

## **Contestants and Entry Requirements**

A Contestant is a person who meets the following conditions:

- On the day of the event must be 16 years old
- Have an ID document present (Passport, Resident Card, ID card Etc) Travel/health insurance is recommended. The Dubai Pole Cup does not take any responsibility or liability for any accidental injuries.
- Each contestant should know the rules and regulations of the competition (written below)
- Before and during the competition the contestants are not allowed to:
  - Drink Alcohol
  - Take/Use any substance that may change mind consciousness
  - Take/Use any forbidden stimulants, such as steroids

Any aberration of the rules will immediately disqualify the contestant.

## **Amateur Category**

- Must be 16+
- Athlete should be poling for under 2 years.
- Athlete should not have competed in a semi pro competition.

Strength restrictions include: No deadlifts, phoenix's, Iron X's.

Flexibility restrictions include: Russian Splits, Spatchcock, Dangerous bridge, rainbow marchenko and Flying K.

## **Semi-Pro Category**

- Must be 16+
- Athlete can be poling for any length of time
- Athlete should not have competed in a professional competition

Strength Restrictions: Not Applicable

Flexibility Restrictions: Not Applicable

## **Professional Category**

- Must be 16+
- Athlete can be poling for any length of time

Strength Restrictions: Not Applicable

Flexibility Restrictions: Not Applicable

\*Please note that athletes entering this category should be at a professional level having entered or having won semi pro/pro titles in previous competitions.

\*The contestant understand that the expectation of standard is at a high level

## **Mens**

- Must be 16+
- Athlete can be poling for any length of time

Strength Restrictions: Not applicable

Flexibility Restrictions: Not applicable

\*Please note this category will be split into amateur and semi pro/pro if applications are high, you will be placed into a category according to your skill and level with your approval.

# DUBAI POLE CUP 2019

## APPLICATION FORM AND RULES AND REGULATIONS

### **Doubles**

- Must be 16+
- Athletes can be poling for any length of time
- Athletes can be of mixed genders

Strength Restrictions: Not applicable

Flexibility Restrictions: Not applicable

### **Juniors**

- Juniors must be between 10-15 Years of age
- Athletes can be poling for any length of time
- Athletes can be of mixed genders
- Strength restrictions: Not applicable
- Flexibility restrictions: Not applicable

### **Pre Submission Video**

1. 1.5 minutes of a continuous clip, no cropping changing music or pausing between your routine.
  2. One video per competitor
  3. Videos will be assessed by a professional judge and pole athlete
  4. Videos can be sent via email or YouTube link
  5. Your video should be titled with DPC2019, Your Category and Full Name
- \*Note - Please ensure that your submission video portrays your abilities to your fullest extent.
6. IF you are entering the battles you are **NOT** required to send any submission video however please indicate your level via email.

### **Competition Music and Performance Piece**

Solo Acts - Music should be no longer than 4:30minutes

Doubles Acts - Music can be up to 5:30minutes

Battles - "READ THE BATTLE GUIDELINES ABOVE)

\*If any two contestants have the same music submitted, the contestant who sent his/her music choice first will have the privilege of performing it. The Deadline to submit your music is on the 14th of October 2019.

### **Costume and Performance Regulations**

1. Topless, minimal underwear, or any erotic lingering is forbidden and the athlete will be disqualified.
2. High heeled shoes are forbidden however sports shoes, gymnastics footwear and dance shoes are allowed.
3. During the performance you are not allowed to take off any of your clothes. However taking parts of your costume such as a coat, mask, jacket, skirt is allowed if the contestant remains properly dressed underneath. Any kind of nudity showing breast or intimate body parts will immediately disqualify the contestant.
4. Latex isn't allowed to be used in the costume
5. No gloves or boots allowed
6. Bio Tattoos; Henna tattoos, bodyart, makeup is allowed as long as it does not effect other contestants, areas or rub off on the poles.

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## **Poles**

The DPC Stage will be using 2 Competition 4 meter 45mm Chrome X-Poles (static and spinning)

\*When facing the stage from the audience the LEFT pole is on Static.

## **Judging and scoring**

<b>Marks based upon:</b>	<b>Max Points</b>
Costume (Does your costume match your performance)	10
Emotional Expression (Stage presence)	10
Musicality (Getting into the rhythm of the musical composition)	10
Floor Work	10
Clean Execution (toes pointed, lines, legs straight)	10
Choreography	10
Dynamics / Strength on the pole (performing power tricks)	10
Flexibility on the pole	10
Originality	10
<b>Penalties</b>	<b>Mac Points deducted</b>
Problems with costume	-5
Falls and slipping off	-5
Moves with sexual meaning i.e twerking and provocative floor work	-5

## **Judging**

- Judges will judge contestants from 1-10 points (average is divided by amount of judges).
- The contestant with the highest number of points will win followed by 2nd and 3rd place.
- Judges can stop the performance at any time if they think the contestant is at health risk or is having safety problems, or if the contestant doesn't obey the rules.
- Judges aren't obliged to comment on the marks they give to the contestant. Judges make the final decision.

## **Procedure:**

1. Submit the application form
2. Fill and sign all pages of the participation agreement (digital); send the copy back to [dubaipolecup@outlook.com](mailto:dubaipolecup@outlook.com)
3. Proceed with a payment fee (200DIRHAMS). Specify in payment your full name and email address To the paypal account: [michelle@allindxb.com](mailto:michelle@allindxb.com).
4. Send the submission video via youtube link with your chosen category and your name. (attach the link on the application form)
5. Send the music track of the performance to [dubaipolecup@outlook.com](mailto:dubaipolecup@outlook.com)
  - "MUSIC and your name and cateogory, Example: Mark Smith, pro men, Michael Jackson, Thriller 4min.mp3"

○ Good quality, mp3 format

6. Copy of passport of the contestant or a valid id document

## Admission Fees

The contestants of all categories will have to pay the fee of **200DIRHAMS** The payment includes:

- The Participants fee
- Access to all areas

If an athlete has entered the Dubai Pole Cup competition and wants to enter the Battles on the Second day then He/She will only have to pay **75DIRHAMS EXTRA**.

## Organiser's rights

Organizers have the right to:

- To record the championship and have all the rights to distribute the material.
- To eliminate videos or photographs which are not suitable as a material.
- The organizers reserve right to change rules & regulations of the competition at any time.
- Organizers don't take responsibility for the loss of things of the contestants on the day of the competition.
- The Organizer reserve the right to grant special prizes as they see it fit.

## Grip

During the Competition the contestants are not allowed to:

Use any kind of body balms or lotions that can destroy the equipment (poles) or can make the poles slippery for other contestants' use. Grip must not be applied on the pole.

The following products are acceptable in order to have stronger grip:

- Mighty Grip / Itac 2 / Dry Hands /Chalk / Liquid chalk