RULES AND REGULATIONS

POLE MASTERS CHAMPIONSHIP
2026

TABLE OF CONTENTS

(Click to be navigated to the section)

1. Divisions and Levels **4**
1.1 Pole Sport Divisions 4
1.2 Artistic Divisions 4
2. Summary of the Categories **4**
2.1 Pole Sport 4
2.2 Pole Art 5
2.3 Pole Doubles 5
2.4 Pole Groups 5
2.5 After Hours (Russian Style) 5
2.6 Low Flow 5
2.7 Sensual 6
2.8 Showcase 6
3. Level Based Restrictions: Movement Limitations **6**
3.1 Entry 6
3.2 Amateur 7
3.3 Semi-pro 7
3.4 Professional 7
Movement Restrictions by Level 8
Movement Definitions 10
4. Age Divisions **12**
5. Category Guidelines **12**
5.1 Pole Sport 12
5.2 Pole Art 13
5.3 Pole Doubles 13
5.4 Pole Groups 14
5.5 After Hours (Russian Style) 14
5.6 Low Flow 15
5.7 Sensual 15
5.8 Showcase 16
5.9 ALL CATEGORIES 16
COMPETITION RULES **17**
6. General Rules **17**

6.1 Regulations concerning competition applicants....17
6.2 Regulations concerning accepted competitors.... 18
6.3 Rules for medalists.... 18
6.4 Code of conduct....18
6.5 Commitment to Diversity and Inclusion.... 19
6.5.1 Creating respectful environments.... 19
6.5.2 Creating respectful environments - safeguarding an individuals rights to privacy and individuality.... 19
6.5.3 Creating safe environments....20
6.5.4 Resolving diversity and inclusion issues....20
6.5.5 Eligibility for participation in the PMC....20
6.6 Para-Athletes.... 20
6.7 Disqualification and Deductions During the Competition....21
7. Registration and Fees.... 21
8. Performance Context.... 22
8.1. Poles and set-up....22
8.2 Music.... 23
8.3 Costume.... 23
8.4 Props.... 25
8.4.1 Prop Pre-Approval Process.... 26
8.5 Grip aids.... 27
8.6 Photography and Filming....27
9. Safety....28
9.1 Uncontrolled Falls and Injuries.... 28
9.2 First Aid....28
10. Tickets.... 29
11. Prizes.... 29

1. Divisions and Levels

1.1 Pole Sport Divisions

- Pole sport entry
- Pole sport amateur
- Pole sport semi-pro
- Pole sport professional

1.2 Artistic Divisions

- Pole Art entry
- Pole Art amateur
- Pole Art semi-pro
- Pole Art professional
- Pole Doubles
- Pole Groups
- After Hours (Russian Style) entry
- After Hours (Russian Style) amateur
- After Hours (Russian Style) semi-pro
- After Hours (Russian Style) professional
- Low Flow entry/amateur
- Low Flow semi-pro/professional
- Sensual entry/amateur
- Sensual semi-pro/professional
- Showcase

2. Summary of the Categories

When selecting the right category to compete, participants should consider their preferred style and the skills they aim to showcase. Each category offers a unique platform for performers to express themselves, whether through fluidity and grace, dynamic tricks and flips, or a combination of both. By carefully choosing their category, competitors can ensure that their talents align with the expectations and criteria of the competition.

2.1 Pole Sport

This category is for competitors who want to showcase their athletic ability, technical skill and physical strength by executing a wide range of pole tricks, transitions and combinations. Competitors in this category often demonstrate great flexibility, coordination and control as they perform challenging maneuvers on spin, static and in floorwork. The pole sport category provides a platform for athletes to demonstrate their dedication, skill and passion for the art of

pole dancing, while inspiring and entertaining audiences with their dynamic and captivating performances.

2.2 Pole Art

This category focuses on creativity, expression and storytelling through pole dance routines that include elements of dance, tricks and combinations on static pole, spin pole, and in floorwork. Dancers in this category may incorporate various styles such as contemporary dance, ballet, and even theatrical storytelling into their routines to create captivating performances.

2.3 Pole Doubles

This category highlights synchronization (if applicable), coordination, and creativity between two dancers on the pole(s). Duo's in this category will work together to execute complex moves, fluid transitions and artistic expression to provide the audience with an immersive and dynamic experience. These dancers may use elements of acrobatic dance, emotional choreography, or themed routines to create a captivating performance.

2.4 Pole Groups

This category highlights synchronization (if applicable), coordination, and creativity between 3 or more dancers on the pole(s). Groups in this category will work together to execute complex moves, fluid transitions and artistic expression to provide the audience with an immersive and dynamic experience. These dancers may use elements of acrobatic dance, emotional choreography, or themed routines to create a captivating performance.

2.5 After Hours (Russian Style)

This category showcases a fusion of sensual movement, pole tricks, and acrobatic elements. Characterized by graceful transitions, intricate floorwork, and seductive pole techniques, it offers a captivating blend of artistry and athleticism. Dancers may incorporate leg waves, body rolls, and other erotic dance elements into their routines, captivating the audience with their fluidity and expressiveness. Known for its emphasis on flexibility, strength, and control, as well as its ability to convey storytelling and evoke emotions, this category represents a mesmerizing display of skill and creativity.

2.6 Low Flow

This category involves sensual and fluid movements that can be showcased closer to the ground or at lower heights on the pole. This style emphasizes smooth transitions, sensual choreography and grounded techniques. Dancers in this category may involve elements of flexibility, creativity and artistic interpretation in order to create expressive and captivating performances. Dancers may not go higher on the pole than their hand reaching above their head.

2.7 Sensual

This category features sensual and enticing movements. Performers may express their sensuality in a captivating and alluring manner, using their fluid and expressive movements to mesmerize the audience. Routines in this category may include slow, fluid movements, body waves, floorwork, technique and artistry. We encourage participants to perform with confidence, fully embracing their unique style and presence on stage.

2.8 Showcase

This category provides a platform for dancers to showcase their talents without the competitive atmosphere. Performers in the showcase category have the flexibility to present their piece as a solo, duo, or group performance in any chosen style. Safety regulations, including costume, props, and limitations on extreme moves, will still be upheld. While judges will offer feedback, numerical scores or rankings will not be assigned.

3. Level Based Restrictions: Movement Limitations

Please review the movement restrictions table and definitions provided at the end of this section for detailed guidance.

3.1 Entry

This level is for first time competitors who are still exploring the craft and not yet performing or teaching for compensation. Competitors in the entry level must use both spin and static poles but will not need to use full height and are required to add moments of floorwork. When inverted, the competitor must always maintain 3 points of contact with the pole.

Restrictions

- If you can execute any of the restricted moves, you should by applying for a higher division.
- Individuals who are pole fitness instructors or receive compensation for performances at the time of application are ineligible to compete at this level.
- Individuals must apply within respective age divisions (exceptions may apply).

Movement Limitations

ALLOWED:

- Basic butterfly (not extended)
- No handed genie
- Inside / outside leg hang
- Superman (not from aerial)

3.2 Amateur

May have previous competition or performance experience. A competitor of this level is comfortable with inverts from the floor and performing longer combos.

Restrictions

- Individuals must apply within respective age divisions (exceptions may apply).
- Individuals must use full height of both static and spin poles (with the exception of the Low Flow category) while also incorporating floorwork into their routines.

3.3 Semi-pro

At this level, it is recommended to have previous competition or performance experience. A competitor in semi-pro teaches, performs or practices at a high level and is comfortable with aerial inverts. Competitors in this category are encouraged to be comfortable performing a variety of moves while maintaining only 1-2 points of contact on the pole.

Restrictions

- Individuals must apply within respective age divisions (exceptions may apply).
- Individuals must use full height of both static and spin poles (with the exception of the Low Flow category) while also incorporating floorwork into their routines.

3.4 Professional

Recommended to have previous competition or performance experience. A competitor of this level teaches, performs or practices at the highest level and is comfortable performing multiple moves with only 1-2 points of contact.

Restrictions

- Individuals must apply within respective age divisions (exceptions may apply).
- Individuals must use full height of both static and spin poles (with the exception of the Low Flow category) while also incorporating floorwork into their routines.

IT IS STRICTLY FORBIDDEN FOR COMPETITORS TO TOUCH OR HANG FROM THE STRUCTURE SUPPORTING THE POLES BEFORE, DURING AND/OR AFTER THE ROUTINE.

Movement Restrictions by Level

	Entry	Amateur	Semi-pro	Professional
Basic side invert	✓	✓	✓	✓
Aerial invert	×	✓	✓	✓
Standard shoulder mount	×	✓	✓	✓
Aerial shoulder mount	×	×	✓	✓
Hunter press	×	✓ - ONLY permitted when there is ALWAYS a third point of contact with pole during the WHOLE pressing procedure, such as ankle or knee.	✓	✓
Deadlift	×	×	✓	✓
Aerial deadlift	×	×	×	✓
Basic invert with foot on pole	×	×	✓	✓
Advanced invert with foot on pole	×	×	×	✓
Headstand	✓	✓	✓	✓
Handstand / Forearm stand (Only applies when in contact with the pole)	✓ - Only by descending into the position (no kicking up or press-ups).	✓	✓	✓
Layback with assistance	✓	✓	✓	✓
Advanced layback	×	✓	✓	✓

Split	✓	✓	✓	✓
Split extension	×	✓ - The angle of the knees in extension must be limited below 180°	✓	✓
Split with bottom foot on pole	×	×	✓	✓
Ring position	×	×	✓	✓
Ayesha	×	✓ - Must descend into the position and legs/hips must remain higher than the head or from Hunter press with three point of body contact during whole pressing	✓	✓
Flag positions	×	×	✓	✓
Jump in / Jump out	✓	✓	✓	✓
Drop	✓ - Only the drop in a sit position is acceptable (head remaining above hips at all times).	✓ - Head must always remain higher than the hips.	✓	✓
Kip	×	✓	✓	✓
Flip	×	×	×	✓
Simple regrip	×	×	✓	✓
Advanced regrip	×	×	×	✓

Movement Definitions

Basic side invert	Feet in contact with the floor, pole placed in armpit/bicep, both hands in regular grip below eyebrow level.
Aerial invert	Starting off the floor, grip the pole with both hands and pull to lift the body upside down, with hips rising above the head.
Standard shoulder mount	One shoulder must remain in contact with the pole at all times, and at least one hand must remain in a cup grip. Any variation without one shoulder and one cup grip will be regarded as a deadlift.
Aerial shoulder mount	Starting with both feet off the floor or when you are on the pole, one shoulder in contact with the pole, and at least one hand in a cup grip, lift the hips from below head level to above.
Deadlift	A lift or dynamic movement (example: Handspring) starting with hips below the head and at least one foot on the floor, raising the body until the hips are above head level with an upper body grip, such as the elbow, back of the neck, brass monkey grip, armpit, etc. No body contact with the pole is allowed below hip level (e.g. legs or feet).
Aerial deadlift	A lift starting with the feet off of the floor or on the pole, hips below the head, raising the body until the hips are above head level with any upper body grip such as the back of the neck, brass monkey grip, armpit, etc. No body contact with the pole is allowed below hip level (e.g. legs or feet). Examples: Aerial deadlift to Ayesha, Phoenix
Basic invert with foot on pole	Starting with one foot and TWO hands on the pole, with the hips positioned below the head, the body is lifted into an inverted position. Example: Reiko mount
Advanced invert with foot on pole	Starting with one foot and ONE hand on the pole, with the hips positioned below the head, the body is lifted into an inverted position. Example: Flying K
Hunter Press	Starting from the Apprentice/V Jamilla position, the dancer presses upward into an Ayesha. The hip or thigh must maintain contact with the pole at the initiation of the press.
Layback with assistance	One leg extended, the opposite knee crossed over it and pulled with one hand, body leaning back in downright position without any additional grips.
Advanced layback	Legs or knees hooked for support, no other body grips, with the body leaning back in a downward position.

	Examples: straight leg layback, Remi Sit layback.
Split extension	Pulling the back leg into a split position behind the body. Example: Capezio
Split with bottom foot on pole	A split position supported by the bottom foot gripping the pole, with the other leg extended freely. Examples: Russian splits, Floor K
Ring position	1. One or both hands or arms making contact with any part of the legs or feet positioned behind the shoulder, involving shoulder rotation. Examples: Upright/downright Eagle, Cocoon. 2. Binding the hands, legs, or upper back to form a ring shape with the legs positioned behind the shoulder. Examples: Upright/downright Bird of Paradise, Broken split, Spatchcock.
Ayesha position	Arms are in a split grip or elbow grip, with the hips positioned higher than the head. The body is supported only by the hands or elbows on the pole. The torso faces upward toward the ceiling, and the pelvis rolls back toward the pole.
Flag positions	Body positioned horizontally against the pole, with hips parallel to the floor and supported by any upper body grip. Examples: Iron X, Shouldermount Plank, Brass Monkey Plank, Janeiro.
Jump in / Jump out	From standing. Step or hop into pole (Jump In) or away from pole (Jump Out) using momentum. If the hands slide during a Jump In, or touch the floor to catch balance during a Jump Out, it will be regarded as a slip. If the hips touch the floor, it will be regarded as a fall, and points will be deducted in both cases.
Kip	Powerful move with feet kicking up to propel the body up or sideways. Feet typically return to the floor. Rotation under 360°.
Flip	A full 360° rotation in which the hips pass over the head during the movement. To be considered a flip, the rotation must be performed as one continuous movement without a clear pause or stop in an intermediate position. For example, a shoulder roll is considered a flip if the hips pass over the head as part of a full 360° rotation. A Full Moon is also considered a flip. If a dancer kicks up into an Ayesha, clearly pauses and establishes the Ayesha position, and then continues by passing the legs over to the opposite side before descending to the floor, this is considered a drop from Ayesha, not a flip.

	A Butterfly Flip is permitted in the Semi-Pro category, as it does not involve a full 360° flip/rotation.
Simple regrip	Changing the hand grip on the pole without any other body contact, while keeping the legs and hips below the torso.
Advanced regrip	Changing the hand grip on the pole without additional body contact, in any position. Examples: Maintaining hips above the head as in Ayesha regrips. Transitioning the torso from downright to upright (or vice versa), such as during a Fongi.

4. Age Divisions

All competitors must be 18+ years old by the day of the event.

- Adult A: 18-39 years of age by the day of the event.
- Adult B: 40+ years of age by the day of the event.

Exceptions include the professional level, where all age groups are combined. Additionally, age groups may be merged upon individual request. For example, if you are in the Adult B division and find yourself alone in your group but wish to merge with another age group, kindly let us know before the specified deadline and we will do our best to accommodate you.

5. Category Guidelines

5.1 Pole Sport

This category is for competitors who want to showcase their athletic ability, technical skill and physical strength by executing a wide range of pole tricks, transitions and combinations. Competitors in this category often demonstrate great flexibility, coordination and control as they perform challenging maneuvers on spin, static and in floorwork. The pole sport category provides a platform for athletes to demonstrate their dedication, skill and passion for the art of pole dancing, while inspiring and entertaining audiences with their dynamic and captivating performances.

What judges prioritize and how to maximize points in this category:

- Level of difficulty in maneuvers.
- Technique: Emphasizing fewer challenging maneuvers executed with precision yields more points than multiple difficult tricks with less technical finesse. (Technique

encompasses microbends, pointed feet, and polished arm movements).
- Facial expressions: Harmonizing with the chosen music, conveying emotion without necessarily narrating a story.
- Originality in tricks, transitions, combinations, and floorwork.
- Flexibility: The higher the skill level, the greater the expected flexibility, resulting in additional points.

Restrictions
- Any type of footwear is prohibited in this category.

(Note that only the Pole Sport category will have a separate division for men).

5.2 Pole Art

This category focuses on creativity, expression and storytelling through pole dance routines that include elements of dance, tricks and combinations on static pole, spin pole, and in floorwork. Dancers in this category may incorporate various styles such as contemporary dance, ballet, and even theatrical storytelling into their routines to create captivating performances.

What judges prioritize and how to maximize points in this category:

- Technique: Emphasizing fewer challenging maneuvers executed with precision yields more points than multiple difficult tricks with less technical finesse. (Technique encompasses microbends, pointed feet, and polished arm movements).
- Facial expressions: Expressiveness that complements the routine's theme and music.
- Originality: Showcasing innovative elements throughout the routine.
- Storytelling: Crafting a clear and compelling narrative.

Restrictions
- Footwear is permitted but not required.

5.3 Pole Doubles

This category highlights synchronization (if applicable), coordination, and creativity between two dancers on the pole(s). Duo’s in this category will work together to execute complex moves, fluid transitions and artistic expression to provide the audience with an immersive and dynamic experience. These dancers may use elements of acrobatic dance, emotional choreography, or themed routines to create a captivating performance.

What judges prioritize and how to maximize points in this category:

- Coordination and synchronicity of movements (if applicable)
- Originality in presentation

- Clear theme/concept

Restrictions

- Competitors are not obligated to use both poles
- Competitors must specify their preference for either static or spinning poles, or request one of each. They should also indicate their preferred placement for each pole.These requests must be sent before the specified deadline.

5.4 Pole Groups

This category highlights synchronization (if applicable), coordination, and creativity between 3 or more dancers on the pole(s). Groups in this category will work together to execute complex moves, fluid transitions and artistic expression to provide the audience with an immersive and dynamic experience. These dancers may use elements of acrobatic dance, emotional choreography, or themed routines to create a captivating performance.

What judges prioritize and how to maximize points in this category:

- Coordination and synchronicity of movements (if applicable)
- Originality in presentation
- Clear theme/concept

Restrictions

- Competitors are limited to a maximum of two individuals on each pole simultaneously, promoting both optimal stage usage and competitor safety.
- Competitors are not obligated to use both poles
- Competitors must specify their preference for either static or spinning poles, or request one of each. They should also indicate their preferred placement for each pole. These requests must be sent before the specified deadline.

5.5 After Hours (Russian Style)

This category showcases a fusion of sensual movement, pole tricks, and acrobatic elements. Characterized by graceful transitions, intricate floorwork, and seductive pole techniques, it offers a captivating blend of artistry and athleticism. Dancers may incorporate leg waves, body rolls, and other erotic dance elements into their routines, captivating the audience with their fluidity and expressiveness. Known for its emphasis on flexibility, strength, and control, as well as its ability to convey storytelling and evoke emotions, this category represents a mesmerizing display of skill and creativity.

What judges prioritize and how to maximize points in this category:

- Technique: Emphasizing fewer challenging maneuvers executed with precision yields

more points than multiple difficult tricks with less technical finesse. (Technique encompasses microbends, comfortable usage of heels/platforms (i.e. no stumbling or unintentional rolling of the ankles) and polished arm movements).
- Facial expressions: Expressiveness that complements the routine's theme and music.
- Originality: Showcasing innovative elements throughout the routine.
- Theme: Ensuring a coherent and well-defined theme and concept throughout the routine.

Restrictions
- Heels, boots, or platform footwear are required
- Movements such as body waves, grinds, and touching, as well as caressing or grabbing your body curves, are allowed. However, implying sexual acts is prohibited.

5.6 Low Flow

This category involves sensual and fluid movements that can be showcased closer to the ground or at lower heights on the pole. This style emphasizes smooth transitions, sensual choreography and grounded techniques. Dancers in this category may involve elements of flexibility, creativity and artistic interpretation in order to create expressive and captivating performances. No part of the dancer’s body may make contact with the pole above the maximum height of the dancer’s fully extended hand reaching overhead.

What judges prioritize and how to maximize points in this category:

- Technique: Emphasizing fewer challenging maneuvers executed with precision yields more points than multiple difficult tricks with less technical finesse. (Technique encompasses microbends, comfortable usage of heels/platforms (i.e. no stumbling or unintentional rolling of the ankles) and polished arm movements).
- Facial expressions: Expressiveness that complements the routine's theme and music.
- Originality: Showcasing innovative elements throughout the routine at the base of the pole and on the floor.
- Theme: Ensuring a coherent and well-defined theme and concept throughout the routine.

Restrictions
- Heels, boots, or platform footwear are permitted but not required
- Movements such as body waves, grinds, and touching, as well as caressing or grabbing your body curves, are allowed. However, implying sexual acts is prohibited.

5.7 Sensual

This category features sensual and enticing movements. Performers may express their sensuality in a captivating and alluring manner, using their fluid and expressive movements to mesmerize the audience. Routines in this category may include slow, fluid movements, body

waves, floorwork, technique and artistry. We encourage participants to perform with confidence, fully embracing their unique style and presence on stage.

What judges prioritize and how to maximize points in this category:

- Technique: Emphasizing fewer challenging maneuvers executed with precision yields more points than multiple difficult tricks with less technical finesse. (Technique encompasses microbends, comfortable usage of heels/platforms (i.e. no stumbling or unintentional rolling of the ankles) and polished arm movements).
- Facial expressions: Expressiveness that complements the routine's theme and music.
- Originality: Showcasing innovative elements throughout the routine.
- Theme: Ensuring a coherent and well-defined theme and concept throughout the routine.

Restrictions

- Heels, boots, or platform footwear are required

5.8 Showcase

This category provides a platform for dancers to showcase their talents without the competitive atmosphere. Performers in the showcase category have the flexibility to present their piece as a solo, duo, or group performance in any chosen style. Safety regulations, including costume, props, and limitations on extreme moves, will still be upheld. While judges will offer feedback, numerical scores or rankings will not be assigned.

5.9 ALL CATEGORIES

Stripping (clothing removal) is permitted. Any items removed are considered props (see Prop Regulations) . All clothing revealed underneath must meet costume rules (see Costume Regulations) .

COMPETITION RULES

PMC values inclusivity and extends a warm welcome to everyone. However, individuals risk exclusion from the organization if they engage in behavior that demonstrates disrespect, harassment, violence, or any conduct deemed detrimental to creating a safe and supportive environment. In such cases, PMC reserves the right to take appropriate actions, including potential event bans.

Here are the guidelines for participating in PMC events. These rules are subject to updates. If you have any inquiries, please contact us at info@polemasterschampionship.com .

6. General Rules

PMC reserves the right to the following:

- Modify the competition rules at any time
- Disqualify or bar individuals from future competitions for violating competition rules, terms, code of conduct, or for displaying disrespectful behavior towards any PMC staff member or fellow PMC participants.
- Disqualify any judge for violating competition rules, terms or code of ethics.
- To make real-time decisions regarding any situations or incidents that arise during, before, or after the PMC event, which are not explicitly covered by existing rules, regulations, and ethical guidelines.
- PMC is not liable for any injuries or damages sustained by participants at any phase of the competition.
- To examine, for any reason, the judging, performances, or scoresheets of any participant or category at the PMC event, for any cause deemed necessary.

6.1 Regulations concerning competition applicants

- An applicant may apply for more than one division.
- Applications are open to all individuals 18 years or older.
- Participants must adhere to PMC rules and regulations starting from the moment of registration. All rules and conditions remain in effect upon application, regardless of the closing date or acceptance status.
- Modifications to a competitor’s registration, such as altering levels or divisions, can be accommodated upon request via email until the registration deadline.
- Refunds are not issued for withdrawals from the competition. Applicants are required to notify PMC via email of their decision to withdraw, enabling waitlisted individuals to participate.
- Participants are prohibited from transferring their application to another individual in the event of their withdrawal.

6.2 Regulations concerning accepted competitors

- Participants must adhere to PMC rules and regulations starting from the moment of registration. Participation in any PMC event implies your acknowledgement and agreement to all of the items listed in the rules and regulations.
- Competitors will sign a photo and video release form as well as agree to the rules and regulations upon registration.
- Competitor is forbidden to consume any impairing substances prior to or during the event.

6.3 Rules for medalists

- Violation of the terms and conditions of this document will result in disqualification and removal of any given title/placement.
- All medalists and titlists must be available for photos immediately following the announcement of the official winners.
- Providing false or inaccurate information to any of the PMC forms or in connection to the event may result in disqualification and the loss of any titles or placements awarded to the participant.

6.4 Code of conduct

PMC's Code of Conduct is based upon the "Creating Inclusive Environment for Trans Participants in Canadian Sport" created by the Canadian Centre for Ethics in Sport and the "Universal Code of Conduct to Prevent and Address Maltreatment in Sport".

All participants agree to:

- Respect all individuals associated with this sport, including fellow competitors, PMC organizers, judges, and staff/volunteers.
- Prioritize the health and wellbeing of other participants.
- Respond appropriately to incidents of maltreatment.
- Acknowledge and accept the decisions made by judges and officials.
- Adhere to PMC's rules, regulations, and event procedures.
- Respect the property of the event and fellow participants by refraining from vandalism, theft, and other misconduct.
- Participate, compete, work, volunteer and interact in an environment free from maltreatment.
- Maintain professional demeanor in dress, behavior, and language.
- Ensure that performances and all related elements, including costumes, props, choreography, music, lyrics, imagery, and visual materials, do not demean, dehumanize, or discriminate against individuals or groups based on race, ethnicity, gender, gender identity, sexual orientation, physical appearance, body type, ability, occupation, or other aspects of identity.

- Content that promotes or portrays hatred, prejudice, harmful stereotypes, or degrading treatment toward an individual or group is not permitted. This includes the use of symbols, imagery, gestures, language, or themes associated with extremist or hate-based movements, including Nazi or other hate-group symbolism.
- Performances must not encourage or glorify harassment, intimidation, violence, or other harm toward an individual or group.
- PMC recognizes that artistic expression may address difficult, controversial, or sensitive subjects. The intent, context, and manner of presentation may be considered when determining whether content is inappropriate or inconsistent with this Code of Conduct. If you are unsure whether a theme, costume, prop, symbol, image, lyric, or other performance element is appropriate, please contact the PMC team for clarification and/or pre-approval.
- Adhere to any venue-specific or government-directed rules and regulations which may override those of PMC.

6.5 Commitment to Diversity and Inclusion

PMC recognizes that discrimination, prejudice, and victimization based on personal attributes, including gender identity and expression, are violations of human rights and will not be tolerated. Our organization is fully committed to implementing policies and practices that create a safe, supportive, and respectful environment for individuals with trans identities to participate in pole dancing.

The PMC commitment to diversity and inclusion is based upon the “Creating Inclusive Environment for Trans Participants in Canadian Sport” created by the Canadian Centre for Ethics in Sport.

6.5.1 Creating respectful environments

We are committed to respecting the chosen names and pronouns of all competitors, judges, staff, volunteers, and members. It is important to us that we use the correct name and pronouns to honor each individual's gender identity or expression. Failure to do so, including using incorrect names or pronouns, is discriminatory and will not be accepted.

6.5.2 Creating respectful environments - safeguarding an individuals rights to privacy and individuality

PMC acknowledges the privacy rights of all our participants. We will only request information about gender from our staff and participants when it is essential for the provision of services or programs, ensuring inclusivity and offering the option to abstain without consequence. We are committed to respecting and protecting the privacy and confidentiality of any participant who is transgender. It is crucial for us to recognize that failure to do so may jeopardize the safety and well-being of that individual.

6.5.3 Creating safe environments

PMC is dedicated to ensuring that all individuals have safe access and use of facilities such as toilets and changing rooms, aligning with their gender identity or expression. We will strive to accomplish this in a discreet, confidential, and sensitive manner that respects individuals' choices.

6.5.4 Resolving diversity and inclusion issues

Participants, staff or other members of PMC who experience discrimination, bullying, harassment, sexual harassment, vilification, or victimization based on gender identity, expression or for any other reason are encouraged to contact us directly via email (info@polemasterschampionship.com) to address the issue or report to the organizers present at the event immediately. Similarly, any staff or member who witnesses such behavior has a responsibility to report it to us promptly.

6.5.5 Eligibility for participation in the PMC

Competitors in PMC have the freedom to register and compete in the category that aligns with their self-identification. With the exception of the Pole Sport Men's category, all other categories are gender-neutral. We trust that our athletes' declarations of gender identity or expression are made sincerely and do not necessitate additional disclosure or documentation.

6.6 Para-Athletes

Para-athletes are individuals identified as competitors with permanent mental or physical disabilities that create significant challenges in sport. Those seeking accommodations as Para-Athletes should reach out via email to info@polemasterschampionship.com with medical documentation for review by PMC directors. All information will remain confidential.

Para-athletes will be evaluated within their chosen category's continuum, with exceptions made as needed for individual circumstances. For instance:

- A competitor with physical disability may be exempt from Lines and Extensions

Para-athlete medalists will be recognized separately from those in the standard division/level. For instance, a para-athlete competing in Pole Sport – Amateur will be placed in the same schedule as other Pole Sport – Amateur competitors. While their scoring will follow the Pole Sport – Amateur continuum, judges will ignore any exempted sections for scoring and feedback. Additionally, para-athlete medalists will receive separate awards from those scored on all continuums.

6.7 Disqualification and Deductions During the Competition

Failure to adhere to regulations may result in disqualification from the competition. Immediate disqualification during the event will occur for the following reasons:

- Wardrobe malfunctions resulting in accidental or intentional exposure of private body parts. Any exposure will be reviewed by the Head Judge, who will determine if it warrants disqualification based on the severity and context of the incident.
- Conversing with the audience or judges at any point during the performance.
- In the event that the host determines a competitor unable to perform safely for any reason.
- If the performance includes vulgar or distasteful elements, such as implied sexual acts (i.e. for the pole sport category) or indecent behavior.
- Touching or hanging from the metal structure supporting the poles.

Point deductions will be applied in the following scenarios:

- Use of restricted moves from the category and division chosen (Using a human prop to assist with a move will be considered an inappropriate move for the level).
- Violation of music regulations.
- Incorporating unapproved props (which may lead to disqualification if posing a safety risk).
- Inappropriate costume.
- Slip or fall.

A $250 fine may be imposed for sandbagging, where a competitor competes in a lower category than their skill level to secure a title.

7. Registration and Fees

- Entry fees are non-refundable and non-transferable. Limited exceptions may be considered for extenuating circumstances such as life-threatening situations (i.e.pregnancy or the death of an immediate family member).
- Solo and Pole Doubles competitors must complete an individual registration and payment through the online registration system.
- Pole Groups have a separate registration and payment structure. The group registration fee is $240, plus $100 for each dancer participating in the group. Only one member of the group is required to complete the online registration and pay the $240 base fee. Each dancer participating in the group must additionally pay a $100 dancer fee by e-transfer.
- To complete a Pole Group registration, the group representative must contact PMC at info@polemasterschampionship.com with the names of all participating dancers and the required e-transfer transaction information. Group registrations are not considered complete until all required payments and participant information have been received and

confirmed by PMC.

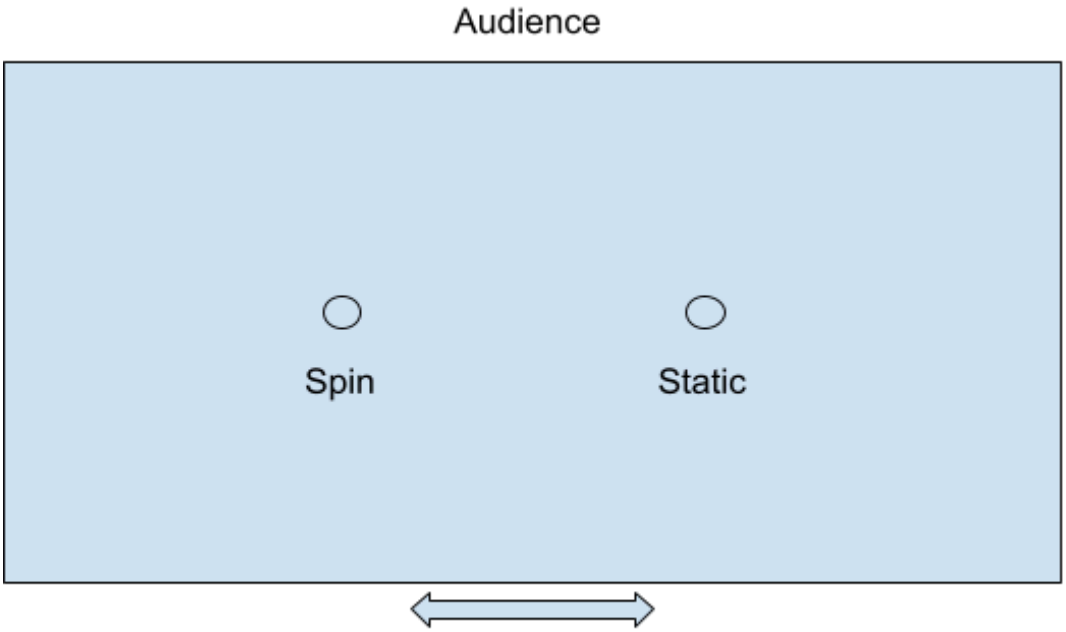
- PMC retains the discretion to allow late registration while reserving the right to reject any entry. Additionally, all competitors, judges, and volunteers must sign a liability release form.
- If participants wish to compete in more than one category, they will be eligible for a discount, but they must contact us directly to arrange this.

8. Performance Context

- Exiting the stage through any means other than the designated stairways or wings is prohibited. For example, jumping off the front of the stage is not allowed.
- Licking the poles is strictly prohibited.
- All daytime categories are strictly prohibited from including sexual acts, such as (but not limited to) touching of the genitals or mimicking sexual intercourse. This rule is in place due to the presence of children in the audience during the daytime portion of the event.
- Trigger warnings: If you believe your performance requires a trigger warning or introduction, you are encouraged to include a voiceover at the beginning of your music track.

8.1. Poles and set-up

- The standard configuration consists of two 45mm, 12’ chrome X-Poles, spaced approximately 8.5’ apart.
- For Doubles/Groups and Showcase acts featuring 2 or more members, performers have the option to customize their pole settings. These participants are required to provide their preferred pole settings before the specified deadline via email and again to the stage monitors backstage during the competition.
- All other divisions use the stage right pole on static and the stage left pole on spin (stage right orientation is based on the performer facing the audience, with the pole positioned to their right).



8.2 Music

- Music Quality and Submission: It's your responsibility to ensure the quality and submission of your edited music. Upload your track exactly as you want it played at the event and please rename your music file as follows before sending: Division, level, competitor name/stage name, year. The only accepted file type is MP3 format. Re-submissions may not be accepted.
- USB Backup Requirement: Please bring a USB to the event containing a backup copy of your music. Ensure that the USB only contains your music track and no other files. Label your tracks with your stage name, category, level, and age group for quick retrieval in case of technical issues. Keep the USB backstage with you at all times.
- Content Restrictions: Music must be free of profanity or lyrics that contradict PMC's Commitment to Diversity and Inclusion.The use of the N-word in your song is not permitted. Please remove it, bleep it out, or use a clean version of the song.
- Technical difficulties: In the case of music playback issues, competitors may:
    1. Continue routine without music, potentially impacting musicality marks.
    2. Request immediate restart of routine from the beginning.
    3. Allow the next competitor to perform, then restart the routine.
    4. Wait until the end of the division lineup to restart routine.

  In all cases except #1, judges must reset scores and evaluate the competitor's second run independently.
- Music deadlines: Ensure timely submission of competition music in the specified format. Late submissions incur fines: $10 per week, with an added $50 within 48 hours of the event start.

There is no minimum time requirement. The maximum length for each level is:

- Entry: 3:00 minutes
- Amateur: 3:30 minutes
- Semi-pro: 4:00 minutes
- Professional: 4:00 minutes
- Other (showcase, doubles, groups that are open level) : 4:00 minutes

8.3 Costume

Costumes play a crucial role in pole dance competitions, contributing to the overall performance and aesthetic appeal. These regulations are implemented to ensure that attire choices align with the standards of the competition and reflect professionalism and respect for the venue and spectators. Considering the presence of younger audiences in some categories, modesty and appropriateness are emphasized. In case of any wardrobe mishaps, point deductions may be applied to maintain the integrity of the event.

Costume tops - DAYTIME CATEGORIES (Pole Sport, Pole Art, Pole Doubles, Pole Groups):

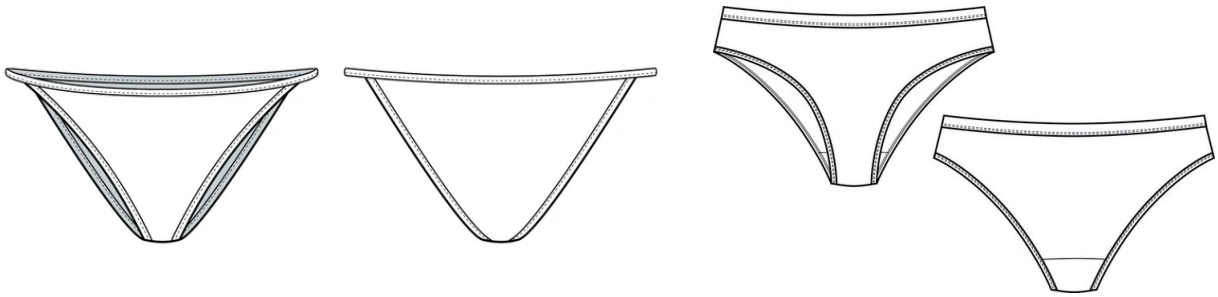
- Coverage equivalent to a standard bra is required, ensuring no side boob or excessive cleavage is visible. Visible pasties or any form of "nip-slip" are not permitted.

Costume tops - AFTER DARK CATEGORIES (After Hours, Low Flow, Sensual, Showcase):

- Stripping down to pasties is permitted
- No nudity allowed due to venue regulations

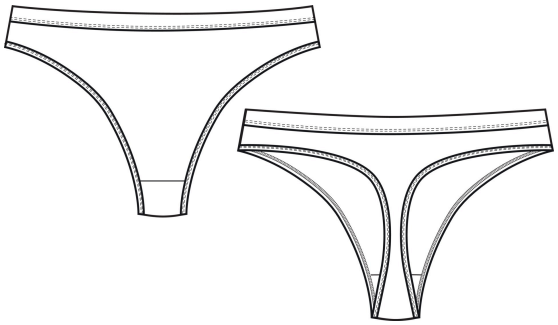
Costume bottoms - DAYTIME CATEGORIES (Pole Sport, Pole Art, Pole Doubles, Pole Groups):

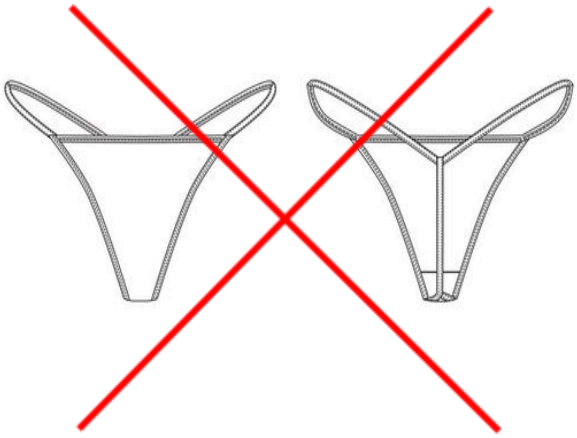
- Brazilian cut
- Visible exposure of genitalia, whether real or otherwise—even if accidental—is strictly prohibited and may result in disqualification.
- Knee pads permitted



Costume bottoms - AFTER DARK CATEGORIES (After Hours, Low Flow, Sensual, Showcase):

- Thongs are permitted, provided the narrowest part is at least 2 cm wide. G-strings are not allowed.
- Visible exposure of genitalia, whether real or otherwise—even if accidental—is strictly prohibited and may result in disqualification.
- Knee pads permitted





8.4 Props

A "prop" is defined as any item not affixed to your body. Therefore, if clothing is entirely removed from your body during your performance, it is classified as a prop, and the corresponding prop regulations will be enforced. All props must be submitted by the specified deadline. When submitting, please include a brief description of the prop, including the full name of any human props, if applicable, and their role in your routine. Failure to submit props before the deadline may result in point deductions or disqualification at PMC's discretion. Minor incidents such as losing an earring or a piece of costume tearing off will not result in point deductions. Additionally, please note that prop placement and removal must not exceed 30 seconds.

All props must comply with the PMC Code of Conduct outlined in Section 6.4. Props must not contain imagery, symbols, language, or messaging that is discriminatory, hateful, demeaning, or otherwise inconsistent with the Code of Conduct.

If you are unsure whether a prop, symbol, image, or other performance element is appropriate, please contact the PMC team for clarification and/or pre-approval.

Human Props:

- Incorporating Human Props: Human props can enhance the narrative of your routine, adding depth to your performance.
- Interaction with Human Props: Human props are allowed to interact with you during your routine but are prohibited from touching the poles.
- Human props are not permitted to assist with pole tricks. Any assistance—such as spotting a fonji or lifting a performer onto the pole—will result in point deductions. Such interactions are only appropriate in the doubles category.
- Regulations for Human Props: All rules and regulations regarding costumes and performance apply equally to human props.
- Age Requirement: Participants must be at least 18 years old on the day of the event.
- Judging Criteria: Judging is based solely on your individual skills and abilities, not those

of any human props.
- Waiver of Liability: All participants are required to sign a waiver of liability before the event.
- Ticket Purchase: Human props must purchase a ticket for the day of the event.

Prohibited/Hazardous Props:
While we value your creativity, it's essential to maintain a balance between creativity and safety, as well as ease of clean-up at the event. Therefore, certain props will not be approved, including:

- Anything exceeding a weight limit of 25 lbs (11.3 kg)
- Anything exceeding the dimensions of 7' tall, 5' wide, and 3' deep
- Anything that clamps to the pole and is intended to bear your body weight, such as handloops, FabPole or PoleSilks type devices.
- Anything requiring access to an electrical outlet
- Water, liquid, or gel
- Fire
- Fireworks
- Food
- Glass
- Helium balloons
- Loose glitter, loose powder, etc.
- Pets or live animals
- Real weapons
- Vaporizers, fog machines, or anything that produces smoke or particles
- Visible lower body genitalia, real or otherwise
- Sexual devices or objects (e.g., vibrators, dildos)
- Anything that could harm spectators
- Anything depicting illegal drug usage
- Symbols, imagery, or materials associated with hate groups, extremist ideologies, or discriminatory movements (e.g., Nazi/SS symbols) are prohibited. If you are unsure whether a symbol, image, or other sensitive topic is appropriate, please contact the PMC team for pre-approval.

8.4.1 Prop Pre-Approval Process

ALL PROPS MUST BE PRE-APPROVED BEFORE THE PROVIDED DEADLINE.
To submit a prop for pre-approval:

1. Competitors will be required to complete the PDF form that will be sent to their email. This document includes the prop submission details and must be returned to info@polemasterschampionship.com. Late fines for prop descriptions are a cumulative of 10$ per week late and an additional 50$ if the prop is submitted less than 48h before the start of the event.
2. Once received and reviewed, the competitor will be notified via email that the prop is

approved or that it will need to be modified/replaced and a new deadline will be sent.

3. Competitors must use only approved props and may not alter them in form or purpose after approval. Using an unapproved prop or modifying an approved one may result in point deductions or disqualification.

8.5 Grip aids

Grip aids are allowed for athletes, with the condition that they are applied solely to the body. Applying grip aids to the equipment is strictly prohibited. Additionally, grip aids that leave residue on the poles after cleaning are not permitted. While athletes have the freedom to use many types of grip aids, they must not be dispensed from an aerosol (spray can), should not leave difficult-to-remove residue on the pole, and must be free of resin or wax. It's crucial to consider that pole cleaners have only one minute to clean the poles; therefore, if the grip aid used requires more time to clean, it could result in point deductions.

Example of products that are ALLOWED:

- Dry Hands
- Monkey hands (red and blue)
- Gloves
- Girlie Grip

PROHIBITED PRODUCTS:

- Rosin-based grips
- Products that contain resin
- iTac
- Spray cans
- Grips that leave sticky residue
- Wax based products

Please send an email if you are not sure whether your grip aid is permitted or not. Using prohibited grip aids may result in point deduction or disqualification.

8.6 Photography and Filming

- As a competitor, you are required to sign a photo and video release form.
- All photography and footage remains the property of PMC. No compensation rights are granted for their use.
- As a competitor, you agree that all photography and footage can be used by PMC for promotional, advertising, and commercial purposes. You may be required to appear on TV, film, print, or other media for the purposes of publicity and promotion.
- Spectators are welcome to capture personal photographs and videos using cell phones or tablets ensuring that the device remains at or below shoulder height when seated, to avoid obstructing others' views. Alternatively, designated areas at the back and/or sides of the seating area may be used. All other camera types are not permitted except by

those used by approved media representatives possessing a media pass from the event organizers.
*Please note that photographing and filming are strictly prohibited within the competitor changing areas.

9. Safety

9.1 Uncontrolled Falls and Injuries

In the event that the organizers find a competitor in a state where they are incapable of safely performing for any conceivable reason, PMC retains the authority to stop the performance and disqualify the competitor at their discretion.

Falling from an aerial position (no point of contact with the floor):

- Competitors are required to cease their routine and advised to remain in place while awaiting evaluation by onsite first aid-trained personnel. If necessary, staff will request local emergency assistance.
- PMC reserves the right to deduct points or disqualify the competitor.

Falling from a non-aerial position (point of contact with the floor):

- If the competitor is able to continue their routine without interruption and can do so without displaying signs of physical harm or injury limitations, they are permitted to proceed.
- Regardless of landing, points will be deducted from the performance.
- If the competitor cannot continue their routine, they will be disqualified.

*** It is NOT an option to allow the competitor to stop their routine and start over.**

9.2 First Aid

Pole dancing competitions entail a degree of risk due to the demanding nature of the sport. As with any competitive athletic activity, there is the potential for injury during participation. However, at PMC, we prioritize the safety and well-being of our competitors. We are dedicated to upholding the highest standards of health and safety throughout every stage of our competitions. Through the implementation of various policies and protocols, we strive to reduce the risks associated with pole dancing and ensure a safer environment for all participants.

To ensure participant safety, a medical professional will be present at the PMC competition to administer first aid in case of emergencies. This individual is available to provide assistance when needed. If you require medical attention, please promptly notify a PMC staff member, and we will ensure you receive the necessary support.

10. Tickets

This event will be divided into two distinct sections. The daytime section will feature thrilling divisions such as Pole Sport, Pole Art, Pole Doubles and Pole Groups. As for the evening, there will be an exciting lineup of After Hours (Russian Style), Low Flow, Sensual and Showcase divisions that promise to captivate your attention.

Daytime Tickets:

- Spectators of all ages are invited and welcomed to enjoy the show.

Evening Tickets:

- Spectators aged 18 years or older are cordially invited and welcomed to watch the show.

11. Prizes

PMC prizes generally consist of a variety of discounts, online merchandise, and gift certificates from our sponsoring companies.
**More information will be provided shortly.*