



PCS RULES, REGULATIONS, JUDGING CRITERIA

GENERAL

- Competitors must meet the age criteria of the appropriate division at the time of the competition.
- Competitors under the age of 18 must have written consent from a parent to participate.
- Competitors must have a valid form of ID/proof of age with them on the day of competition.
- Competitors must sign photo/video release forms and waiver of liability before the competition.
- Competitors must conduct themselves in a professional manner at all times during the competition.
- Competitors may not be under the influence of drugs or alcohol on the day of competition.
- Competitors may not be pregnant on the day of competition.
- Competitors must show up on time. If late, the competitor may not be allowed to compete.
- Competitors will have access to the performance stage prior to the competition.
- PCS has the right to stop a competitor from competing if it appears the competitor is not fit to do so safely.
- Competitors may not engage in conversation with judges prior to their routine.
- Competitors must comply with PCS rules and regulations. Failure to do so may result in disqualification.
- Competitors must represent PCS and all affiliates/sponsors positively before, during, and after competition.
- Competitors must enter the correct division as per the requirements.

MUSIC

- Song must be a maximum length of **2 minutes 30 seconds**.
- No explicit lyrics.
- Cutting a song or mixing several songs is allowed.
- All competitors are responsible for the quality and on-time submission of their music.
- All competitors must bring a USB flash drive on the day of competition that includes their final track ONLY (no other files) labeled with their stage name. This is a back up in case there is an issue with your music.
- Final music edit must be submitted by the required due date. There will be a score deduction if the competitor's music is not received on or before the specified due date (refer to Pole/Stage Specs and Submission Requirements document).

COSTUMES

- Costume must cover all private parts. Nudity or partial nudity will result in disqualification.
- Costume must cover **3/4 of the bottom** throughout the entire routine. Points will be deducted for costume slips and exposure beyond this guideline.
- Costumes must not promote an individual dance studio, business or individual.
- All footwear is accepted.
- No rings are to be worn at anytime when on the poles.
- This is a sports festival: keep costumes tasteful, stage appropriate and family friendly.
- Costumes may **NOT** include:
 - Obvious underwear, lingerie, swimwear or bikinis
 - Transparent clothing that may expose private parts
 - Clothing that interferes with the performance or could be considered a health or safety issue
 - Anything that could damage the poles

****The above rules for safety and costume coverage also apply to rehearsals, as they are open to public viewing.***



PROPS

- Any item that is not the costume or part of the costume that is removed is considered a prop.
- No items that are difficult to clean up quickly (no glitter, confetti, feathers, leaves, petals, etc.).
- No fire, explosives, paint, oil, water, or human props.
- Nothing that can damage the poles.
- All props must be pre-approved by the submission due date (refer to Pole/Stage Specs and Submission Requirements document).

POLES/STAGING

- Refer to Pole/Stage Specs and Submission Requirements document.

GRIP AIDS

- All grip aids must be applied directly to the body or hands.
- All poles will be cleaned and dried between competitors by the pole cleaners.
- No grip aids allowed to be applied directly to pole.
- Grip aids that cannot be removed by a standard pole cleaning are prohibited.
- Examples of prohibited grip aids include but are not limited to iTac, Firm Grip, Mueller Stickum Spray, etc.

PHOTOGRAPHY/FILMING

- Competitors agree to be filmed throughout the competition and must sign an agreement at the venue before competing.
- All photography and footage remains the property of Pole Championship Series.
- Competitors agree that all photography and footage can be used by PCS for promotional, advertising, and commercial purposes.

SCORING SYSTEM

- Refer to scoresheet and details below.



SCORESHEET (Solo)

Competitor Name _____ Judge _____
 Score is out of 100 points total. Single points (1), half points (.5), and quarter points (.25) are allowed.

Judging Criteria	Max Score	Score	Comments
Execution	10		
Lines and Extension	10		
Strength	10		
Flexibility	10		
Dynamic Movement	10		
Transitions/Flow	10		
Use of Stage/Balanced Choreography	10		
Movement off the Pole	10		
Interpretation/Presentation	10		
Stage Presence	10		
Deductions (one score to be determined by judges and removed from total score)			
Sexually explicit pole or floor work	-(1-25)		
Contact with rigging	-(1-25)		
Inappropriate costume, costume malfunction, exposure of private parts	-(1-DQ)		
Competing in a division that does not match skill level	-(5-50)		
Performing moves not allowed in division	-25/move		
Organizer deductions/late submissions	-(5-DQ)		
Total Points	100		



SCORESHEET (Doubles)

Competitor Name _____ Judge _____
 Score is out of 120 points total. Single points (1), half points (.5) and quarter points (.25) are allowed.

Judging Criteria	Max Score	Score	Comments
Execution	10		
Lines and Extension	10		
Strength	10		
Flexibility	10		
Dynamic Movement	10		
Transitions/Flow	10		
Use of Stage/Balanced Choreography	10		
Movement off the Pole	10		
Interpretation/Presentation	10		
Stage Presence	10		
Synchronization	10		
Base and Flyer Tricks	10		
Deductions (one score to be determined by judges and removed from total score)			
Sexually explicit pole or floor work	-(1-25)		
Contact with rigging	-(1-25)		
Inappropriate costume, costume malfunction, exposure of private parts	-(1-DQ)		
Organizer deductions/late submissions	-(5-DQ)		
Total Points	100		



JUDGING CRITERIA

Execution

Execution refers to the safe, controlled, accurate, and successful completion of pole tricks and combinations. Competitor enters, performs, and exits moves precisely and smoothly without re-grips, slips, falls, strain, struggle or uncertainty.

Lines and Extension

Lines and Extension include the following:

- Clean Lines – body parts are correctly positioned for intended maneuvers and create long, clean, unbroken lines. Feet and toes are pointed, hands and fingers contain energy and are not overly tense or relaxed. Flexion is intentional.
- Extension – Body is open and elongated. Neck, arms, torso, legs, are fully lengthened.
- Posture – Body is correctly aligned on and off the pole. Proper use of counterforce (push/pull) is used to maximize efficiency of movement and form. Chest is lifted, shoulders are down away from ears.
- Body Placement – Body is in the correct position for the intended trick and is properly angled in relation to the audience.

Strength

Strength refers to the power of the arms, core, and legs and the ability to move with control. Competitor performs upper body, core, and lower body strength tricks and combinations and displays strength through choice of moves, control of movement and holding moves.

Flexibility

Flexibility refers to the overall range of motion of the body. Competitor performs maneuvers with full extension displaying joint mobility, muscle extension and range of motion of body parts including the neck, back, shoulders, arms, hips and legs.

Dynamic Movement

Dynamic movement refers to bursts of movement and control of momentum. Dynamic movement can be created by increasing the distance and length of time that the body leaves the pole or ground and returns. Competitor demonstrates powerful maneuvers that allow the body to suspend away from the pole or ground, and smoothly controls movement upon return.

Transitions/Flow

Transitions refer to the competitor's ability to move creatively and seamlessly between all maneuvers including tricks, dance, acrobatics and floor and between pole and floor. Flow refers to the smoothness and grace of movement. Movement is fluid, not shaky or disjointed. Flow is consistent throughout the routine.

Use of Stage/Balanced Choreography

Use of Stage refers to the competitor's ability to utilize all parts of the stage, including both poles from bottom to top and the stage floor. Balanced choreography refers to the composition of all elements throughout the routine including pole moves, tricks, spins, combinations, transitions, dance, acrobatics and floor. Competitor maximizes the space, and displays a balanced, harmonious composition of elements.

Movement off the Pole

Movement off the pole refers to the maneuvers, lines, postures and shapes created by the competitor on the surface of the stage. This can include dance choreography, gymnastics, acrobatics, and floor work. Competitor demonstrates flexibility, strength, dynamism, expression, creativity and musicality in their movement off the pole.



Interpretation/Presentation

Interpretation/Presentation refers to the competitor's ability to interpret, connect with, express and translate their vision, message, story, and/or intention through music, choreography, costume, props (optional), body and facial expressions. Stylistic choices align with one another and are cohesive. Choreography reflects the light, shade, feel, and emotion of the music. Costume reflects the performance and music.

Stage Presence

Stage Presence refers to competitor's level of poise, charisma, confidence, dynamism, magnetism, and outward expression during the performance. Competitor carries oneself with confidence, is engaging, commands the stage and captivates the audience.

Synchronization (doubles only)

Synchronization refers to competitors' ability to move together. This includes moves on separate poles, on the same pole, or on the floor. This may include identically timed tricks and movements or similar/different tricks and movements that complement each other. Synchronization is the ability to move and transition around each other in a fluid way, to engage with one another and to smoothly react to each other's movements.

Base and Flyer Tricks (doubles only)

Base and Flyer Tricks refers to tricks, transitions and skills (on or off the pole) that could not be executed without the other person. To achieve the highest point allocation, competitors should switch base and flyer.

Scoring Rubric

10-9: Far above average, superior, outstanding, excellent, top level. No faults or errors.

8-7: Above average, great, very good, well done. Minimal faults or errors.

6-5: Average, good, competent. Some faults or errors.

4-3: Below average, mediocre, subpar. Regular faults or errors.

2-1: Far below average, poor, weak. Many faults or errors.

Deductions

Points will be deducted for the following:

- Inappropriate costume (not meeting general requirements listed under COSTUMES)
- Costume malfunctions/exposure of private parts
- Floor or pole work that could be interpreted as overtly sexual
- Contact with truss, rigging, lights, or cables
- Competing in a solo division that does not match skill level
- Performing moves that are not allowed in that division
- Organizer deductions include late submissions and rule violations stated in this document.
- One deduction score will be determined by judges and removed from total score.
- See SCORESHEET for exact point deductions.

Disqualification

Competitors can be disqualified for exposure of private parts and failure to comply with the rules and regulations of the competition.

Tie Breaker

In case of a tie in highest overall score, highest execution score will be used. In case of a tie in the execution score, the winner will be determined by a judge's deliberation.

Safety

With competitor safety as our top priority, in the event of a serious health concern, injury, technical issue, or unexpected occurrence, it is up to the discretion of the judges or organizer to allow a restart or to stop a competitor's performance.



TERMS & CONDITIONS

- PCS is not liable for any loss, injury, or damage incurred by a competitor or performer during any stage of the competition or event.
- All competitors, performers and judges must not be under the influence of ANY substance including alcohol while participating at the PCS.
- PCS or the Arnold Sports Festival will provide medical assistance in the event of an injury or medical issue.
- PCS reserves the right to enforce all rules and regulations.
- Any failure to comply with the rules and regulations may result in disqualification from this event as well as future PCS events.

Print, sign, and date below if you agree with the above terms:

Competitor Full Name (printed) _____

Competitor Signature (signed) _____

Date _____

If competitor is under age 18, please complete by parent or legal guardian:

Parent Full Name (printed) _____

Parent Signature (signed) _____

Date _____