



EXOTIC

DYNASTY



INTERNATIONAL CHAMPIONSHIPS

Our regulations set out everything you need to know in order to take part in the championship. Before completing your registration, it is important that you read each point of these regulations carefully.

GENERAL REGULATIONS – EXOTIC POLE COMPETITION

These regulations bring together the fundamental rules that govern participation in our competition. All athletes and attendees must read them carefully before confirming their 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.
- It is mandatory to **comply with the organization's rules** and follow the instructions of the technical and production team.
- The **consumption of drugs or alcohol is prohibited** throughout the entire event, including rehearsals, backstage and performances.
- The organization will **not refund fees** in the event of withdrawal due to injury or personal reasons.
- All participants must **respect the jury's decisions**. In the event 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 cannot be appealed**. Any serious misconduct may result in **immediate disqualification**.
- Performances must respect the **official schedule**, avoiding any kind of delay.

2. Application and Official Dates

To participate, you must comply with the following calendar:

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

3. Prices and Fees

- **Individual video entry:** €25 + finalist fee **€90**
- **Duo or group video entry:** €25 + finalist fee **€85 per person**
- **Groups of more than 5 people:** reduced fee of **€60 per person**

Note: Payment of the participation fee implies acceptance of all the conditions of these regulations.

4. Check-In and Accreditations

- Participants may arrive at the event at any time, but will **only have access to the backstage 1 hour before their performance**.
- The **mandatory check-in** must be done **at least 1 hour and 30 minutes before** the performance. If the participant does not show up in time, they will be considered **withdrawn** from the event.

- An **official identity document** must be presented at check-in.
- **Accreditations are personal and non-transferable.** If misuse is detected, **immediate disqualification** will apply.
- At the end of their performance, the participant must **hand in their accreditation** to receive a **Free Pass wristband**, valid for the event and the **Sunday Closing Party**.
- In case of loss or disappearance, the **value of the ticket must be paid at the box office** to re-enter.
- The **handing out of accreditations** and pole tests will take place on **Friday, October 31**, alongside the opening ceremony of the event.

5. Image Rights

- By registering and paying the fee, the participant **authorizes the recording and dissemination** of their image and performance on social media, press, and the event's promotional materials.
- The material may be used for informational and commercial purposes by the organization.

6. Coaches and Assistants

- **Coaches and assistants** may access the event with a valid ticket. Only one of them may enter the backstage if the athlete needs it, always respecting the staff's instructions.
- Their conduct will also be subject to evaluation. Any misconduct by assistants may affect the athlete's participation.

If you have questions about your category, the registration process or need technical assistance for your application video, you can contact the organizing team by email or social media.

Thank you for being part of this experience!

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

CATEGORIES AND STYLES – GENERAL OVERVIEW

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

CATEGORIES

Each participant must register in a single 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, with no professional dance training or role as instructors.
- **Royale** – Semi-professional Category. For athletes with greater technical experience who do not yet work professionally in pole.
- **Legend** – Professional Category. For professional instructors, artists and dancers with a high technical and stage level.
- **Icon Stars** – Special Category (by invitation). Reserved exclusively for recognized artists within the exotic pole industry.

STYLES

Each category will in turn be divided into different **styles**, according to the artistic proposal of each performance. Some examples are:

Classic Temptation

Description: This style draws inspiration from the early days of pole dance, when sensuality and theatricality were the dominant features. Movements tend to be more classic and marked, with a focus on posture and traditional poses. It is a blend of retro sensuality with some movements that were popular in the early days of pole dance.

Characteristics: Sensual and elegant pole, focused on clean lines, fluidity and control. Sensuality is key, with smooth transitions and command of movement. More marked and stylized movements, classic sensual poses, fewer acrobatics and more focus on theatricality. Removing items of clothing will be a key element. Retro music or music from past eras is often used to reinforce the atmosphere.

Drama Queens

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

Characteristics: Focused on **theatrical and emotional narrative**. Participants must tell a story through their performance, with a strong emotional charge and expressiveness. High theatricality, use of costumes and characters, and a central story or theme conveyed through the dance. The focus is not just on the tricks, but on the narrative and the emotional interpretation.

Pole Predators

Description: In this style, movements are more intense, with a mix of sensuality and strength. More technical tricks are incorporated, such as inversions, jumps, drops and spins, making the performance more dynamic and challenging. Unlike Exotic Flow, the focus is on power and physical skill, but without losing the sensual touch.

Characteristics: Energetic style, with emphasis on **strength** and **technique**. It is characterized by high-impact movements, challenging aerial tricks and a bold attitude. Use of acrobatic tricks and harder techniques (inversions, fast spins, jumps), strength and flexibility, while maintaining a base of sensuality. It is more intense and fast compared to other exotic styles.

Mystic Flow

Description: This style is characterized by smooth, fluid and sensual movements. The focus is on connection with the music and the fluidity of the movements, without a great emphasis on acrobatics or complicated tricks. It is a more organic and relaxed dance, where sensuality is key.

Characteristics: A fluid and ethereal style, notable for its **grace** and **spiritual connection**. Smooth, organic movements combine with a strong stage presence, creating a mystical atmosphere. Slow, fluid movements, smooth transitions between poses, and a great connection with the music. It is more about dance style, interpretation and musicality than about complicated acrobatic tricks; their execution must be fluid, so that it seems the artist keeps dancing while performing the trick.

Dynasty Crew

Description: In this category, participants dance in pairs or groups, performing synchronized choreographies. Movements combine with partner or group acrobatics, adding a social and collaborative dimension to pole dance. Duos or groups must coordinate their movements, make transitions together and work as a team to create a harmonious routine. A collective style, designed for groups or duos, where **synchronization**, **cohesion** and **collective energy** are key. Ideal for those who want to convey strength through teamwork.

Characteristics: A collective style, designed for **groups or duos**, where **synchronization**, **cohesion** and **collective energy** are key. Ideal for those who want to convey strength through teamwork. Collaborative choreographies, partner or group work, shared acrobatics, and synchronization. It focuses on cohesion between the dancers, in addition to sensuality and technique.

QUOTAS PER CATEGORY AND STYLE

To maintain an organized, high-quality competition, the following participant limits are established:

- **Warriors Category (Amateur):** Maximum 10 participants per style
- **Royale Category (Semi-professional):** Maximum 10 participants per style
- **Legend Category (Professional):** Maximum 6 participants per style
- **Icon Stars Category:** By direct invitation only. There is no open quota or public registration.

REASSIGNMENT OF PLACES BETWEEN STYLES

In the event that a division by style **exceeds its maximum quota** and generates a **waiting list**, available places from other styles **within the same category** may be **reallocated**, provided there are vacancies.

Example:

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

Thus, the division would end up with **13 participants in Classic Temptation** and **7 in Drama Queens**, completing the total quota of 20 for the Warriors category.

Important notes:

- The organization reserves the right to adjust quotas if it deems it necessary for the balanced development of the event.
- The waiting list will be managed in **order of confirmed registration**.

◆ Warriors – Amateur Category ◆

EXOTIC POLE | BEGINNER–INTERMEDIATE LEVEL

This category is aimed at people who are beginning 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:** People who have been practicing pole dance or exotic pole for **less than two (2) years** may participate, whether in regular classes or self-taught.
- **Non-instructors:** This category is reserved for **people who do not work as instructors** of pole dance or related disciplines (such as dance, gymnastics, aerial acrobatics, etc.).
- **Non-professional dancers:** Participation is limited to **people who do not work professionally as dancers** (of any style), nor have professional dance training.

Ideal for you if...

- You are taking your first steps on stage.
- You want to challenge yourself and shine in a competition without comparing yourself to professionals.
- You are looking for an experience that values your commitment, personal style and growth.

✕ Royals – Semi-professional Category ✕

EXOTIC POLE | INTERMEDIATE–ADVANCED LEVEL

This category is designed for those who already have a solid foundation in exotic pole and are looking for a greater level of stage and technical challenge, without yet reaching the professional level. Ideal for artists in training or people with experience who do not yet make a living from pole as instructors or professional competitors.

Participation requirements:

- **Intermediate to advanced experience:** Participants with **more than two (2) years practicing** pole dance or exotic pole, with fluid command of transitions, combos and intermediate aerial technique.
- **Non-pole professionals:** Open to people who **do not teach regular classes as main pole instructors** or related disciplines. Having given occasional workshops or substitutions is allowed, as long as it is not their main occupation.
- **No professional dance career:** They must not have academic training or professional experience as dancers (for example, companies, professional dance studios, etc.).
- **Competitive history:** They may have previously competed in the amateur or semi-professional category, but **must not have won in the professional category**.

Ideal for you if...

- You already have confidence in your technique and stage presence.
 - You want to push yourself with a more elaborate and challenging proposal.
 - You want to transition towards the professional level through competitive experience.
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☀ 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 with which the stage is inhabited.

Participation requirements:

- **Age:** Exclusive for people **40 years and older**, with no upper age limit.
- **Technical level:** This category is aimed at athletes with a **basic or intermediate level** of pole dance, regardless of style (pole fitness, exotic, sensual, etc.).
- **Free style:** Not subject to a specific aesthetic. **Any style** of interpretation is allowed: exotic, classic, contemporary, sensual, theatrical, etc. The proposal is completely free!
- **Advanced-level athletes (40+):** People over 40 who have an advanced technical level **must register in the Semi-professional or Professional categories**, according to their profile.

Ideal for you if...

- You are 40+ and exploring pole as an artistic and personal path.
 - You want to compete in an environment that respects your pace, your history and your evolution.
 - You want to inspire with your presence and celebrate your process without comparing yourself to more demanding technical levels.
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Professional Category – Legends

LEGENDS | PROFESSIONAL

This is the highest category of the event, intended for those who have made pole and the performing arts their career. A space for true icons of the stage: with presence, technical mastery, a defined style and proven experience.

Participation requirements:

- **Pole professionals:** Aimed at people who **work actively as instructors, artists or performers** within the pole dance and exotic pole industry.
- **Advanced competitive history:** Participants who have **reached the podium in semi-professional or professional categories** in previous competitions, national or international.
- **Stage artists:** The participation of professional dancers, stage artists, acrobats or performers with a consolidated career is allowed and encouraged.
- **High-level instructors:** This category includes people who **teach regular advanced-level classes** or who are part of the academic staff at dance or pole studios.

Ideal for you if...

- You make a living 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 ★

RECOGNIZED ARTISTS | FREE AND PERFORMATIVE STYLE

Icon Stars is an elite category, designed to pay tribute to those who have left a mark on the exotic pole scene nationally or internationally. This space is exclusive to **recognized figures within the industry**.

What is Icon Stars?

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

Main characteristics:

- **Aimed at artists with a career:** This category is reserved for **athletes and performers widely recognized in the industry**, whether as artistic references, style creators or community leaders.
- **Completely free style and format:** There are no technical or stylistic limitations. The **stage proposal, conceptual coherence, body expression** and the **ability to emotionally impact** are valued.
- **Focus on art and expression:** Here the most important thing is not technical difficulty, but the strength of the message, the artistic identity and the connection with the audience.

Ideal for you if...

- You are an established or influential figure in the exotic pole scene.
- You have inspired others through your art, your career or your 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 gender**.
- Full nudity is allowed as long as the intimate parts are not explicitly shown. Bare chest is permitted with the use of nipple covers (pasties).
- The use of **pyrotechnics, water/liquids or live animals** during the performance is prohibited.

Scoring Criteria

These templates detail the criteria that will be taken into account by the panel of judges, 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 invite 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	Total
Control & Technical Precision	Clean execution of movements. Good body control, correct alignments, careful entries and exits to and from the pole.	0–20	
Fluidity & Transitions	Movements connected without abrupt cuts. Changes between levels (pole, floor, heelswork) in a natural way.	0–20	
Use of Stage Space	Intelligent movement around the stage. Use of the entire pole, the floor and the space with intention.	0–20	
Pole Technique (tricks & combos)	Difficulty, execution and variety of figures or combos. May include spins, tricks, etc.	0–20	
Heelswork	Technical quality of heel use: control of footwork, slides, spins, balance.	0–20	
Off-Pole Transitions (Floorwork / Low Pole)	Technical quality of movements off the pole. Well executed, controlled and with intention.	0–20	
Synchrony (duos or groups only)	Coordination in timing, execution, cohesion between performers.	0–20	

POLE PREDATORS / ARTISTIC SECTION

Exotic Hard.

Artistic Section	Description	Points	Total
Stage Power	Does the artist command 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 surf the rhythms of the music? Are there marked hits, accents, pauses or contrasts well played against the music?	0–20	
Signature Flavor (Fire Style)	Does she have a clear personal stamp? Sensuality with character? Does she combine elegance with toughness or intensity without losing aesthetics?	0–20	
Raw Storytelling	Even without a classic story, does it convey something powerful? Is there an emotional evolution, a journey, or simply a constant energy that feels real?	0–20	
Killer Tricks	Are drops, jumps and tricks executed on the beat of the music? Does it include original or striking tricks? Do the transitions and acrobatics surprise and raise the intensity of the routine?	0–20	
Look & Vibe	Are the costume, makeup, music and movement in tune? Did it create a coherent visual universe with its style and proposal?	0–20	

MYSTIC FLOW / ARTISTIC SECTION

With style and essence.

Artistic Section	Description	Points	Total
Hypnotic Flow (Liquid Motion)	Do the movements melt into one another as if there were no cuts? Is there continuity, fluidity, slides and conscious use of time?	0–20	
Embodied Emotion (Emotive Presence)	Do you feel what she conveys? Is there a clear emotion reflected in her body and face? It is not just moving well—did it make you feel?	0–20	
Heelswork & Floorwork with Style	Is there intentional use of the heels and the floor as main elements? Do the slides, footwork, spins and transitions have flow and originality?	0–20	
Music on the Skin (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	

Artistic Section	Description	Points	Total
Visual Poetry	Did the routine have aesthetically striking or beautiful moments? Did it use the scenography, the space, the body, the hair or the costume expressively?	0-20	
Own Universe (Atmosphere & Aesthetic)	Did everything we saw form part of one same universe? Costume, music, makeup, scenography, energy—did it feel cohesive?	0-20	

DRAMA QUEENS / ARTISTIC SECTION

Sensuality with a story.

Artistic Section	Description	Points	Total
Living Character (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	
Stage Storytelling	Did the choreography tell a story or convey a clear idea/emotion? Did it use sensuality, drama or comedy as a means to communicate, not just to impress?	0-20	
Theatre in Motion (Theatrical Flow)	Was the acting integrated into the exotic movement without abrupt cuts? Did every step, pause and transition have narrative meaning?	0-20	
Creative Use of Props / Scenography	Were objects or costumes used as part of the message or scene? Was there imagination, good use and scenic coherence?	0-20	
Total Expressiveness (Facial & Emotional)	Did the face, body and gestures convey real emotion? Were there moments when the audience could clearly read what she felt?	0-20	
Artistic Direction (Staging & Concept)	Did the whole created universe have visual and artistic coherence? Were the music, costume, makeup and effects at the service of the concept?	0-20	

CLASSIC TEMPTATION / ARTISTIC SECTION

Artistic Section	Description	Points	Total
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, fearless? Is the attitude held from start to finish with style, without breaking character?	0-20	
Soulful Seduction	Is there sensuality with intention? Did every gesture, every gaze, every undulation have a purpose of seduction?	0-20	
Groove Factor	Is there rapport with the beat? Does the body react to the music with cadence, groove and well-marked accents?	0-20	
		0-20	

Artistic Section	Description	Points	Total
Strip Tease with Attitude (Art of the Tease)	Is the removal of garments done with intention, control and stage play? Does it generate expectation, tension or visual impact?		
Old School Visual Style (Look & Vibe OG)	Do the costume, makeup and music evoke the aesthetics of the early days of pole in clubs? Is there coherence between the image and the vibe conveyed?	0-20	

GOLDEN +40 / ARTISTIC SECTION

Artistic Section	Description	Points	Total
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 a 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 costume, the music and the overall artistic concept?	0–20	
Impact & Wow Factor	Does the artistic proposal manage to impact, surprise or move the jury?	0–20	

EXOTIC DUOS & GROUPS / ARTISTIC SECTION

When art becomes connection and complicity.

Artistic Section	Description	Points	Total
Stage Connection	Do you feel the complicity, the emotional synchrony and the interplay between the bodies? Is there real or symbolic contact that builds a shared story or energy?	0–20	
Synchrony & Coordination	Do they move in harmony? Is the timing well measured? Are the entries and exits clean and fluid?	0–20	
Creativity in Duo or Group	Did they create interesting figures, structures or visual moments between several bodies? Is the use of group space original and dynamic?	0–20	
Visual & Stage Composition	Is the staging well thought out as a whole? Is there an intelligent spatial distribution with visual impact?	0–20	
Relationship with Music & Shared Rhythm	Does the whole group flow to the rhythm of the music coherently? Is there unity in the musicality, without each one going their own way?	0–20	
Group Aesthetic (Coherent Look & Styling)	Is the group image well worked out? Do costume, makeup and style have a collective, coherent identity?	0–20	

MUSIC SUBMISSION, STAGE USE & TECHNICAL POLE DATA

In order to ensure a smooth and fair development during the competition, below we share the official guidelines on the **use of the stage**, the **submission of music**, and the **technical characteristics** of the stage space.

MUSIC SUBMISSION

All finalists must send their music track before **October 1** via email to 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 per 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, or to follow the requested format, could affect the athlete's participation.
 - Submission after the established deadline will incur a cost of €30.

QUALIFICATION VIDEO

- Each participant must submit a **90-second video** as part of the registration process.
- The video must reflect the style of the category being applied for.
- If you want to compete in more than one category, you must submit **a different video for each application**.
- Each registration is individual and requires payment of its **corresponding fee**.

STAGE & POLES – TECHNICAL SPECIFICATIONS

The stage is designed to provide equal conditions for all athletes, with a professional, high-quality setup.

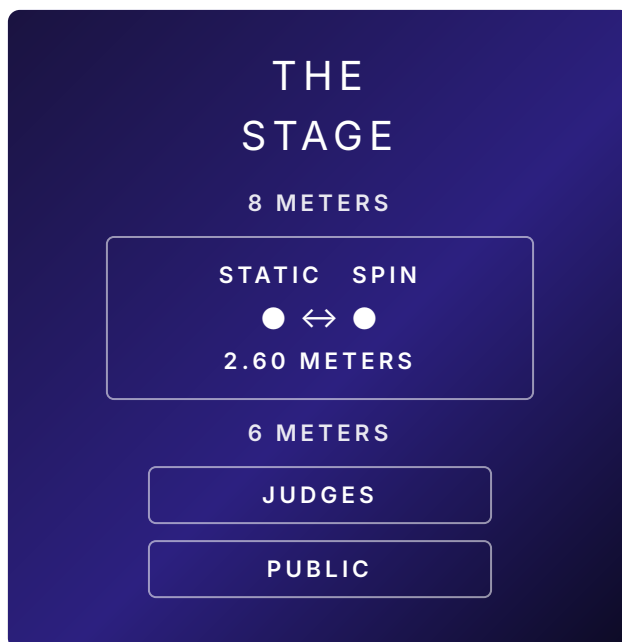
- **Pole height:** 4 meters
- **Distance between poles:** 2.60 meters
- **Pole diameter:** 45 mm
- **Configuration:** 1 static pole and 1 spinning pole (spin)
- **Brand:** X-pole

Pole choice

- The use of both poles is completely **optional**.
- The athlete may choose to use **only one pole or both**, according to their artistic and technical preference.

STAGE TESTS

- The **pole and stage tests** will take place on **October 30**, as part of the general rehearsal and accreditation handout.
- This space will allow athletes to adapt to the technical setup before the official competition.



QUICK SUMMARY

Element	Details
Music	MP3, named with name + category. Ex: AnaPerez.Royale.Dramaqueens.mp3
Duration per category	3:00 to 3:30 (Warriors / Royale) – 3:30 to 4:00 (Legend / Icon Stars)
Registration video	90 seconds, one video per category.
Pole height	4 meters
Pole diameter	45 mm
Pole distance	2.60 meters
Technical configuration	1 static pole + 1 spinning pole
Pole selection	Free choice, no penalties
Stage tests	October 31, alongside the accreditation handout

If you need help with the music submission, the video format or have questions about the technical use of the stage, do not hesitate to contact the organizing team. We are here to help you shine in every detail.