



PRESSURE

P O L E O G R A P H Y D A N C E C O N T E S T

FIRST EDITION, TRIESTE, 20-21TH MAY 2023

RULES AND REGULATION

Pressure is an international project realized by House of Aerialist A.S.D. , involved by C.S.E.N. federation recognized by C.O.N.I. which accredited our association.

A DANCE COMPETITION IN WHICH THE POLE DANCE COMMUNITY WILL CELEBRATE STYLES AND PERFORMERS FROM AROUND THE WORLD.

FEATURING *STYLES* LIKE HIP HOP, BALLET, CONTEMPORARY, BALLROOM, EXOTIC DANCE, LATINO, LYRICALL AND MORE PERFORMED BY

PERFORMING SECTIONS:

- **INDIVIDUALS**
- **DUOS**

- **MINI GROUPS UNDER 5 MEMBERS**
- **GROUPS OVER 5 MEMBERS**

The competition allows free use of poles either for doing aerial shapes or for dancing with them in a “low-zone”.

Participants are not required to focus just on the “tricks” or on a story telling approach (with a clear plot to declare), instead they will have to express the main concept of their performance.

You are free to use both aerials and floor based styles or tricks to ensure a fully expression of your message, all you need to do is becoming one with your act and just have fun!

This contest wants to establish itself as completely different and new compared to all pole sport and pole art “codes”. Here you will not find codes: the focus is on the choreography, the attitude, the styles.....the energy!

So bring it on the stage, and good luck !

DIVISIONS:

1 new generation : from 10 to 13 years old

1 junior : from 14 to 17 years old

2 adults: from 18 and upper

*Into the Groups under 5 and over 5, **over-the - range participants** are allowed according to this percentage:

- 1 over-the-range every 5/7 members (up to 2 years more)
- 2 over-the-range every 8/11 members (up to 2 years more)
- 3 over-the-range every 12 or more members (up to 2 years more)

If the same crew is heterogeneous and is formed by members of different ages (see the categories in the previous paragraph), that same crew will be automatically registered in that category of the higher age group.

*If a DUOS team has one member ranking in a higher category than the other member, the DUO must compete in the higher age category.

attention: contestants are persons who meet the following conditions:

1-must be 18 years old during the year 2023 ; if on the event day the competitors will not yet be 18, they will have to produce parents authorization and a copy of a parent ID; For minors they must be from 10 and 17 during the 2023.

2-contestants , regardless of nationality, need to have a valid ID document (Passport, id card....) . minors will have to show their parents ID for authorization.

3-Each contestant must know competition's rules and regulations; a sign in the application form is a confirm of it

CATEGORIES:

- **Beginner:**

who: principiants, new in confidence or first participation on stages).

what: Basic movements of dance and dance with the use of pole.

- **Open:**

who: everyone else willing to participate outside of the "beginner" category

what: proficiency with stages and competitive environments, discrete, good or exceptional level of dance and pole technique.

ATTENTION: The Jury reserves itself to move competitors from a category to another after objectives considerations if one competitor or a group, asked for a wrong one

ATTENTION: the organizer is available by email to be consulted for choosing the best category for you if needed. Be warned that if you do a false declaration about your "level" or past winning results or experience on stage like a professional dancer , you will be immediately disqualified and any prizes will be revoked

Show area :

All the informations of the stage are inserted under the appropriate section in the web site www.pressure-official.com where you can download the files concerning the stage, the diameter of the poles, the height of the poles and the distance between them.

Application:

You can apply for the competition online using the following official website:

www.pressureofficial.com

starting from the 1st September 2022. Deadtime , 13th March.

Applicants are required to upload a **video entry** of one performance under the following conditions:

- the video must be no older than one year;
- video submission and the filled application must be sent together;
- the choreography shown in the video aims at performing a concept connected to dancing or music;
- the choreography asked in the video doesn't need to be the performance you are willing to bring on the stage;
- video cannot be edited in any way;
- The description of the video must contain name(s), performing section, category and division.

The video will be submitted directly to the judges.

Several tools are at your disposal, such as wetransfer, file zipped etc..

The duration should be at least 2:00 minutes . It is possible to upload the video on platforms like youtube or vimeo in a private form so that only the persons having the link at their disposal can view it.

Publication of participants: Two months before the competition all participants will be listed and judges will have the right to suggest a change of categories. (27-28 March 2023)

By filling out and signing the application form, the participants agree to the conditions and terms of the organizer and to the general rules .

For each category the organization will select 5 more contestants in a "reserves list" so to include them if one or more participants will delete their presence because injury, health problems ecc.. (organization will advice by e-mail before 31th March 2023)

Please send video entry + application form + confirming to fees payment to pressurepoleographycontest@gmail.com before the indicated deadline .

PERFORMING SECTIONS HAVE PARTICIPANTS NUMBER LIMITED. THE ORGANIZATION WILL BE ENABLED TO CLOSE THE LIST BEFORE THE DEADTIME IF THAT LIMIT NUMBER IS REACHED

Medical certificate

Participants or someone in their stead declare that they are of sound and healthy constitution; shouldn't applicants be provided with the medical certificate, please fill the responsibility consent form for the organization.

An health insurance valid throughout all competition is needed and shown; otherwise you will have to pay 10€ to be covered by House of Aerialist A.S.D. insurance for the competition.

Participation fees and payment method

New Generation: €30

Junior: €35

Senior: €40

Should one participant be willing to perform in two or more categories (for ex. solo, group and duos), they will have to pay the participation fee just once BUT with the addition of €5 for each extra category. The choreographer must fill in the main data of the participant for the application to each category.

Participants will have time to send their application and pay via bank transfer by and no later than 13th March 2023.

Early birds : From 1st September to 31th December 2022 no additional costs will be added.

Latecomers : If participants send the application and make the payment between the 1st of January and 13th March 2023, they will be charged with the additional price of €15.

For the bank transfer, make the payment at the following address:

Banca : Credito Cooperativo di Staranzano e Villesse

A.S.D. HOUSE OF AERIALIST, Via Carlo Archi 8/1, Trieste , 34142

IBAN: IT33A0887702204000000703309

BIC: ICRAITRROD0

Music:

Music 's and performance's time limit for junior and new generation division must not exceed 3 minutes. (NO LESS THAN 2 MINUTES)

Music's and performance's time limit for adults division must not exceed 4 minutes. (NO LESS THAN 3 MINUTES)

The music tracks must be sent by no later than 24th of April 2023 to the following email:
pressurepoleographycontest@gmail.com

The music file must be of high resolution, the following formats are allowed:

- WAV
- mp3

Important: name the file with the name of the group / duo or of the individual participant!

The email must contain:

- the name of the group / duo / individual participant
- category
- division
- name of the choreographer

ex. to: pressurepoleographycontest@gmail.com

Object: *banana5 group*

Text: *banana5 group, Senior, Felix Cane*

Attached: *banana5.mp3*

However, choreographers are kindly required to bring a USB stick with the music track on the day of the competition.

Last term to send files audio tracks is : 24TH APRIL 2023

POINT SYSTEM AND SCORING CRITERIA:

- Performance
- Technique
- Choreography
- Creativity
- Presentation

All judges (5 in total ; all experienced in different styles of dance and pole dance) will score each competing team or soloist based on the following criteria:

Performance: energy, stage presence, facial, body expression

Technique: cleanliness of routine, dynamics in movement, body control, timing-synchronization (both music beat and members' synchronization), execution, foundations ,stylistic relevance (execution of movements belonging to a specific style in a correct and recognizable way)

Choreography: originality of routine, creativity of the routine, variety of the routine, musicality, concept

Creativity: music selection, transition theme,relation between dancers on the stage and eventually use of props, relation of individual dancer with spaces and eventually use of props (staging and blocking), theme

Presentation: costume/performance attire, hair&make up, attitude

Styles must not be declared.

It is not necessary to use spinning/static poles, you can choose to use just one pole or many, and they can all be set to static/spinny depending on your preference. No extra points will be assigned for using both static and spinning versus only static or only spinning (all information concerning the use and setting of the eight poles at your disposal are to be specified in the application form).

Remember: Participants are not required to focus just on the “tricks”: tricks are not assigned more points than other forms of expressions, and including more tricks will not be awarded more than transitions/flow with the pole. A story telling approach (with a clear plot to declare) is not necessary, focus instead on expressing the main concept of your performance.

Scoring :

poor	low	fair	lovely	superb
1-4	5-8	9-12	13-16	17-20

Deductions:

falls, slides, stoppages, lapses : From -1 to -5 points

music track exceeds the time limit: -3 points per second over the limit

extremely vulgar attitude : from -1 to -5 points

It is formally prohibited to :

-completely undress intimate parts of the body

-have an extremely vulgar attitude during the performance

-express anti racial or intolerance attitude against competitors, competition, jury or organization during, before or after the performance

-interrupt the performance, except in case of discomfort or default of the equipment

*Judges can stop the performance at any time if they think the contestants are in health risk or safety problems, or if the contestants are not obeying to the rules

example of scoring card

Name and surname, performing section,division,category

judge:

	max (20) point	points
Performance		
Technique		
Choreography		
Creativity		
Presentation		
	TOTAL POINTS	
falls, slides, stoppages, lapses	FROM -1 TO -5	
extremely vulgar attitude	FROM -1 TO -5	
music track exceeds the time limit	-3 points per second over the limit	
	DEFINITIVE SCORE	

Performance last rules:

- If any contestants choose the same music, contestant who sent it first gets the privilege to use it; the other contestants have to change .
- mash up, and mixes are allowed
- it's formally forbidden to be naked on scene; men are allowed to show upper body naked
- the choreography should not show too much erotic connotation gesture

- during the competition is not allowed to take off clothes which show not suitable nudity (it is however allowed to take off parts of costume if this is not in contradiction with upon described and it is possible to remove parts such as: coat, skirt, jacket, masks)
- contestants are not allowed to use liquids or fires

*all the participants must be available for photos or videos shoot at any moment during the competition , before and after and authorize the use of their image

*the judgment of the jury is irrevocable

*the performance can be repeated - if any technical problems occurred aren't caused by the contestant -if any technical problems with the music occurred - if contestants stopped because of technical problems with the poles not caused by them

*It is forbidden to apply any kind of grip on the pole, but contestants can apply it on them. it is also forbidden to use any kind of balm, body oil that can make poles slippery for other contestants

*organizers have the right to record the contest and have all the rights to distribute the material.

*organizers have the right to change rules of Pressure Poleography contest at any time

ROUNDS:

- 1. Division match**
- 2. Grand finale**

1. Division match:

dancers compete among their division : the three champions for each category AND each division will be awarded.

2. Grand Finale:

champions from each division of exclusively the open category will compete against each other for the Grand Finale.

Below are the conditions which must be met in order to participate at GRAND FINALE:

- **New Generation groups, duos or individuals acts with an average score of 80 points or higher;**
- **Junior groups, duos or individuals acts with an average score of 80 points or higher;**
- **Adults groups, duos or individuals acts with an average score of 80 points or higher;**

Reasons for disqualification:

- in case of false given information on the application form
- in case of racist or homophobic or discriminating expressions
- in case of non-sporting behavior or attitude
- in case of extremely inappropriate gestures with erotic connotations, including completely undressing on scene
- in case of public declarations with prejudice against the Contest or the Federation, sponsors, judges, other participants...
- in case of appeal to the juries decisions
- in case of drugs
- any cancellation of participation less than 30 days prior to the event . The only exception is an illness verified by a doctor sent to the email

Props

Got props in your act? All of them must go through a screening process. The "Poleography contest" team must approve all performance props prior to the event date. To get approval, email photos of your props to the staff before the event. All email addresses can be found at the bottom of this document. Any prop that hasn't been approved prior to the event will not be allowed on stage.

All performers are responsible for their own items. The venue and Poleography contest staff will not be held responsible for any lost, stolen, or damaged items.

Awards & Prizes

To celebrate the most successful performances, the Poleography contest team will hold an Awards Ceremony for each division and for each category.

Poleography contest will award trophies to teams, duos and individuals that place 1st, 2nd, and 3rd within each division and each category.

Additional awards will be given in each division for Best Theme, Best Costume and Best Crew.

Prizes:**Beginner category**

Trophies, medals, voucher of sponsor (clothes, ecc) :

-INDIVIDUAL

new generation

Junior

Adults

-DUOS

new generation

Junior

Adults

-MINI GROUPS UNDER 5

new generation

Junior

Adults

-GROUPS OVER 5

new generation

Junior

Adults

Open category

INDIVIDUAL

new generation 50€ + trophy

Junior 70€ + trophy

Adults 90€ + trophy

DUOS

new generation 100€ + trophy

Junior 140€ + trophy

Adults 180€ + trophy

MINI GROUPS UNDER 5

new generation 150€ + trophy

Junior 200€ +trophy

Adults 250€ + trophy

GROUPS OVER 5

new generation 200€ + trophy

Junior 250€ +trophy

Adults 300€ +trophy

CHAMPION or CHAMPIONS OVERALL OF POLEOGRAPHY CONTEST

individual: 600€

duo: 800€

mini groups: 1000€

groups over 5: 1200€

3 additional awards for Best Theme, Best Costume and Best Crew :

voucher of sponsor + 100€ from A.S.D. HOUSE OF AERIALIST

Attention the Best theme award has a well-defined subject : "Stop Violence Against Women."

The project starts in communion with the Equality Councilor of the Friuli Venezia Giulia Region, which promoted the #equality campaign and has been closely following the issues of violence against women.

The councilwoman will make the award personally !!

*all money prizes will be accredited by bank transfers no over than 120 working days after competition for legal issues.

*Money prizes headed to groups of several people should be understood to be in division to the group.

*if the overall champion in the grand final will be randomly elected from the champions of the first round , the final prize will not be an addition between the money prize of the each categories + the money prize of the grand final

*all money prizes are provided from our sponsors

Pressure Poleography Contest wishes you all good luck !

Contacts:

pressurepoleographycontest@gmail.com