



# REGULATIONS

## PoleQueens Exotic Pole Dance & VelvetWings Exotic Aerial Championship 17 October 2026

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## About the Organizers

The PoleQueens Exotic Pole Dance & VelvetWings Exotic Aerial 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, who is also responsible for the Pole Artistic Hungary competition, which has been held since 2015.

## Introduction of the Championship

The PoleQueens Exotic Pole Dance & VelvetWings Exotic Aerial Championship will be held in Hungary. Its aim is to provide an opportunity not only for professional audiences but also to introduce this deservedly increasingly popular genre to a wider audience. The entrants present their performance in platform dancing shoes in exotic style, on 4 levels, in 4 categories. It is a one-round competition. Due to the characteristics of the venue, the event provides informal entertainment for all those interested, while the competitors can test their skills in front of recognized judges. The championship is open to competitors of any nationality and representing any pole dancing school, studio or organization, as well as individual applicants.

### ***PoleQueens is opening its doors to aerial artists – like never before!***

Bring your own aerial equipment of choice and show us what you're capable of in the air! Be it a hoop, silk, hammock, trapeze, chains, or any other aerial prop – you're welcome to soar with us.

## VelvetWings rules and classification

The competition will follow the same rules and level classification system as the PoleQueens pole dance categories. Placements will not necessarily be announced per apparatus – for separate ranking within the same aerial equipment, a minimum of 3 participants is required. If fewer compete in a given category, results will be announced in a combined format, regardless of the type of aerial gear or gender.

Suspension parameters coming soon!

## Location

Szigetszentmiklós, Temesvári u. 5. SZKSK csarnok

## Levels

The championship will be announced in four levels. The Organisers reserve the right to reclassify entrants between levels.

### Amateur

This category is open to applicants who

- have not yet participated in an international pole dance competition,
- do not teach exotic pole dance in any form (but they may teach pole fitness),



- have been learning the exotic style for up to 2 years (they may have been practicing pole fitness for a long time).

### Semi-pro

This category includes those who

- has already participated in an international competition,
- achieved 1<sup>st</sup>-3<sup>rd</sup> place in beginner category, but did not get 1<sup>st</sup>-3<sup>rd</sup> place in advanced category,
- may also teach Exotic pole dance.

### Professional

This category is open to those who

- practice exotic pole dance at a professional level,
- achieved 1<sup>st</sup>-3<sup>rd</sup> place in advanced category in other competitions,
- teach the genre (but not only trainers are welcome!),
- although they are complete fresh in the world of competition, they have high dancing skills.

### Star

- Exo stars, idols, recognized by the professional world of exotic pole dancers
- Unique show elements on stage are encouraged
- Women and men compete in the same category

## Categories

In all categories, the performance must be presented in platform dance shoes. On the stage, 1 pole (4 meters high) will be available, which can be fixed or spinning. The competitor will need to combine the ratio of pole tricks and floorwork elements according to the style of the category they apply to.

### Exotic Fly (Flow)

The emphasis is on continuous, soft, elegant, flowing movements. The most important thing is the quality of the connections in the choreography, which includes poses, flow and floorwork. Slow flowing movements from one element to another, which are based on impulses and create the feeling of a slow flow consisting of movements. The load on the shoes is minimal, the dance creates a weightless, floating impression with 'skating' movements. The ratio of tricks on the pole /aerial prop and choreography on the floor is optional, recommended pole /aerial prop usage is approximately 30-40%. This category does not require advanced pole /aerial tricks. The rhythm of the music and choreography can alternate, and it is even necessary to maintain attention.

### Exotic Rock (Hard)

This category is for those who like the 'Koda-style', which are characterized by dynamic, rhythmic and hard forms of movement, 'lumpy' steps. The whole performance should sparkle, the tricks on the pole/aerial prop and floorwork choreography should alternate densely and dynamically. This style is less regulated. For example, the usage of full sole is also allowed. There is no such as 'slow hard', dynamics here is essential. Recommended pole/aerial prop usage is approximately 40-50%.

### Díva (Old school)

This is the 'Australian', classical style. In this category, the emphasis is much more on choreography than tricks. Old School returns to the roots of pole dancing, the style of striptease dancers. Sensual, feminine, passionate. The art of seduction, suggestiveness is expected. The performer should arouse the longing of the audience. Let the performance include undressing (taking into account the rules of the competition). Recommended pole usage is approximately 30-40%.

### ShowGirl

This category is dominated by the show, not by the tricks. The contestants can unleash their imagination and creativity both in execution and stage visuals. The more captivating the performance



is, the better! It is mandatory to use accessories (e.g. boa, chair, fan etc.). Pole/aerial prop usage is about 20-30%. Be sparkly, theatrical like a Hollywood diva!

### Frame up

Frame up is a unique, innovative dance style created by Russian dancer and choreographer Nastya Yurasova that combines modern and acrobatic style with sensual manifestation. Passionate and provocative, it is a beautiful symphony of movements and beats. This category is open for those competitors who would like to perform in this style. The use of pole is not a mandatory requirement.

### BareQueen

The new Pole Queens category is created for those who want to experience the passionate, sensual, and powerful world of exotic style without platform heels.

This category allows competitors to perform barefoot or in socks while still preserving the full essence of exotic style, musicality, emotions, and self-expression.

It is the perfect choice for those who feel more comfortable, confident, or free without heels, yet still want to showcase their feminine energy, passion, and unique style.

*„The exotic feeling doesn't begin with the shoes — it begins within you.”*

### Theatrical

is an artistic performance discipline that combines Exotic Pole technique with theatrical expression. A performance may tell a story, portray a character, explore an emotion, symbolize an idea, or reveal an inner journey. The choreography is driven by artistic intention, where movement, musical interpretation, stage presence, costume, and emotional authenticity create a complete theatrical experience. Sensuality may be present but is never the primary objective; it serves the artistic concept rather than defining it.

### ExoFree

In the 'ExoFree' category you don't get scorings and there is no distinction based on skill level; we just enjoy your show. If you want to show yourself and your choreo, but don't want to be scored, then this category is for you!

Manyi Deák, Krisztina Nemesvári and Barbara Holler-Rácz contributed to defining the styles of the competition.

The jury reserves the right, after an objective assessment, to place the contestants in another category if they did not enter the right one.

### Qualification

You must qualify for the championship by submitting a video via email. It can also be a recording from an earlier competition. Video and submission and application deadline: August 3, 2026. Email: [exoticpolequeens@gmail.com](mailto:exoticpolequeens@gmail.com). The Organizers will announce the order of the finalists by August 9, 2026.

Rules & expectations regarding the video:



- The video shall be well lit with the presenter and pole(s) /aerial equipment 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 of the competition is not responsible for reproduction cases or any complaints regarding the video. These will be forwarded to the applicant.

### Music

- Length: Amateur 3:00-3:10, Semi-pro 3:10-3:30, Professional,Star 3:30-3:40, ExoFree 2:30-3:30.
- It can be performed by a singer or instrumental.
- The use of original mixes or a combination of several songs is allowed, if the final form forms a unit.

If the applicant qualifies for the final, the music must be sent in MP3 format directly to the [exoticpolequeens@gmail.com](mailto:exoticpolequeens@gmail.com) email address no later than October 2, 2026.

Each finalist must present their chosen music to the Organizers in MP3 format on the day of the event, at the venue. We do not take responsibility for the USB sticks left behind; we ask everyone to take them with them after the end of the event.

### 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 services will be available throughout the event in case of emergencies.

### Stage

**2 poles**, diameter 45 mm, height 4 m. The distance between two poles in a single line is 3 meters. The stage is 6 meters wide, 8 meters deep and 22 cm high compared to the original floor. The performance is presented either on a fix or spinning pole. The choice has to be communicated to the Organizers in advance. You must provide the aerial equipment for yourself. The dancers will have the opportunity to try out the poles /aerial rig and the stage during the rehearsal.

### Terms & Conditions

- 18 years of age or older by the date of the competition.
- The competitor must have a medical certificate valid for the entire duration of the competition or insurance (optional).
- All participants must be familiar with and accept the Regulations 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 application fee and the submission of music have to happen within the deadline.

### Application

- The application is done online, which can be accessed via the following link: [Application form](#)



- Deadline for submitting applications: 3 August 2026
- In addition to the application form, a link with the qualifying video must also be sent to the exoticpolequeens@gmail.com email address also until July 3, 2026.
- By completing the application form, applicants agree to the Organizer's Terms & Conditions and the general rules described below.

## Participation fee

- Individual performer: 43.500 HUF
- Duo: 50.000 HUF / couple

The fee must be paid by bank transfer no later than midnight on Aug 31, 2026, as follows:

**Beneficiary: Művészetek a Rúd sportért Alapítvány**

**Bank account: 11742049-21466931**

**IBAN: HU16117420492146693100000000 (for payments from abroad)**

**BIC / SWIFT CODE: OTPVHUHB**

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

## Important dates

- Application deadline: August 3, 2026
- Submission of the qualifying video: August 3, 2026
- Confirmation to the finalists: August 9, 2026
- Deadline for entry fee payment: August 31, 2026.
- Music submission: October 2, 2026
- Date of the event: October 17, 2026

## 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 the case of duos, the synchronicity of tricks and combinations is also evaluated.

The judges will score the contestants as follows:

- **Point to obtain** (10 points / criterion / judge):
  - Presentation
  - Fluidity / Elegance
  - Musicality
  - Flexibility
  - Confidence on the floor



- Costume – Hair – Makeup
- Platform usage
- Stability of pirouettes
- Body waves / Isolation
- Floor elements
- Landing on the ground
- Pole / Aerial tricks
- Duo synchronicity
- **Penalty points** (0.5 points deduction per occurrence, max -3 points per judge)
  - Hand wiping
  - Singing along
  - Nudity/disclosure of an intimate body part
  - Alignment of the costume or problem with the costume
  - Loss of balance
  - Falling off
  - Plagium. If a competitor copies an existing choreo, they will receive a penalty of -10 point from each judge. Additionally they will be disqualified from placing in the top three, regardless of their final score.
- The performers with the highest points will win 1st, 2nd and 3rd places.
- The judges can stop the performance at any point if the performer's health is in danger, there are safety issues, or if the contestant does not follow the rules.
- Jury members do not need to explain the points they give. 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.

## Exclusion

The jury may disqualify the contestant for the following reasons:

- Revealing intimate body parts. (Men's torso may be naked.)
- Vulgar behavior during the performance.
- Racist or intolerant behaviour towards contestants, competition, jury or organizers during, before or after the performance.
- Interruption of the performance except in case there is a problem with the pole or the stage, or an accident happens.
- It is not allowed to use liquid and fire.
- It is forbidden to use lotions, balms or other creams that can make the pole 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 (by 12 September), 50% of the amount paid can be refunded.



If the contestant does not attend the championship, the paid entry fee will not be refunded.

## Other rules

- Hairstyle or accessories cannot 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.
- 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 members of the jury during the competition.
- The decision of the jury is irrevocable.
- The performance can only be repeated for the following reasons:
  - If there is a technical problem beyond the control of the performer.
  - If there is a technical problem with the music.
  - If the performer has a technical problem related to the pole, which is independent of them.
- 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 have inappropriate content.
- The organizers reserve the right to change the rules and regulations of the PoleQueens Exotic Pole Dance @VelvetWings Exotic Aerial Championship at any time.
- The organizers are not responsible for items lost by competitors during the event.

We wish all our competitors a successful preparation!

## Contact details

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