



E X O T I C

D Y N A S T Y

INTERNATIONAL CHAMPIONSHIPS

GENERAL RULES – EXOTIC POLE COMPETITION

Our rulebook outlines everything you need to know in order to participate in the championship.

It's important that you read each section carefully **before completing your registration**.

1. General Participation Requirements

- Participants must be at least **18 years old** at the time of registration.
- You must be in suitable **medical condition** to perform dance or high-intensity physical activity.
- **Compliance with all organizational rules** and instructions from the technical and production teams is mandatory.
- The **use of drugs or alcohol** is strictly prohibited throughout the event, including rehearsals, backstage, and performances.
- The organization **will not issue refunds** in case of withdrawal due to injury or personal reasons.
- All participants must **respect the jury's decisions**. In case of disagreement, both the athlete and their entourage must maintain a respectful and civil attitude at all times.
- The jury's decisions are **final and non-negotiable**. Serious misconduct may lead to **immediate disqualification**.
- Performances must follow the **official schedule**. Any delays must be avoided.

2. Application & Official Dates

To participate, you must follow the timeline below:

- **Registration opens:** May 15
- **Registration closes:** July 15
- **Finalists announced:** August 1
- **Music form submission deadline:** October 1
- **Stage rehearsals:** October 31
- **Final competition:** November 1

3. Fees & Pricing

- **Solo video entry:** €20 + finalist fee €80
- **Duo or group video entry:** €20 + finalist fee €75 per person
- **Groups with more than 5 members:** discounted fee of €55 per person

Note: Payment of the participation fee implies full acceptance of all the terms and conditions outlined in this rulebook.

4. Check-In & Accreditations

Participants may arrive at the event at any time, but **access to the backstage area will only be allowed one hour before their scheduled performance.**

Check-in is mandatory and must be completed at least 1 hour and 30 minutes before the performance.

Failure to appear on time will be considered a **voluntary withdrawal** from the event.

An **official ID document** must be shown during check-in.

Accreditations are personal and non-transferable. Any misuse will result in **immediate disqualification.**

After their performance, participants must **return their accreditation** in exchange for a **Free Pass wristband**, which grants access to the event and the **Closing Party on Sunday.**

In case of loss or disappearance of the accreditation, participants must **pay the ticket price at the door** to re-enter the venue.

 Accreditations and pole test sessions will take place on **Friday, October 31**, during the **Opening Ceremony** of the event.

5. Image Rights

By registering and paying the participation fee, the participant **authorizes the recording and distribution of their image and performance** across social media, press, and promotional content related to the event.

All materials may be used by the organization for **informational and commercial purposes.**

6. Coaches & Assistants

Coaches and assistants may access the event with a valid ticket.

Only **one coach or assistant may enter the backstage** if the athlete requires it, and must **strictly follow staff instructions** at all times.

Their behavior will also be monitored. **Any misconduct by coaches or assistants may negatively affect the athlete's standing** in the event.

If you have questions about your category, registration process, or need technical assistance with your submission video, feel free to contact the organizing team via **email or social media.**

Thank you for being part of this experience.

May your art, your strength, and your story shine on stage. ✨

CATEGORIES & STYLES – GENERAL FUNCTIONING

Our competition is structured into categories by level and divisions by style, with the goal of offering a fair, organized, and enriching space for all participant profiles.

CATEGORIES

Each participant must register in only one category, according to their level of experience and their role within the pole industry:

Warriors – Amateur Category

For people with less than 2 years of experience, no professional dance training, and no instructors.

Royale – Semi-Pro Category

For athletes with greater technical experience who are not yet working professionally in pole.

Legend – Professional Category

For instructors, artists, and professional dancers with a high technical and stage level.

Icon Stars – Special Category (by invitation)

Exclusively reserved for recognized artists within the exotic pole industry.

Direct applications are not possible; access is granted only through an official invitation from the organization.

STYLES

Each category will be further divided into different styles, based on the artistic proposal of each performance. Some examples include:

Available Styles:

Classic Temptation

Description: This style is inspired by the early days of pole dance, when sensuality and theatricality were the dominant characteristics. Movements tend to be more classic and defined, with a focus on posture and traditional poses. It blends retro sensuality with moves that were popular in the early stages of pole dancing.

Characteristics:

Sensual and elegant pole style focused on clean lines, fluidity, and control.

Sensuality is key, with smooth transitions and mastery of movement.

More defined and stylized movements, classic sensual poses, less acrobatics and more emphasis on theatricality.

Stripping off clothing is a key element.

Retro or vintage music is often used to reinforce the atmosphere.

Drama Queens

Description: In this style, dance becomes a more dramatic or theatrical performance. Sensuality is combined with elements of acting and narrative. It is a fusion between pole dance and dramatic art, where the dancer creates a story or character that develops throughout the choreography. It is highly visual and aims to convey emotions through performance.

Characteristics:

Focused on theatrical and emotional storytelling.

Participants must tell a story through their performance, with strong emotional expression.

High theatricality, use of costumes and characters, and a central theme or story told through the dance.

The emphasis is not just on tricks, but on **narrative and emotional interpretation**.

Pole Predators

Description: In this style, movements are more intense, mixing sensuality with strength. More technical tricks like inversions and spins are incorporated, making the performance more dynamic and challenging. Unlike Exotic Flow, the focus is on power and physical prowess while maintaining sensuality.

Characteristics: Energetic style, with an emphasis on strength and technique.

High-impact movements, challenging aerial tricks, and bold attitude.

Use of acrobatic moves and harder techniques (inversions, fast spins, jumps), strength and flexibility, all while keeping a sensual base.

It's more intense and faster-paced compared to other exotic styles.

Mystic Flow

Description:

This style is characterized by soft, fluid, and sensual movements. The focus is on connection with the music and movement flow, without heavy emphasis on acrobatics or complex tricks. It's a more organic, relaxed form of dance where sensuality is key.

Characteristics:

A flowing, ethereal style defined by grace and spiritual connection.

Smooth, organic movements paired with strong stage presence create a mystical atmosphere.

Slow and fluid movements, soft transitions between poses, and a deep connection to the music.

The focus is more on dance style, interpretation, and musicality than on advanced tricks—any tricks performed must be executed so fluidly that the dancer appears to still be dancing through them.

Dynasty Crew

Description:

In this category, participants dance in pairs or groups, performing synchronized choreographies. Movements are combined with duo or group acrobatics, adding a social and collaborative dimension to pole dance. Duos or groups must coordinate movements, transition together, and work as a team to create a harmonious routine.

Characteristics:

A collective style designed for groups or duos, where **synchronization, cohesion, and shared energy** are key.

Perfect for those who want to showcase **strength through teamwork**.

Collaborative choreographies, partner or group work, shared tricks, and tight synchronization.

It emphasizes unity between dancers, alongside sensuality and technique.

SPOTS PER CATEGORY & STYLE

To maintain a well-organized and high-quality competition, the following participant limits have been established:

- **Warriors Category (Amateur):**
Max 10 participants per style
- **Royale Category (Semi-Pro):**
Max 10 participants per style
- **Legend Category (Professional):**
Max 6 participants per style
- **Icon Stars Category:**
Entry by **invitation only**. No public registration or open spots.

REALLOCATION OF SPOTS BETWEEN STYLES

If one style division exceeds its participant limit and generates a waiting list, available spots in other styles within the **same category** may be reallocated, provided there are vacancies.

Example:

If in the Warriors division – Classic Temptation style there are 10 participants and 3 on the waiting list, but only 7 people have registered in the Drama Queens style, the 3 remaining spots from Drama Queens will be reassigned to those on the Classic Temptation waiting list.

This would result in 13 participants in Classic Temptation and 7 in Drama Queens, reaching the **maximum of 20 participants** for the Warriors category.

 Important Notes:

- The organization reserves the right to adjust participant limits if deemed necessary for the balanced development of the event.
- The waiting list will be managed according to the **order of confirmed registration**.

✨ **Warriors – Amateur Category** ✨

Exotic Pole | Beginner–Intermediate Level

This category is intended for individuals who are just starting their journey in the world of exotic pole and want to experience a competition without professional pressure. The focus is on passion, effort, and connection with the style—not on technical perfection.

✅ **Participation Requirements:**

- **Limited experience:**
Open to those with **less than two (2) years** of experience in pole dance or exotic pole, whether through regular classes or self-taught practice.
- **Non-instructors:**
This category is reserved for those **not working as pole dance instructors**, or in related disciplines such as dance, gymnastics, aerial arts, etc.
- **Non-professional dancers:**
Participants **must not work professionally as dancers** (of any style) or have a professional background in dance training.

 Perfect for you if...

- You're taking your first steps on stage.
- You want to challenge yourself and shine without comparing yourself to professionals.
- You're looking for an experience that values your dedication, personal style, and growth.

✂ **Royals – Semi-Pro Category** ✂

Exotic Pole | Intermediate–Advanced Level

This category is for those who already have a solid foundation in exotic pole and are looking for a greater technical and stage challenge, without yet being at a professional level.

Ideal for emerging artists or experienced dancers who do not yet work in pole as professionals or instructors.

✅ **Participation Requirements:**

- **Intermediate to advanced experience:**
Open to participants with **more than two (2) years** of pole dance or exotic pole training, with confident transitions, combos, and intermediate aerial technique.
- **Not pole professionals:**
Open to individuals who do **not teach regular pole classes** as lead instructors or in related disciplines. Occasional workshops or substitutes are allowed, as long as it's **not their main occupation**.

- **No professional dance background:**
Participants **must not have academic training or professional dance experience** (e.g. dance companies, professional studios, etc.).
- **Competition history:**
They may have competed previously in amateur or semi-pro categories, but **must not have been winners in professional-level competitions**.

🔥 Perfect for you if...

- You already feel confident in your technique and stage presence.
- You want to challenge yourself with a more complex and ambitious routine.
- You're aiming to transition toward the professional level through competition experience.

🌟 Special Category – Golden-Master 40 🌟

40+ years | Basic or Intermediate Level | Free Style

A category created to honor the energy, determination, and elegance of those who have chosen pole as a form of expression and empowerment at any age.

Golden-Master 40 is not defined by style, but by the passion brought to the stage.

✅ Participation Requirements:

- **Age:**
Exclusive to individuals **aged 40 and above**, with no upper age limit.
- **Technical level:**
This category is for athletes with a **basic or intermediate level** in pole dance, regardless of the style (pole fitness, exotic, sensual, etc.).
- **Free style:**
There is **no required aesthetic**. Any style of interpretation is allowed: exotic, classic, contemporary, sensual, theatrical, etc. The concept is completely open!
- **Advanced level athletes (40+):**
Individuals over 40 with an **advanced technical level** must register in the **Semi-Pro** or **Professional** categories according to their profile.

✨ Perfect for you if...

- You're 40+ and exploring pole as an artistic and personal path.
- You want to compete in an environment that respects your pace, your story, and your evolution.
- You want to inspire with your presence and celebrate your journey without comparing yourself to more demanding technical levels.

🏆 Professional Category – Legends 🏆

👑 Legends | Professional 👑

This is the **highest category** of the event, intended for those who have made pole and performing arts their career.

A space for true stage icons: with presence, technical mastery, signature style, and proven experience.

✅ Participation Requirements:

- **Pole professionals:**
Open to individuals actively working as **instructors, artists, or performers** within the pole dance and exotic pole industry.
- **Advanced competition history:**
Participants who have **placed on the podium** in **semi-professional or professional categories** in previous national or international competitions.

- **Performing artists:**
Participation is welcomed and encouraged for **professional dancers, stage artists, acrobats, or performers** with a solid background.
- **High-level instructors:**
This category includes those who teach **advanced-level classes** regularly or are part of the **teaching staff** at pole or dance studios.

🔥 Perfect for you if...

- You live from art and movement.
- You teach, compete, or perform professionally.
- You have your own style, solid technique, and undeniable stage presence.
- You want to inspire, challenge, and leave a mark.

🌟 Special Category – Icon Stars 🌟

Invitation Only | Renowned Artists | Free & Performatic Style

Icon Stars is an elite category, created to honor those who have left a mark on the exotic pole scene nationally or internationally. This space is exclusive to recognized figures within the industry, selected directly by the jury for their trajectory, impact, and unique artistic proposal.

✨ What is Icon Stars?

It is a **non-competitive** category in the traditional sense but rather a high-level artistic showcase. Those who participate in Icon Stars not only dominate the stage but transform it. They are references, inspirations, and the evolution of exotic pole.

✅ Key Features:

- **Exclusive by invitation:**
Only those invited directly by the jury or the organization can participate, in recognition of their trajectory, influence, or artistic contribution to the world of exotic pole. This is **not** a category open to public registration.
- **For established artists:**
This category is reserved for widely recognized athletes and performers in the industry, whether as **artistic references, style creators, or community leaders**.
- **Completely free style and format:**
There are **no technical or stylistic limitations**. What matters most is the **stage presence, conceptual coherence, body expression, and ability to emotionally impact** the audience.
- **Focus on art and expression:**
Here, the most important aspect is not technical difficulty, but the **strength of the message, the artistic identity, and the connection with the public**.

🔥 Perfect for you if...

- You are a **consolidated or influential figure** in the exotic pole scene.
- You have inspired others through your **art, trajectory, or unique style**.
- Your artistic proposal deserves a space to shine without **competitive limitations**.
- You have been **recognized by the jury** as a **living legend** of the stage.

ADDITIONAL NOTES:

- All categories are mixed genders.

- Full nudity is allowed as long as intimate parts are not explicitly shown. Topless performance is permitted with pasties.
- The use of pyrotechnics, water/liquids, or live animals in the performance is prohibited.

Scoring Criteria

These templates detail the criteria that will be taken into account by the judging panel, including technique, fluidity, musicality, creativity, stage presence, and difficulty. Each category has been carefully designed to value the unique talent and style of each artist. We encourage you to review these documents before the competition to familiarize yourself with the aspects that will be evaluated during each performance.

TECHNICAL SECTION – GENERAL TEMPLATE FOR EXOTIC CATEGORIES

Pole Predators, Mystic Flow, Drama Queens, Classic Temptation, Doubles and Groups.

Technical item	Description	Points	Final score
Technical Control and Precision	Clean Execution of Movements Good body control, correct alignments, and careful entrances and exits on and off the pole.		
Fluidity and Transitions	Connected Movements without Abrupt Breaks Smooth transitions between levels (pole, floor, heelswork) in a natural and effortless manner, without any sudden interruptions.		
Use of Stage Space	Smart Stage Movement Intentional use of the entire pole, floor, and stage space, with thoughtful choreography that enhances the performance.		
Pole Technique (Tricks and Combos)	Difficulty, execution, and variety of pole figures or combos, including spins, tricks, and other acrobatic elements.		
Heelswork	Technical quality of heel work: control of foot placement, slides, spins, and balance while wearing heels.		

Technical item	Description	Points	Final score
Transitions Off-Pole Floorwork / Low Pole)	Floorwork Technical quality of floor movements: well-executed, controlled, and purposeful, with clear intention behind each movement.		
Synchronization (for duos or groups only)	Coordination in timing, execution, and cohesion between performers The ability to execute movements simultaneously, with synchronized timing, seamless transitions, and a unified performance that showcases the group's cohesion.		

POLE-PREDATORS / Artistic Section. Exotic Hard

Artistic section	Description	Points	Final score
Stage Power	"Does the artist dominate the stage from the very first second? Does she have a magnetic presence, a firm and empowered attitude?"	0-20	
Beat Riding	"Do the movements ride the rhythms of the music? Are there clear hits, accents, pauses, or well-executed contrasts in sync with the music?"	0-20	
Signature Flavor	Does she have a clear personal style? Sensuality with character? Does she combine elegance with roughness or intensity without losing aesthetic appeal?"	0-20	
Raw storytelling	Even if it doesn't tell a classic story, does it convey something powerful? Is there emotional evolution, a journey, or simply a constant energy that feels real?"	0-20	
Killer details	"Hands, gazes, use of hair, heels, gestures... Did she pay attention to the details? Were there visual moments that stayed with you?"	0-20	
Look & Vibe	"Is the outfit, makeup, music, and movement in sync? Did she create a visual universe that is consistent with her style and concept?"	0-20	

MYSTIC FLOW / Artistic Section

Artistic section	Description	Points	Final score
Liquid Motion	Do the movements merge into each other as if there were no cuts? Is there continuity, fluidity, gliding, and a conscious use of time?"	0-20	
Emotive presence	Can you feel what she conveys? Is there a clear emotion reflected in her body and face? It's not just about moving well—did she make you feel something?	0-20	
Heels Work & Floorwork	Is there intentional use of the heels and the floor as main elements? Do the slides, steps, spins, and transitions have flow and originality?	0-20	
Musical Weaving	Does the artist weave her body with the music, connecting with the rhythms, melodies, and pauses? Does the choreography breathe with the song?	0-20	
Visual Poetry	Did the routine have aesthetically impactful or beautiful moments? Did she use the set, space, body, hair, or wardrobe in an expressive way?	0-20	
Atmosphere & Aesthetic	Did everything we saw belong to the same universe? Outfit, music, makeup, set design, energy... did it feel cohesive?	0-20	

DRAMA QUEENS / Artistic Section: Sensuality with a Story

Artistic section	Description	Points	Final score
Character Embodiment	Was a clear character or identity presented from the start? Did the performer become her character, with her body, gaze, and energy?	0-20	
Storytelling Stage	Did the choreography tell a story or convey a clear idea/emotion? Did she use sensuality, drama, or comedy as a means of communication, not just for impact?	0-20	
Theatrical Flow	Did the acting integrate seamlessly with the exotic movement without abrupt cuts? Did each step, pause, and transition have a narrative purpose?	0-20	
Creative Use of Props / Set Design	Were props or wardrobe used as part of the message or scene? Was there imagination, good use, and stage coherence?	0-20	
Facial & Emotional Expression	Did the face, body, and gestures convey real emotion? Were there moments when the audience could clearly read what she was feeling?	0-20	
Staging & Concept	Did the entire created universe have visual and artistic coherence? Was the music, outfit, makeup, effects... in service of the concept?	0-20	

CLASSIC TEMPTATION - Artistic Section (The Art of Seducing Without Asking for Permission)”

Artistic section	Description	Points	Total score
Grind & Flow	Were the body movements (hips, torso, glutes) fluid and sensual? Was there a variety of rolls, grinds, and waves? Were they well connected to the music?	0-20	
Attitude & Swag	Is the stage presence powerful, confident, and fearless? Does the attitude remain consistent from start to finish with style, without breaking character?	0-20	
Souful seduction	Is there elegant sensuality, with intention and without exaggeration? Does every gesture, every gaze, every undulation have a purpose?	0-20	
Groove Factor	Is there connection with the beat? Does the body react to the music with cadence, groove, and well-defined accents?	0-20	
Art of the Tease	Is the removal of clothing done with intention, control, and stage play? Does it create anticipation, tension, or visual impact?	0-20	
Original Look & Vibe	Does the outfit, makeup, and music evoke the aesthetic of the early days of pole in clubs? Is there coherence between the image and the vibe being transmitted?	0-20	

GOLDEN +40 - Artistic Section

Artistic section	Description	Points	Final score
Expression Vibes	Does the participant express emotions authentically through their body and face? Body and facial expression.	0-20	
Stage Presence & Signature Style	Is a clear personal style and strong stage presence perceived? (Style and personality)	0-20	
Choreo Creativity	Is the choreography creative, varied, and does it feature original transitions?	0-20	
Musical Flow	Does the participant interpret the music with precision, rhythm, and sensitivity?	0-20	
Aesthetic Cohesion	Is there coherence between the outfit, the music, and the overall artistic concept?	0-20	
Impact & Wow Factor	Does the artistic proposal manage to impact, surprise, or move the judges?	0-20	

"EXOTIC DUOS & GROUPS - Artistic Section, When Art Becomes Connection and Complicity"

Artistic section	Description	Points	Final score
Stage Connection	Is the complicity, emotional synchronicity, and play between the bodies felt? Is there real or symbolic contact that builds a shared story or energy?	0-20	
Synchronization and Coordination	Do they move in harmony? Are the timings well-measured, and are the entrances and exits clean and smooth?	0-20	
Creativity in Pairs or Groups	Did they create interesting shapes, structures, or visual moments between multiple bodies? Is the use of group space original and dynamic?	0-20	
Visual and Stage Composition	Is the staging well thought out as a whole? Is there a noticeable intelligent spatial distribution with visual impact?	0-20	
Relationship with the Music and Shared Rhythm	Does the entire group flow with the rhythm of the music coherently? Is there unity in the musicality, without each person going in their own direction?	0-20	
Look & Styling Coherente	Is the group image well-crafted? Does the wardrobe, makeup, and style have a collective and coherent identity?	0-20	

MUSIC SUBMISSION, STAGE USE AND TECHNICAL POLE DETAILS

To ensure a smooth and fair competition process, we are sharing the official guidelines regarding stage use, music submission, and the technical features of the performance space.

MUSIC SUBMISSION

All finalists must submit their music track by **October 1st** through mail: exoticdynastychampionship@gmail.com

File format: MP3

File name: Must include the participant's name and the corresponding category.

 *Example:* LolaJames.Amateur.ClassicTemptation.mp3

Music duration by category:

- **Warriors (Amateur):** 3:00 to 3:30 minutes
- **Royale (Semi-Professional):** 3:00 to 3:30 minutes
- **Legend (Professional):** 3:30 to 4:00 minutes
- **Icon Stars:** 3:30 to 4:00 minutes

 Failure to submit the file on time or in the required format may affect the athlete's participation.

QUALIFICATION VIDEO

Each participant must submit a **90-second video** as part of the registration process.

- The video should reflect the style of the category being applied for.
- If applying to more than one category, a separate video must be submitted for each one.
- Each registration is individual and requires its own payment.

STAGE AND POLES – TECHNICAL SPECIFICATIONS

The stage is professionally set up to ensure equal conditions for all athletes.

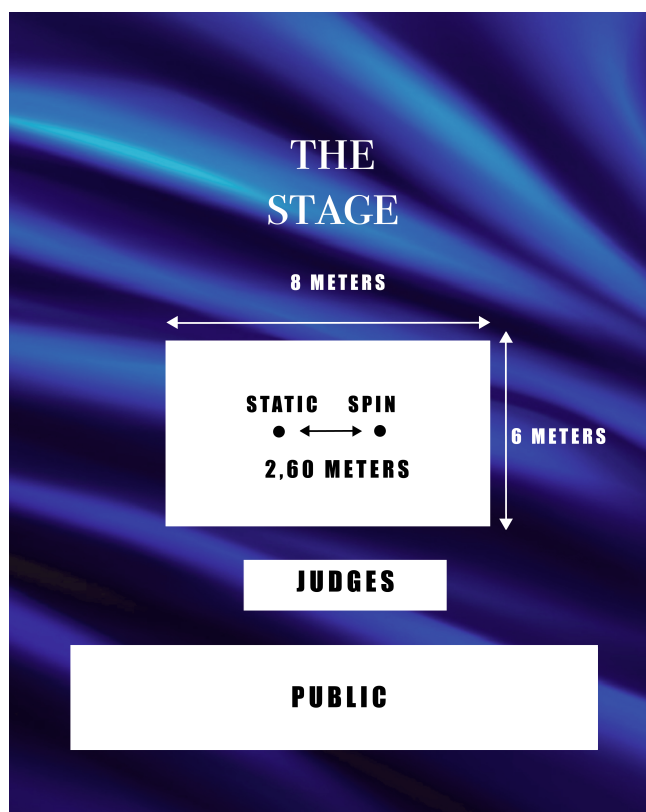
- **Pole height:** 4 meters
- **Distance between poles:** 2.60 meters
- **Pole diameter:** 45 mm
- **Configuration:** 1 static pole and 1 spinning pole
- **Brand:** X-Pole

Pole selection

- Use of both poles is completely optional.
- The athlete may choose to use only one pole or both, based on their artistic and technical preferences.
- There will be **no penalties** for using only part or all of the setup.

👑 STAGE REHEARSALS

- Pole and stage rehearsals will take place on **October 31st**, as part of the general rehearsal and accreditation process.
- This time is provided so that athletes can get familiar with the technical setup before the official competition.



📌 QUICK SUMMARY

Element	Details
Music	MP3, named with your name + category. Example: AnaPerez.Royale.Dramaqueens.mp3

Element	Details
Duration by category	3:00 a 3:30 (Warriors / Royale) – 3:30 a 4:00 (Legend / Icon Stars)
Video Entry	90 seconds, one video per category.
Pole diameter	45 mm
Distance between poles	2,60 meters
Technical setup	1 static pole + 1 spinning pole
Technical setup	Free choice, no penalties
Technical setup	October 31st, with accreditation distribution