, ballet shoes or bare feet.
- Dance shoes of any description, high heels and boots are forbidden.
- Boots of catch are prohibited.

Rule 14. Details

- The wearing of gloves is prohibited
- Pole grips are permitted (magnesium powder)
- Jewellery is prohibited
- The use of props and accessories, hats, sunglasses, boas, ties, capes or similar are prohibited
- The removal of clothing is strictly prohibited
- The use of chairs and tables are prohibited

Rule 15. Federation Cup (World Cup for Nation Teams)

- * The 10 best nations will be invited for this event.
- * The event will be organised every 2 year.
- * The host country may send one team.
- * National organisers may send 1 single dancer and 1 synchrhone couple and a team coach to represent their country.
- * Single dancer and synchrhone couple will dance a performance 1 time.
- * The scores of both performances will be counted togheter as end score for their team.
- * The team with the highest end score is the winner.
- * Sports & fitness regulations is applicable for this competition.
- * Dance performance must be taken place with sport outfit combined with National colors of country.
- * Both dancers of a team must wear the same National outfit.

Rule 16. Synchrhonised Doubles

- A team has 2 dancers
- Dancers must wear the same outfit
- 2 static poles must be used for the performance
- Dancers must do the same performance on each pole at the same time.
- Dancers may combine tricks together on one pole.



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Rule 17. First Aid/Medical care

- * The organisation provides a physiotherapist and/or paramedical in the event of any injury.
- * In the case of an injury the first aid representative has the final decision if the candidate continues in the competition.