



# **PRESSURE**

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

**SECOND EDITION, TRIESTE, 20-22th  
SEPTEMBER 2024**

**two stages, two format....same love for  
pole dance, same passion for the beat**

**-PRESSURE POLEOGRAPHY DANCE CONTEST**

**-PRESSURE FREESTYLE BATTLE DANCE CONTEST**

# - PRESSURE POLEOGRAPHY DANCE CONTEST

## 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".

THE INTENT IS TO MAKE SPACE FOR EVERYONE DOING POLEOGRAPHY, CONTAMINATING OWN STYLES AND ADAPTING THEM TO THE USE OF THE POLE AND ITS SPACES.

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 aeriels 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 2024 ; 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 2024.**

**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.

## **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 )**

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 ,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](http://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.pressure-official.com](http://www.pressure-official.com)

**starting from the 1st January 2024. Deadtime , 31th MAY 2024**

From this edition we remove the presentation video, hoping that the concept of Pressure is now clear and defined !

Therefore, pay attention to the category in which you are placed as we will not have a preview of your skills . We are sure that any dancer can evaluate based on the balance between dance skills and pole skills placing him/her/themselves in two simple categories well defined : OPEN or BEGINNER.

In any case if , during the competition , it should be evident a clear error in the self-rating , this does not determine the disqualification , but a 'less opportunity to win.

**Publication of participants: Two months before the competition all participants will be listed ( July 2024 )**

**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 21th August 2024)**

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.

### **PAYMENT AND REGISTRATION**

Everything is carried out from the website [www.pressure-official.com](http://www.pressure-official.com)

click the provided button

### **REGISTRATION**

you will be directed to the web page in which to enter general information

click

### **SEND**

And choose the payment option

## Participation fees

Junior: €45

Senior: €55

- **Early birds** : From 1st JANUARY to 30th APRIL 2024 no additional costs will be added.
- **Latecomers** : If participants send the application and make the payment between the 1st of MAY and 31th MAY 2024, they will be charged with the additional price of €15.

Participants will register through our website which will collect the necessary data .

Participants can proceed to payment by Card or Paypal again on the website.

## Music & stage lights

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 )

**Music tracks and stage lights must be sent FROM 1ST JULY TO 20th of AUGUST 2024**

**DIRECTLY ON THE WEB PAGE** [www.pressure-official.com](http://www.pressure-official.com)

### **The form will contain:**

- the name of the group / duo / individual participant
- category
- division
- stage lights choice ( red, blue, yellow, white, green, pink )

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!**

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

#### **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, body control, execution, foundations ( pole technique ),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, concept, contamination of styles, balance between use of floor and pole

**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 & makeup, attitude

**Dance styles need not be declared as anyone could choose to create a mix of styles by combining different ones , but the mixture of dance and pole must be visible .**

**We repeat it so that there is no doubt : the competition is a poleography contest !**

**let us give an example of styles to be married at the pole :**

**hip-hop, floordance, ballet, modern, contemporary,exoticdance, bellydance, tribalfusion, vouguin', waacking', dancehall, housedance, lyrical, ballroom and latino, tango,break dance... and more and more...**

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.

As well as it is very important not to drop the pole to show us only the dance technique.

The contamination between movements at the pole and then awareness to it and the dance must be ONE.

A storytelling approach ( with a clear plot to declare ) is not necessary, focus instead on expressing the main concept of your performance.

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).

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

**EXTRA BONUS “KILL THE BEAT”**

**Kill the Beat** :It can be given just once . **5 extra points** for timing-synchronization (both music beat and members’ synchronization), fluidity in connection to the kind of style, musicality

**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:

	<b>max (20) point</b>	
<b>Performance</b>		
<b>Technique</b>		
<b>Choreography</b>		
<b>Creativity</b>		
<b>Presentation</b>		
	<b>TOTAL POINTS :</b>	<b>Kill the beat : ( 5 pt )</b>
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 ( head judge )	
	<b>DEFINITIVE SCORE :</b>	

## PERFORMANCE LAST RULES

- If any contestant chooses the same music, the 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 food, liquids, fire, flying glitter ,or otherwise any fluttering or sticky objects that might slow down stage cleanup between performances

\*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 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:

attention , Pressure is the first competition that provides - ONLY IN THE OPEN CATEGORY - two stages of competition : read carefully

1. Division match
2. Grand finale

### 1. Division match:

**20th sept. from 9:00am to 18:00pm , Teatro “La Contrada” via Ghirlandaio 12**

[ 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 ) ]

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

**Including 3 extra awards for BEST THEME, BEST CHOREOGRAPHER, BEST CREW ( read in the “awards” section )**

### 2. Grand Finale:

**20th sept. from 20:30pm to 22:00pm , Teatro “La Contrada”, via Ghirlandaio 12**

**champions from each division of exclusively the open category will compete against each other for the Grand Finale with ONE OTHER COREOGRAPHY .**

Music 's and performance's time limit for junior and new generation division must not exceed 3 minutes. ( **NO LESS THAN 1:50 MINUTES** )

Music's and performance's time limit for adults division must not exceed 4 minutes. ( **NO LESS THAN 2:50 MINUTES** )

mash up, and mixes are allowed

## **Attention , what is the Grand finale?**

The grand finale is a phase of the competition , the last one that gives the most “show” to the audience because it selects the best performers of the day.

Grand Finale also gives the opportunity to win till 1200 euros electing the overall champion or champions of the contest!

**We wanted to write a couple of FAQs here to clarify the approach to this step.**

### **1. Do I have to submit my second music on the same day of registration?**

NO, BEING A FINAL STEP AND THEN WITH HIGH OR LOW PROBABILITY OF PARTICIPATING , THE SECOND MUSIC TRACK , FOR ALL PARTICIPANTS IN THE OPEN CATEGORY , MUST BE CARRIED ON A USB KEY AND DELIVERED DIRECTLY TO THE ORGANIZERS ONLY IF SELECTED FOR ACCESS TO THE FINAL STAGE AFTER THE DIVISION MATCHES!

### **2.Can I use the same music , changing the choreography ?**

NO. YOU MUST USE DIFFERENT MUSIC , **MUSIC AND CHOREOGRAPHY MUST BE DIFFERENT FROM THE FIRST ONE.** AS YOU WILL HAVE NOTED THE MINIMUM LIMIT ON THE DURATION OF THE MUSIC TRACK HAS CHANGED , THE MAXIMUM HAS NOT.

PERFORMER OR PERFORMERS WILL BE CONVOCATED, THEY’LL PROVIDE SECOND MUSIC TRACK ON A USB KEY .

### **3.Is this a phase with the same scoring of Division Match ?**

NO. EACH JUDGE WILL CHOOSE ONE BEST PERFORMANCE BETWEEN ALL THE PERFORMANCES AND ONE EXTRA “BONUS” FROM “HOUSE OF AERIALIST” WILL CONFIRM OR CHANGE THE RESULT.

### **4. Do I have to use the same style of dance ?**

NO YOU CAN BRING COMPLETELY DIFFERENT GENRES OF DANCE.

## **CHAMPIONS OF EACH DIVISION**

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

- **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 or alcohol use
- 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 from 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€**

**+ the winner will be the judge for the next edition, if a group wins , only one representative will be sent**

**3 additional awards for Best Theme, Best Choreographer and Best Crew :**

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

## **THE BEST THEME “CATEGORY”**

**There is a “competition in the competition” that rewards , every year, anyone who chooses to marry the theme delivered by the organization.**

the Best theme award has a well-defined subject .

**2024 is the year of "TECHNOLOGIES"**

**“..The Art of movement is the perfect interlocutor with the new technological era, a digital era described by the complexity of human relationships ; everything runs quickly around utopic futures, sometimes dis-humanized!**

**Dynamism, speed,rhythm,instability, virtualism and reflection are the motors of this.... journey..”**

\*Retirement from the competition for any reason does not grant the right to a refund of the competition entry fee

\*Only the definity score will be sent individually for each athlete to the e-mails provided at the time of registration

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

\* All winners who do not give their bank transfer credentials after 30 days of receiving the email , will be automatically excluded from receiving the prize

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

\*all money prizes are provided from our sponsors



# - PRESSURE FREESTYLE BATTLE DANCE CONTEST

Pressure freestyle battle 1 VS 1 mixed style is a dance competition where freestyle takes the total scene.

The ability to use any kind of style makes the creativity and possibilities of this competition totally endless.

This is the most street and urban competition that will show the world how much pole dancing is evolving and how much it can be contaminated by any kind of dance style : HIP HOP, BALLET, CONTEMPORARY, BALLROOM, EXOTIC DANCE, LATINO, LYRICALL AND MORE

## PERFORMING SECTION:

- INDIVIDUAL

**The competition allows free use of pole either for doing aerial shapes or for dancing with them in a "low-zone".**

THE INTENT IS TO MAKE SPACE FOR EVERYONE DOING POLEOGRAPHY, CONTAMINATING OWN STYLES AND ADAPTING THEM TO THE USE OF THE POLE AND ITS SPACES.

**Participants are not required to focus just on the "tricks",**

**In the competition ring we challenge each other one against one with the craziest, flowing, new , eye-catching, energetic ideas.**

**Two poles, one per participant, in static or spin mode of your choice , two contestants , a live DJ and MC ,master of ceremony : let the party start!**

## DIVISIONS:

**1 junior** : from 14 to 17 years old

**2 adults**: from 18 and upper

**attention: contestants are persons who meet the following conditions:**

**1-must be 18 years old during the year 2024 ; 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 14 and 17 during the 2024.**

**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.

## **How does the Battle work?**

The contest is divided mainly into two factions : **GREEN VS RED.**

**Registration is open to the participation of maximum 56 athletes for the OPEN CATEGORY and maximum 26 for the BEGINNER CATEGORY .**

At the end of the registration phase, the organization divides the participants into two batteries by assigning a number and color.

On the day of the competition, the GREEN battery challenges the RED battery with 1 VS 1 challenges.

On the stage are: 2 poles , one for the GREEN battery one for the RED battery ; The DJ ; the MC .

There are 4 rounds :

1- from the first round the best 16 ( for the Open category ) and the best 8 ( for the Beginner category ) go to the quarterfinals .

2-from the second round the best 8 ( for the Open category ) and the best 4 ( for the Beginner category ) go to the semi-finals

3-from the third round pass to the FINAL the best 4 who will create the 3-level podium ( for the Open category ) ; 2 who will determine with their challenge, the champion ( for the Beginner category )

4-FINAL AND PRIZES

**\*attention : in the first round , contestants will dance at the same time during the music track. From quarterfinals to finale , during the length of the song, the contenders will perform separately**

**\*ATTENTION : ONLY IN THE FINAL ROUND WILL THERE BE A DOUBLE SPARRING MATCH ON TWO DIFFERENT TRACKS!!**

## **How does the music selection work?**

The DJ has a pre-selection of the music given by the organization. No participant be aware of what kind of music will be played or what tracks might pass.

In each Round a type of music is selected ( Hip hop or Funk or Dub or Commercial or House for example ) so as to test the participants on their adaptability !

The music at each round and for each participant plays for 60 seconds, ended by the MC's announcement : " 3, 2, 1....stooop!"

## How does the Judgment works ?

There are 3 judges.

They are not just dancers and polers, but choreographers or show-man/girl, who have a broader view of performance.

This motivated the fact the battle is MIXED STYLE . it's not just about the technical gesture, but much more the ATTITUDE, THE PRESENCE, THE..."X FACTOR" that will decide which of the two wins.

**The paddle will be clear : GREEN or RED**

### 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 or alcohol use
- 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

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**Publication of participants: Two months before the competition all participants will be listed ( July 2024 )**

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**Medical certificate**

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And choose the payment option

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**Participants will register through our website which will collect the necessary data .**

**Participants can proceed to payment by card or pay pal again on the website.**

### **Prizes:**

Beginner Category, solo champion , eur and vouchers of sponsors

Open Category

3rd place 250 eur and vouchers of sponsors

2nd place 350 and vouchers of sponsors

1st place 500 eur and vouchers of sponsors + **the winner will be the judge for the next edition**

**Pressure Poleography Contest wishes you all good luck !**

Contacts:

[pressurepoleographycontest@gmail.com](mailto:pressurepoleographycontest@gmail.com)



