



## Pole Artistic Slovakia 2025

# REGULATIONS

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# General Information

## About the Organizers

The Pole Artistic Hungary competition is organized by the Arts for Pole Sport Foundation (MaRa). The Foundation was established in 2022 to support those interested in pole sport and competitors by organizing competitions, workshops, camps and other events. The founder is Barbara Palmaffy, the main organizer of the Pole Artistic Hungary competition, which has been organized since 2015.

Pole Artistic Slovakia is a joint cooperation with co-organizer Viktória Oszkó, pole dance and aerial gymnastics instructor at FIT CLUB in Dunaszerdahely, who is the local representative of the event.

## About the competition

Pole Artistic Slovakia is an international and national independent competition, which will be held in Slovakia for the first time this year in order to introduce artistic self-expression and theatrical performing arts to a wider spectrum of those who love this genre. The competition is open to competitors of all nationalities and representing any school, studio or organization, as well as individual applicants. The competition is a single round (finals), entry to the finals is based on video application. We are waiting for entries for the competition in pole art, glamour, hoop and hammock performances. The 1<sup>st</sup>-3<sup>rd</sup> in each category will directly advance to the finals of the Pole Artistic Hungary competition.

## Venue & Date

Venue: Dunajská Streda SK 92901, Trhovisko 5873, Slovensko Sportcsarnok- Športová hala

Date : 12 April, 2025

## Terms and Conditions

- Competitors enter in the relevant age category. Parents of competitors under the age of 18 must accept parental consent on the application form.
- The competitor must have a medical certificate of health valid for the entire duration of the competition or insurance (optional).
- All participants must be familiar with and accept the terms and conditions of the competition.
- Before and throughout the competition, it is forbidden to drink alcohol, to take or use psychotropic drugs, to take or use prohibited performance enhancers such as steroids. Any violation of this rule will result in immediate disqualification.
- The entry fee and music must be paid / submitted by the contestant within the deadline.

## Application

- The application is done online, which can be accessed at the following link:
  - [Pole Art & Glamour](#)
  - [Hoop, hammock](#)
- The application deadline is: 12 January, 2025.



- In addition to the application form, a link with the video of the introductory performance must be sent via email to **poleartisticslovakia@gmail.com**, also by 12 January, 2025.
- By completing the application form, applicants agree to the Organizer's terms and conditions and the general rules described below.

## Participation fees

- 77 € – individual adult
- 62 € – individual junior
- 90 € – all duos
- 42 €/person – X
- 42 € – parapole

The fee must be paid by bank transfer no later than midnight on 15 February, 2025 as follows:

**Beneficiary:** Művészetek a Rúdsportért Alapítvány

**Bank:** 11742049-21466931

**IBAN:** HU16-11742049-21466931-00000000 (for payments from abroad)

**Description:** ALAPITVÁNYI TÁMOGATÁS (meaning “donation for the foundation”) – Full name of the competitor

## Music

The use of a combination of several songs is allowed if the final music forms one unit. It can be performed by a singer or instrumental. Until 12 March, 2025 music must be sent via email in MP3 format and must be presented on a USB stick at registration on the day of the competition. Please don't forget to take your USB sticks with you at the end of the competition!

## Video entry

You can apply for the competition by submitting a video via email. It can also be recording of an earlier competition. Video submission deadline: 12 January, 2025.

Email: poleartisticslovakia@gmail.com. The Organizers will announce the finalists by 19 January, 2025.

The Organizers will select 5 reserve participants in each category in case any of the participants cancel their participation due to injury or health problem. If necessary, the Organizers will notify the reserve participant by email.

Rules and expectations regarding the video:

- The video shall be well lit with the performer and pole(s) clearly visible.
- The video must not feature anyone other than the applicant.
- The video must be at least 1 minute long, except for competition videos.
- The Organizer does not pay royalties for the video and music.
- The Organizer is not responsible for reproduction cases or any complaints regarding the video. These are forwarded to the applicant.

## Important dates

- Application deadline (for sending application form and video): 12 January, 2025 midnight
- Publication of the list of participants who are admitted to the finals: until 19 January, 2025
- The deadline for submitting the entry fee is 15 February, 2025
- Music submission: 12 March, 2025
- The finals of the competition will take place on 12 April, 2025

## Doctor's certificate

All performers must have a valid medical certificate on the day of the event to ensure that they are healthy and their body can be loaded. The medical certificate can be substituted by insurance.

## Medical services during the competition

Medical service will be available throughout the event in case of emergencies.

## Scoring

Applicants will be assessed on the basis of the following criteria:

- Technical part – Proper demonstration of tricks, safe use of the pole and floorwork, strength and flexibility.
- Artistic effect – Expressiveness, stage presence, costume, creativity, fluidity of connections, floorwork, harmony between music and costume, choreography.
- In case of duos, the synchronicity of tricks and combinations is also evaluated.

The judges will score the contestants according to scorecards (see later). Each jury member fills out a separate scorecard for each performance, and then the scores awarded by all judges are added together to form the final result.

- The competitors with the highest points will win 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.
- The judges may stop the contestant at any point during the performance if the contestant's health is in danger, there are safety issues or if the contestant does not follow the rules.
- Jury members are not obliged to explain the score they make. The jury members decide the final result.
- The winners will be announced 30 minutes after the end of the final.
- Before and during the competition, competitors are not allowed to contact the judges.

## Re-categorization

The judges reserve the right to reclassify a competitor who has clearly made a category error based on objective evaluations. The competitor may decide, after official notification, whether to compete in the new category according to the reclassification.

The Organizers will continue to provide assistance to both coaches and competitors in selecting the appropriate category upon request.



Category errors discovered after the competition may even result in the disqualification of the competitor and the withdrawal of any prizes won.

## Exclusion

The jury may disqualify the contestant for the following reasons:

- Revealing intimate body parts. (Men's torso is allowed to be naked.)
- Vulgar behaviour during the performance.
- Racist or intolerant behaviour towards contestants, competition, jury or the Organization during, before or after performance.
- Interruption of the performance except in the event of a problem with the pole or stage, or an accident.
- It is not allowed to use liquid and fire.
- It is forbidden to use lotions, balms, other creams that can make the bar slippery for other competitors.
- False information on the application form.
- Unsportsmanlike behaviour or manifestation.
- Publicly stated manifestation of prejudice against the competition or pole dancing.
- Public bias against sponsors, jury members or other participants.
- Challenging the jury's decision.
- Usage of drugs.

## Refund

- If the contestant cancels their entry up to 5 weeks before the date of the event (until 8 March, 2025), 50% of the amount paid will be refunded.
- If the contestant does not attend the competition, the paid entry fee will not be refunded.

## Other rules

- Hairstyle or accessories should not interfere with the performance.
- Bio tattoos, henna tattoos, body painting, make-up are allowed as long as they do not contaminate other competitors, the stage or the pole/hoop.
- Contestants may wear jewellery on stage at their own risk.
- Competitors must be available for photography or video recording throughout the competition and authorize the Organizers to use them by applying.
- At the time of the announcement of the results, all competitors must appear on stage in the costume, makeup and hairstyle they wear during the competition.
- Contestants are not allowed to contact the jury members during the competition.
- The decision of the jury is irrevocable.
- The performance can be repeated only for the following reasons:
  - If there is a technical problem beyond the control of the participant.
  - If there is a technical problem with the music.
- The jury always makes its final decision based on the repeated performance.
- List of anti-slip materials accepted during the competition: Dry Grip, Dry Hands, Mighty Grip, Ebonite, Itac, Liquid Chalk, Mammoth.



- The Organizers have the right to record the competition (audio and video) and distribute it at their discretion. They are also allowed to delete videos or photos that don't have inappropriate content.
- The Organizers reserve the right to change the rules and regulations of the PoleArtistic Hungary competition at any time.
- The Organizers are not responsible for items lost by competitors on the competition day.

# Pole Art

## Levels

The competition will be announced in four levels. The Organizers reserve the right to reclassify between levels based on the qualification video and the application form.

## Amateur

This category is open to applicants who

- have been practicing this sport for 1-2 years,
- don't teach pole sports,
- have not yet participated in an international competition,
- and their choreography doesn't contain
  - advanced strength elements  
e.g. iron X, handspring, starfish, plank with legs kept in deadlift, deadlift on the pole, tricks on the pole initiated from deadlift, climbing without legs, flip on the floor and/or on the pole (full 360 spin with the body), brass monkey, fonji, handspring, flic flac
  - extreme flexibility elements  
e.g. bird of paradise, russian split, dragon tail, rainbow marchenko, spatchcock, janeiro
  - advanced floorwork elements  
e.g. cartwheel with no hands, flick, salto

## Amateur pro

This category includes those who

- have been pole dancing for 1-3 years,
- don't teach pole sports,
- have not entered to an international competition in Elite or Pro category,
- have not achieved 1<sup>st</sup>-3<sup>rd</sup> places in the amateur pro/semi pro category
- and their choreography doesn't contain
  - advanced strength elements  
e.g. starfish, climbing without legs, flip on the floor and/or on the pole (full 360 spin with the body), brass monkey, fonji, flic flac, handspring initiated from deadlift (handspring initiated on the ground and iron X are allowed, deadlift elements hold on the pole are allowed - e.g. plank passé)
  - extreme flexibility elements  
e.g. bird of paradise, russian split on the pole from deadlift, dragon tail, rainbow marchenko, spatchcock
  - advanced floorwork elements  
e.g. salto



## Advanced pro

This category is open to those who

- have been pole dancing for 2-5 years,
- have not achieved 1<sup>st</sup>-3<sup>rd</sup> places in international and national competitions in advanced pro category and have not enter in Elite category,
- may teach pole sports,
- there are no technical restrictions.

## Elite

The category of champions. Participants of the Elite category

- may have already reached 1<sup>st</sup>-3<sup>rd</sup> place in national and/or international competitions
- their technical knowledge far exceeds the amateur pro category
- may teach pole dance at an advanced level
- There are no restrictions on the elements, high technical knowledge and performance experience on stage are recommended

## Categories

### Pre-junior

Pre-junior (6-8 years) allowed length of music: min. 1:30 - max 2:00

### Amateur

Allowed length of music: min. 3:00 max 3:30.

- amateur junior I. (8-13 years) allowed length of music: min. 2:00 - max. 2:30
- amateur junior II. (14-17 years)
- amateur woman solo
- amateur man solo
- duo

### Parapole

This category includes all parapoleers, with various physical limitations, regardless of age and level.

Allowed length of music: min. 2:00 - max. 2:30

### Amateur-pro

Allowed length of music: min. 3:00 max 3:30.

- amateur-pro junior I. (8-13 years) allowed length of music: min. 2:15 - max. 2:45
- amateur-pro junior II. (14-17 years)
- amateur-pro woman solo
- amateur-pro man solo
- master 40+ solo
- master 50+ solo

- duo

## Advanced-pro

Allowed length of music: min 3:20 - max 3:40.

- advanced-pro junior I. (8-13 years) allowed length of music: min. 2:30 - max. 2:50
- advanced-pro junior II. (14-17 years)
- advanced-pro woman
- advanced-pro man solo
- advanced-pro master 40+
- advanced-pro master 50+
- duo

## Elite

Allowed length of music: min. 3:40 max. 4:40.

- elite junior I. (8-13 years)
- elite junior II. (14-17 years)
- elite woman solo
- elite man solo
- duo

## X category kid / adult

Groups of minimum 3, maximum 8 persons.

The 2 poles should be used simultaneously for a minimum of 10 seconds with a pose or synchronous combination held at least once.

The use of static and/or spinning pole is optional. Each team must take care of setting the poles themselves just before they perform. It is necessary to discuss the needs with the Organizers in advance.

Allowed length of music: min. 3:30 - max 4:00 perc.

- X category kid (6-17 years)
- X category adult (18+)

## Just Dance (kid & adult solo)

Allowed length of music: Amateur-pro min. 3:10 - max. 3:40

Advanced-pro: min. 3:30 - max. 3:50

Just Dance is for those who want to express most of their choreography through dance. Here it is important that the freely chosen style should be self-expressive and definitely have some connection with the pole. The contestant can use creative solutions that can be executed on the pole safely. It is not mandatory to present elements on the pole, but a maximum of 3 tricks is allowed.

Age is calculated based on the number of years completed on the day of entering the stage. If the members in a duo or group are in different age categories, the category definition is adjusted to the age of the older/oldest competitor. The ratio of pole and floor usage in choreographies can be freely decided, since in Art free artistic creation is supported.



## Stage

2 poles, diameter 45 mm, height 4 m. The distance between the two poles in a single line is 3 m, 2 m from the end of the stage. Standing opposite the stage, the left pole is static. Competitors will have the opportunity to test the poles and the stage at the scheduled rehearsal time.

## Pole Art Scorecard

Points to give (max)	
Personification of the character / concept - Manner of presentation	10
Emotional & artistic expression	10
Body language of emotional / artistic communication in the whole choreography	10
Musical sensitivity with the character - musicality	10
Consistency with the character / theme, creativity of the costume	10
Clear movements / elements in the whole choreography	10
Lines (stretched through body parts)	10
Dynamics / flow	10
Choreography (technical structure) in the whole performance	10
Intensity of the person from the top till the end	10
Only for duos: Synchronism	10
Extra bonus (explanation is required, optional)	5
Penalty points (max)	
Adjustment of the costume or problem with the costume	-3
Slip or loss of balance	-3
Fall off the pole	-6

# Classy Glamour

## Introducing Classy Glamour

The Classy Glamour category is an international competition, the name and symbolism of which were copyrighted by Barbara Palmaffy, the main organizer of the competition.

This category is a genre that emphasizes the more feminine side of performing arts. Preference is given to anyone who can combine the world of dance, showgirl, revue or burlesque with the pole, enrich their performance outfit with their creative ideas, or ingeniously combine dance moves and combinations on stage. This category will be awarded separately in the competition. Only 18+ competitors can enter this category.

- The choreography must be performed in dance shoes with high heels and platform. • The emphasis is on femininity.
- The ratio of dance and pole elements should be combined in accordance with the specific exotic style.
- Different exotic styles are rated in one category, but on a different scoring sheet than the other categories.
- The parameters of the [stage](#) are the same as described in the Pole Art section.

## Levels

### Semi-pro

Participants in the semi-pro category already have exotic experience (e.g. pole dancing in a studio). Intermediate knowledge of technical and flexibility elements is recommended.

Allowed length of music: 3:10 - 3:40 min.

- Semi-pro woman
- Semi-pro man
- Semi-pro duo

### Pro

Participants of the Professional category already have stage experience. Knowledge of high technical and flexibility elements is recommended.

Allowed length of music: 3:30 - 3:50 minutes.

- Pro woman
- Pro man
- Pro duo



## Glamour Scorecard

Points to give (max)	
Manner of Presentation	10
Fluidity / Elegance	10
Musical Sensitivity	10
Stage Presence	10
Flexibility	10
Floor Confidence	10
Costume-Hair-Make up	10
Usage of Platform	10
Pirouets' Stability	10
Quality of Bodywaves / Isolation	10
Quality of Floorwork	10
Quality of Jumping off / Floor Arrival	10
Quality of Pole Elements (no required level or quantity!)	10
Only for duos: synchronism	10
Extra bonus (explanation is required, optional)	5
Penalty points (max)	
Cleaning of hands	-3
Naked or Sexual Movement	-3
Costume Alignment / Problem with Costume	-3
Slip or Loss of Balance	-3
Falling off from the Pole	-6

## Aerial hoop

The Pole Artistic Hungary Competition also opened its doors to aerial hoops. We are looking forward to receiving applications from all those who would like to present their artistic side on this tool as well!

The Pole Artistic Hungary Competition continues to put greater emphasis on artistic expression and creativity in addition to purely executed elements. For us, the use of the stage plays an important role also in the hoop category. It is recommended to apply the assembled elements in the choreography in a distribution of 60% of the hoop and 40% of the floor. However, in a tie final, it is the performance style that decides against the technical elements. We recommend to tell a story and/or use emotional expression boldly and richly. The floor elements are not bound, they can be freely chosen regardless of the category. The involvement of other participants is allowed, the use of any extra equipment is allowed, but the hoop can only be used and touched by the competitor. Extra equipment needs must be agreed with the Organizer at the time of application. Our recommendation is to create a creative 'theatrical' performance that provokes any emotional reaction. Create theatre in the hoop category as well, dare to play with us!

Scoring is based on the [scorecard](#) indicated in the Pole Art section.

## Levels

### Beginners

- Beginner allowed music length: 2:30 - 3:00 minutes.
- Pre-Junior allowed music length: 1:50 - 2:15 minutes.
- Prohibited items:
  - Toe / heel hanging
  - Salto
  - Neck hanging
  - Falls
- In the flexibility elements, the angle of split is not defined.
- Duo: minimum 3 lifts (hold/lift).
- Maximum allowed (but not mandatory!) acrobatic elements on ground: 2 pcs.
- Further filling of the ground part is recommended by dancing.

### Semi-pro

- Allowed music length: 3:00- 3:30 minutes.
- Forbidden element: fall from top arc to bottom.
- In a flexibility element, the angle of split is at least 160 degrees.
- Allowed connection of dynamic elements: 1.
- Duo: minimum 5 lifts (hold / lift).
- Maximum allowed (but not mandatory!) acrobatic elements on the ground: 3 pcs.
- Further filling of the ground part is recommended by dancing.

## Pro

- Allowed music length: 3:30 - 4:00 minutes
- Only coaches can enter this category
- They did not achieve 1<sup>st</sup>-3<sup>rd</sup> places in the professional category and did not compete in the elite category
- No prohibited elements
- In flexibility elements, the angle of the split is at least 160 degrees
- Connection of allowed dynamic elements: at least 3 pieces
- Duo: at least 5 lifts (holds)
- Minimum recommended (but not mandatory!) acrobatic elements on the floor: 3 pieces
- Floorwork should be enhanced with dance

## Elite

- The highest level among the categories
- There are no restrictions regarding the elements, no prohibited elements
- The angle of the split is min. 180 degrees
- Duo: min. 7 lifts
- Allowed (but not required!) acrobatic elements on the floor are unlimited
- High-level execution of dance elements is highly recommended

## Categories

- Pre-junior (6-9 years)
- Beginner: Junior I. (10-12 years), Junior II. (13-14 years), Junior III. (15-17 years), Adult.
- Semi-pro: Junior I. (10-12 years), Junior II. (13-14 years), Junior III. (15-17 years), Adult.
- Pro: only trainers.
- Elite: Junior I. (10-12 years), Junior II. (13-14 years), Junior III. (15-17 years), Adult.
- Duo: Beginner, Semi-pro, Pro, Elite.

# Aerial Hammock

Pole Artistic Hungary is opening its doors to an additional aerial device from 2025: from now on you can present your breathtaking performances also on hammock! Create a magical theater experience and impress the audience also on this device!

Scoring is based on the [scorecard](#) indicated in the Pole Art section.

## Technical specs

The devices can be fixed at a height of approx. 4 meters. In the case of 1 device, with a motor, in the case of several devices, they are fixedly suspended. Everyone must provide their own devices (hammock, strap, carabiner, etc.).

## Types of elements

Aerial hammock performances must include the following elements in a freely chosen distribution and quantity:

- Strength
- Balance
- Flexibility
- Spinning / dynamic elements

There are no restrictions on the distribution of the elements performed on the floor and on the hammock, but the use of long floor choreography and space is recommended.

## Strength elements

Semi-pro	Pro
Inversions started with straight arms Holds with crook of the arm Tricks held with 1 hand or 1 leg	

## Balance elements

Semi-pro	Pro
Balance elements held with no hands	Handstands

## Flexibility elements / backbends

Semi-pro	Pro
Feets reach maximum the shoulders	Feets reach minimum the shoulders, the goal is to reach the head or beyond

## Spinnings and dynamic elements (falls)

Semi-pro	Pro
Falls are not expected but allowed	Beats (tricks started from a swing)





## Recommended elements

### Semi-pro

- Strength: min. 2
- Flexibility: min. 2
- Balance: min. 1 is recommended, but not mandatory
- Spins and falls are not mandatory
- Min. 1 beat (trick started from a swing) is recommended, but not mandatory
- All other elements and combinations can be used freely and creatively

### Pro

- Strength: min. 4
- Flexibility: min. 4
- Balance: min. 2
- Spins and falls are recommended
- Min. 2 beats (trick started from a swing)
- All other elements and combinations can be used freely and creatively

## Categories

- Pre-junior (6-9 years)
- Junior I. (10-12 years)
- Junior II. (13-14 years)
- Junior III. (15-17 years)
- Adult woman (18-39 years)
- Adult man (18-39 years)
- Senior (40+)
- Duo is open in all categories, except for pre-junior and junior I. categories
- X category kid (6-17) and adult (18+) - Előre egyeztetés szükséges! Groups of minimum 4, maximum 6 persons, on multiple devices. Maximum use of 3 devices. Each team must take care of installing / setting up the devices themselves directly before going on stage and during the final rehearsal with technical assistance provided by the organizers. Preliminary information of the needs is required.

## Allowed length of music

- Pre-junior: 1:50 - 2:15 min
- Semi-pro: 2:30 - 3:00 min
- Pro: 3:00 - 3:30 min
- X category: 3:30 - 4:30 min

The Organizers reserve the right to update the Regulations.

We wish to all our competitors a successful preparation!



Pole Artistic  
- SLOVAKIA -

## Contacts

Phone: 00421/908 086 465, 0036 30 309 4834

E-mail: [poleartisticslovakia@gmail.com](mailto:poleartisticslovakia@gmail.com)

Facebook: <https://www.facebook.com/Poleartistic>

Instagram: [poleartistic.slovakia](https://www.instagram.com/poleartistic.slovakia)

Web: <https://poleartistic.com/>



## Appendix

Summary table - devices, levels, categories, length of music

Device	Category	Duo	Age (years)	Level	Length of music (min)	
Pole	Pre-junior		6-8	Not applicable	1:30 - 2:00	
	Parapole		6+	Not applicable	2:00 - 2:30	
	Junior I.		8-13	Amateur	2:00 - 2:30	
	Junior II.		14-17		3:00 - 3:30	
	Adult woman solo		18+		3:00 - 3:30	
	Adult man solo		18+		3:00 - 3:30	
	Junior I.	X	8-13		Amateur-pro	2:15 - 2:45
	Junior II.	X	14-17			3:00 - 3:30
	Adult woman solo	X	18+	3:00 - 3:30		
	Adult man solo	X	18+	3:00 - 3:30		
	Master 40+	X	40-49	3:00 - 3:30		
	Master 50+	X	50+	3:00 - 3:30		
	Junior I.	X	8-13	Advanced-pro	2:30 - 2:50	
	Junior II.	X	14-17		3:20 - 3:40	
	Adult woman solo	X	18-39		3:20 - 3:40	
	Adult man solo	X	18-39		3:20 - 3:40	
	Master 40+	X	40-49		3:20 - 3:40	
	Master 50+	X	50+		3:20 - 3:40	
	Junior I.	X	8-13	Elite	3:40 - 4:40	
	Junior II.	X	14-17		3:40 - 4:40	
	Adult woman solo	X	18-39		3:40 - 4:40	
	Adult man solo	X	18-39		3:40 - 4:40	
	X kid		6-17	Not applicable	3:30 - 4:00	
	X adult		18+		3:30 - 4:00	
	Just dance kid		6-17	Semi-pro	3:10 - 3:40	
			6-17	Pro	3:30 - 3:50	
	Just dance adult		18+	Semi-pro	3:10 - 3:40	
			18+	Pro	3:30 - 3:50	
	Glamour woman	X	18+	Semi-pro	3:10 - 3:40	
	Glamour man	X	18+	Semi-pro	3:10 - 3:40	
Glamour woman	X	18+	Pro	3:30 - 3:50		
Glamour man	X	18+	Pro	3:30 - 3:50		



Pole Artistic - SLOVAKIA -					
Hoop	Pre-junior	X	6-9	Not applicable	1:50 - 2:15
	Junior I.	X	10-12	Beginner	2:30 - 3:00
	Junior II.	X	13-14		2:30 - 3:00
	Junior III.	X	15-17		2:30 - 3:00
	Adult woman	X	18+		2:30 - 3:00
	Adult man	X	18+		2:30 - 3:00
	Junior I.	X	10-12		Semi-pro
	Junior II.	X	13-14	3:00 - 3:30	
	Junior III.	X	15-17	3:00 - 3:30	
	Adult woman	X	18+	3:00 - 3:30	
	Adult man	X	18+	3:00 - 3:30	
	Coaches only	X	18+	Pro	
	Junior I.	X	10-12	Elite	3:30 - 4:00
	Junior II.	X	13-14		3:30 - 4:00
	Junior III.	X	15-17		3:30 - 4:00
	Adult woman	X	18+		3:30 - 4:00
	Adult man	X	18+		3:30 - 4:00
	Pre-junior	X	6-9		Not applicable
	Hammock	Junior I.	X	10-12	Semi-pro
Junior II.		X	13-14	2:30 - 3:00	
Junior III.		X	15-17	2:30 - 3:00	
Adult woman		X	18-39	2:30 - 3:00	
Adult man		X	18-39	2:30 - 3:00	
Senior		X	40+	2:30 - 3:00	
Junior I.		X	10-12	Pro	
Junior II.		X	13-14		3:00 - 3:30
Junior III.		X	15-17		3:00 - 3:30
Adult woman		X	18-39		3:00 - 3:30
Adult man		X	18-39		3:00 - 3:30
Senior		X	40+		3:00 - 3:30
X kid			6-17		Not applicable
X adult			18+	3:30 - 4:30	