



Event name : PICK (Poledance International Championship of Korea)

Event location : Guro-gu civic center auditorium

Application Period

2022. 6.27 - 9. 20 (Music submission period 9. 21 - 9.30)

Schedule of Event & Divisions

2022. 10. 7 - 10. 8

- Rehearsals will be held on October 7th, and the competition schedule for each division will be announced later.

1. POLE ART

Amateur Lv 1,2,3 / Semi-professional / Professional /

Master 40+ Amateur / Master 40+ Semiprofessional / Master 40+ Professional /

Manpole Amateur / Manpole Professional / Group

2. POLE SPORTS

Amateur Lv 1,2,3 / Semi-professional / Professional

3. EXOTIC POLE

Amateur / Semi-professional / Professional

4. LOW FLOW

Amateur / Semi-professional / Professional

Entry Qualification and Regulations

Common Rules

- No previous/current pole instructor can apply to the amateur divisions.
- All divisions can participate regardless of nationality.
- All divisions except Master40+, Junior, Youth, Manpole, and Group are only open to adult women over the age of 18.
- Athletes can get deduction in score or be excluded from participation, If the competition regulations are violated
- Athletes can get deduction in score or be excluded from participation, if their routine includes prohibited tricks, is short of technical requirements, or does not include any of the requirements.

EXOTIC POLE

EXOTIC POLE regulations

- Athletes will be evaluated partly on the Technical (50 percent) and Artistic presentation (50 percent).
- The proportion of use of spinning and static poles does not affect the score.
- Usage of each spinning and static pole must represent more than 50 percent of the performance.
- Excessive exposure may result in disqualification. Ex) more than half of butt or breast is revealed, or nipples or genitals are revealed
- You may be asked to leave the stage or disqualified for movements reminiscent of intercourse or SM performance.
- You may be asked to leave the stage or disqualified for performance that exposes intimate parts of body (e.g. strip performance), or for touching genital area
- Pole high heels must be worn. (ankle boots and knee pads are allowed / Long boots that cover all calves are prohibited.)

[EXOTIC POLE Amateur]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have won third place or higher in other EXOTIC POLE Amateur competitions can not apply. (any kind of competition before December 31, 2021.)
- Music must be no less than 2 minutes no longer than 3 minutes
- Prohibited elements :

Ayesha(Only allowed Twisted grip), Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[EXOTIC POLE Semi-professional]

- The president of any pole studio can not apply.
- Athletes who have won first prize in other EXOTIC POLE semi-professional competitions can not apply. Athletes with previous experience in professional can not apply. (any kind of competition before December 31, 2021)
- Music must be no less than 3 minutes no longer than 3 minutes 20 seconds.
- Prohibited elements :
Ayesha regrip, Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[EXOTIC POLE Professional]

- Music must be no less than 3 minutes and 20 seconds no longer than 3 minutes and 40 seconds.
- Must use at least 50% or more of pole height, for minimum of 1 time during the routine

LOW FLOW

LOW FLOW regulations

- Athletes will be evaluated partly on the Technical (50 percent) and Artistic presentation (50 percent).
- The proportion of use of spinning and static poles does not affect the score.
- Usage of each spinning and static pole must represent more than 50 percent of the performance.
- The double climb-up is prohibited
- Air invert, Shoulder mount after climb-up is prohibited.
- knee pads are allowed.

[LOW FLOW Amateur]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have won third place or higher in other LOW FLOW Amateur competitions can not apply. (any kind of competition before December 31, 2021.)
- Music must be no less than 2 minutes no longer than 3 minutes

- Prohibited elements :

Ayesha(Only allowed Twisted grip), Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[**LOW FLOW Semi-professional**]

- The president of any pole studio can not apply.
- Athletes who have won first prize in other LOW FLOW semi-professional competitions can not apply. Athletes with previous experience in professional can not apply. (any kind of competition before December 31, 2021)
- Music must be no less than 3 minutes no longer than 3 minutes 20 seconds.
- Prohibited elements :

Ayesha regrip, Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[**LOW FLOW Professional**]

- Music must be no less than 3 minutes and 20 seconds no longer than 3 minutes and 40 seconds.

POLE ART

POLE ART regulations

- Athletes will be separately evaluated on the Technical (50 percent) and Artistic presentation (50 percent).
- Athletes must use both spinning and static poles.
- Usage of each spinning and static pole must represent more than 60 percent of the performance.

[**POLE ART Amateur Lv1**]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have won third place or higher in other POLE ART or POLE SPORTS Amateur Lv1(lowest level) or higher competitions can not apply. (any kind of competition before December 31, 2021.)
- Music must be no less than 2 minutes no longer than 3 minutes

- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Air invert, Shoulder mount(floor/air), Ayesha(include hand spring), Iron-X, Jump Ayesha, Dead lifts, all kind of Phoenix spin, Fonji, Rainbowmarchenko, Calalilly, Octopus

[POLE ART Amateur Lv2]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have won third place or higher in other POLE ART or POLE SPORTS Amateur Lv2(middle level) or higher competitions can not apply. (any kind of competition before December 31, 2021.)
- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Air shoulder mount, Ayesha(include hand spring), Iron-X, Jump Ayesha, Dead lifts, all kind of Phoenix spin, Fonji, Rainbowmarchenko, Calalilly, Octopus

[POLE ART Amateur Lv3]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have won third place or higher in other POLE ART or POLE SPORTS Amateur Lv3(highest level) or higher competitions can not apply. (any kind of competition before December 31, 2021.)
- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Ayesha(Only allowed Twisted grip), Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[POLE ART Semi-professional]

- The president of any pole studio can not apply.
- Athletes who have won first prize in other POLE ART or POLE SPORTS semi-professional competitions can not apply. Athletes with previous experience in professional can not apply. (any kind of competition before December 31, 2021)
- Music must be no less than 3 minutes no longer than 3 minutes 20 seconds.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine.
- Prohibited elements :
Ayesha regrip, Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[POLE ART Professional Woman]

- Music must be no less than 3 minutes 20 seconds no longer than 3 minutes 40 seconds.
- Athletes must use both spinning and static poles.
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine

[POLE ART Master40+ Amateur]

- Women over 40 years of age
- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have won third place or higher in other POLE ART or POLE SPORTS Amateur competitions can not apply. (any kind of competition before December 31, 2021.)
- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.

- At least one spin must be included in the static pole.
- Prohibited elements :
Ayesha(Only allowed Twisted grip), Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[POLE ART Master40+ Semi-professional]

- Women over 40 years of age
- The president of any pole studio can not apply.
- Athletes who have won first prize in other POLE ART or POLE SPORTS semi-professional competitions can not apply. Athletes with previous experience in professional can not apply. (any kind of competition before December 31, 2021)
- Music must be no less than 3 minutes no longer than 3 minutes 20 seconds.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine.
- Prohibited elements :
Ayesha regrip, Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[POLE ART Master40+ Professional Woman]

- Women over 40 years of age
- Music must be no less than 3 minutes 20 seconds no longer than 3 minutes 40 seconds.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine

[POLE ART Amateur man]

- Men over 18 years of age

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have won third place or higher in other POLE ART or POLE SPORTS Amateur competitions can not apply. (any kind of competition before December 31, 2021.)
- Music must be no less than 2 minutes 30 no longer than 3 minutes.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :
Deadlifts, all kind of Phoenix spin, Fonji

[POLE ART Professional man]

- Men over 18 years of age
- Music must be no less than 3 minutes 20 seconds no longer than 3 minutes 40 seconds.
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine

[POLE ART Group]

- Men and women over 18 years old
- Consists of two or more persons regardless of gender
- Music must be no less than 3 minutes no longer than 3 minutes 40 seconds.
- Technical trick that support or intertwine with partner must be included at least 1 time each in both static pole and spinning pole.
- At least one spin must be included in the static pole.

POLE SPORTS

POLE SPORTS regulations

- Athletes will be separately evaluated on the Technical (70 percent) and Artistic presentation (30 percent).
- Athletes must use both spinning and static poles.
- Usage of each spinning and static pole must represent more than 70 percent of the performance.

[POLE SPORTS Amateur Lv1]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have won third place or higher in other POLE ART or POLE SPORTS Amateur Lv1(lowest level) or higher competitions can not apply. (any kind of competition before December 31, 2021.)
- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Air invert, Shoulder mount(floor/air), Ayesha(include hand spring), Iron-X, Jump Ayesha, Dead lifts, all kind of Phoenix spin, Fonji, Rainbowmarchenko, Calalilly, Octopus

[POLE SPORTS Amateur Lv2]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have won third place or higher in other POLE ART or POLE SPORTS Amateur Lv2(middle level) or higher competitions can not apply. (any kind of competition before December 31, 2021.)
- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Air shoulder mount, Ayesha(include hand spring), Iron-X, Jump Ayesha, Dead lifts, all kind of Phoenix spin, Fonji, Rainbowmarchenko, Calalilly, Octopus

[POLE SPORTS Amateur Lv3]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have won third place or higher in other POLE ART or POLE SPORTS Amateur Lv3(highest level) or higher competitions can not apply. (any kind of competition before December 31, 2021.)
- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :
Ayesha(Only allowed Twisted grip), Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[POLE SPORTS Semi-professional]

- The president of any pole studio can not apply.
- Athletes who have won first prize in other POLE ART or POLE SPORTS semi-professional competitions can not apply. Athletes with previous experience in professional can not apply. (any kind of competition before December 31, 2021)
- Music must be no less than 3 minutes no longer than 3 minutes 20 seconds.
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least two Airlift must be included in the routine (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine.
- Prohibited elements :
Ayesha regrip, Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[POLE SPORTS Professional Woman]

- Music must be no less than 3 minutes 20 seconds no longer than 3 minutes 40 seconds.
- There must be at least 3 Strength and 3 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.

- At least two Airlift must be included in the routine (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine

Examination standards / Technical Deductions / Deductions or Dequalification

Examination standards

- EXOTIC POLE / POLE FLOW / POLE ART

Athletes will be evaluated partly on the Technical (50 percent) and Artistic presentation (50 percent).

- POLE SPORTS

Athletes will be evaluated partly on the Technical (70 percent) and Artistic presentation (30 percent).

- Technical presentation : overall completion and flow of trick, Overall trick difficulty, Strength, Flexibility, Dynamic movements, spinning pole, static pole
- Artistic presentation : overall work completion, expressive power, Originality of choreography, Stage charisma, harmony with music
- You must hold the trick for more than two seconds to be considered successful in performing tricks
- A spin is considered successful when both feet are off the floor and rotation is held for at least 360 degrees.
- In the case of a tie, rank will be decided by the designated priority of categories.

POLE SPORTS : 1. Technical total score 2. overall trick completion 3. overall work completion

Other divisions : 1. Artistic total score 2. overall work completion 3. overall trick completion

Technical Deductions

- loss of balance, slip, fall (sudden rapid uncontrolled drop onto the floor)
- Uncontrolled transitions between movements
- failing to perform a movement (spins, any trick movement on or off the pole)
- Touching the truss system or stepping out of bounds
- Props fell down to audience or out of the stage.

- Athletes did not perform the required movement.
- Athletes did forbidden movement.
- Athletes modify their hair style or outfit excessively, or wipe their hands on the pole, floor and their body.

Deductions or Dequalification

- Unauthorized absence on the day of competition or failure to comply to proceedings of the organizer may lead to disqualification
- If competition process is delayed more than 30 seconds before/after the performance due to setting/withdrawal of props (which is not notified in advance), the score will be deducted.
- If a athlete is caught cheating and applying for each division, athlete shall immediately be disqualified.
- If a athlete violates the regulations below, Athlete may be excluded from the evaluation or deduction. (Refer to the regulation codes)

Music regulations

- Athletes must submit the music file to pickofkorea@naver.com between September 21 and September 30.
- The name of the music file should be: (division_athlete's name)
- All athletes must not exceed the specified music time for each category. If the specified time is exceeded, the score will be deducted.
- Music must be submitted in Mp3 format.
- In the case of non-acoustical accidents, the sound quality of the music shall be the responsibility of the athlete.
 - Amateur : 2minutes ~ 3minutes
 - Semi-professional : 3 minutes ~ 3 minutes 20 seconds
 - Professional : 3 minutes 20 seconds ~ 3 minutes 40 seconds
 - Group : 3 minutes ~ 3 minutes 40 seconds

Cotstume regulations

- Athletes are not allowed to wear underwear or bikini costumes.
- Athletes are not allowed to wear clothing that excessively exposes body, such as strap-only clothing, G-String or clothing that revealed more than half of breasts or buttocks (can be

disqualified.)

- Athletes may be deducted the score if nipples ,genital, half of breasts or buttocks are exposed during the performance,
- Athletes may be disqualified for wearing clothes that makes gripping easier, such as leather or vinyl leggings.
- It is allowed to put on/off other costumes over competition attire as part of the concept of the performance. ex) Jacket, shirt, etc. (Except for POLE SPORTS)

Hair Style regulations

- In the POLE SPORTS division, hair must be neatly trimmed, and hair must be tied up when it touches the shoulder line.
- Other than choreography, if the flow of the game is interrupted by hairstyles, such as sweeping over the hair, it can be a factor in the reduction of points.

Shoes regulations

- In the EXOTIC POLE, pole high heels must be worn and ankle boots are permitted. (Long boots covering all calves are prohibited).
- Shoes can be used as a prop for performance. (Except for POLE SPORTS)

Prop regulations

- Use of props must be approved in advance. Athletes may be disqualified if they use props without prior approval.
- The use of props in POLE SPORTS is prohibited.
- Do not use sharp props that can scratch on the pole.
- Small props for performances are available, but not those that need to be installed on stage. Ex) Handkerchiefs or chairs allowed. Sofa is prohibited
- Any delays of more than 30 seconds before and after the start of the competition due to the use of props will be subject to a deduction.
- Grip gloves may only be used with medical documentation submitted. It must be submitted by e-mail.

Make up regulations

- PICK allows all kinds of make-up for expression of athletes' works
- However, Face painting, etc. unable to distinguish facial expressions in the POLE SPORTS is prohibited.

Grip aid regulations

- It is permitted to apply gripping agents to the athlete's body and on the poles
- When the grip agent is applied to the pole, the athlete or the athlete's staff must apply it directly. (The time is included in the prop setting time limit of 30 seconds)
- The use of sticky grip aid such as Itac, gripshield, etc. is prohibited and may be subject to deduction of points.

Stage

- Two 4 meter-length Lupit chrome pole both of a diameter of 45mm will be used, in which one will be static and the other be spinning.
- The spinning pole is placed on the right hand side and the static pole on the left hand side of the stage from the spectators view.
- Distance is 3m between static pole and spinning pole
- Condition might change under the circumstances.

Application process

- 1) Online Entry : Access the PICK homepage www.pickofkorea.com and enter in the 2022APPLICATION(ENG) category for online entry. (Application period : 6.27~9.20)
- 2) Fill out the online application form and pay within 48 hours by PayPal or account number.
- 3) Entry fee, *(and photo and video Purchase Costs) must be paid within 48 hours after application submission. Any applications which entry fees have not been paid for will be considered as a forfeit and disqualified.
- 4) Scan Athlete's Written Oath(16page) and send the scan files to pickofkorea@naver.com with the E-mail article (division_athlete's name).

(In the case of Junior, Youth division, the guardian's signature must be accompanied by)

5) Received entry(and photo and video Purchase Costs) fees are not refundable.

Entry Fee

- USD 150\$ (150,000KRW)
- Group : 120\$ (120,000KRW) per person

Video and photos Fee (pre-purchase price)

- both video and photos : USD 150\$ (150,000KRW)
- only video : USD 100\$ (100,000KRW)
- only photos : USD 100\$ (100,000KRW)

Fill out the online application form and Pay within 48 hours by PayPal or account number

PayPal account: pickofkorea@naver.com

Account number : Woori Bank 1005-203-588189 사단법인 한국폴스포츠연맹

E-mail : pickofkorea@naver.com

Athlete's Written Oath

- 0) All athletes must be familiar with the rules and regulations. The competitor of PICK is responsible for any disadvantages and penalties caused by not knowing rules and regulations. (Athletes should check their email and PICK Instagram from time to time for rehearsals and additional announcements.)
- 1) All athletes must participate in the rehearsal and must be on a fixed schedule. (Schedule for the competition and rehearsal will be announced later.)
- 2) All costs for participating in the competition are the responsibility of the athletes.
- 3) On the day of the competition, all athletes are not allowed to talk with the judges about the competition and the details of the competition.
- 4) All athletes are not allowed to contest the result.
- 5) All athletes must refrain from attempting tricks with the risk of injury, and all responsibility for the injury lies with oneself.
- 6) The athlete is responsible for the theft, loss, and accident of his/her carelessness both inside and outside the competition venue.
- 7) Junior, Youth athletes must be accompanied by a guardian (parent or coach) during the competition. (Except on awards stage)
- 8) PICK has the copyright to all athletes' pictures and videos after the competition permanently.
- 9) All athletes agree that all images and photographs related to the competition may be used for commercial purposes in the events, promotions and advertising linked to the Organizer and are not entitled to claim revenue accordingly.
- 10) Bringing food, flowers, etc. into the competition venue, or bringing the audience to the stage during performance or award ceremony, may cause disadvantages to the relevant athletes.

hereby confirm that I have read and agreed to all the statements above.

2022. ____ . ____ .

Name&Signature _____

the guardian's Name&Signature (only Junior, Youth's division) _____