



2020 OG Pole Fitness: Rules, Judging Criteria, and Terms & Conditions.

I. RULES

A. GENERAL

1. These rules govern event in 2020: (a) OG Pole Fitness at Olympia, held in Las Vegas, NV as part of the Olympia Expo. Throughout these rules, these two shows will be collectively referred to as OG Pole Fitness (OGPF).
2. Competitors must be at least 18 years of age at the time of the competition.
3. Competitors must have a valid form of identification on the day of the competition.
4. Competitors must sign photo/video release forms and a waiver of liability prior to the competition.
5. Competitors must conduct themselves in a professional and proper manner at all times before, during, and after the competition.
6. Competitors, judges, and performers may not be under the influence of drugs or alcohol on the day of competition.
7. Competitors may not be pregnant on the day of the competition.
8. Competitors must show up on time, at risk of disqualification.
9. OGPF reserves the right to prevent a competitor from competing if it appears the competitor is not fit to do so safely.
10. Competitors may not communicate with the judges at any time while the event is taking place.
11. Competitors must comply with OGPF rules at all times. Failure to do so may result in disqualification. Flagrant violations may be met with immediate removal from the premises and, where appropriate, civil litigation.
12. Competitors must be willing to represent OGPF and all affiliated parties and sponsors in the most positive light before, during, and after the competition.

B. MUSIC

1. Music must be submitted by each competitor at least 30 days prior to the competition, according to the following guidelines:

- Music must be submitted as an MP3 file with a filename format of “ShowName_CompetitorName.mp3.” For example, either “Pro_JaneDoe.mp3” or “Open_JaneDoe.mp3” would be acceptable filenames.
 - Music must be submitted via email attachment to ogpolefitness@gmail.com, where the email body is empty and the email subject is “Music File.”
2. Music must be no longer than:
 - 2 minutes, 30 seconds
 3. Cutting/mixing several songs is acceptable.
 4. Lyrics are acceptable, but music must not contain explicit or suggestive lyrics.
 5. All music is subject to final approval by OGPF at its sole discretion.

C. COSTUMES

1. No footwear is allowed. All performances must be barefoot.
2. Costumes must cover all private parts. Nudity or partial nudity will result in disqualification.
3. Full bottoms must be worn throughout the entire piece, with no excessive gluteal fold exposure. Costumes may not include any of the following:
 - Obvious underwear or lingerie
 - Swimwear or bikinis
 - Transparent clothing that does not cover breast or pelvic area
 - Anything interfering with the performance or can be considered a health/safety issue
 - Fire, oil, water, or paint
4. Costumes must not promote any dance studio, business, brand, or individual.
5. All costumes are subject to final approval by OGPF at its sole discretion.

D. PROPS

1. Any item besides your bottom and top is considered a prop. All props must be pre-approved at least 30 days prior to the competition, via email description and photos.
2. No items may be left on stage that will be difficult to clean up quickly. For example, no glitter, confetti, feathers, or leaves may not be used.
3. No fire, explosives, paint, oil, water, liquid, or human props are allowed.
4. All props are subject to final approval by OGPF at its sole discretion.

E. POLES

1. Poles are 45mm diameter, stainless steel, competition grade poles at least 12 ft. tall.
2. Stage left pole is spinning pole; stage right is static pole.
3. Poles will be approximately 8 ft. apart.
4. Contact with rigging or truss will result in point deductions.

F. GRIP AIDS

1. All grip aids must be applied directly to body/hands; no grip aids may be applied directly to poles.

2. All poles will be cleaned with rubbing alcohol and towel between competitors.

G. PHOTO & VIDEO

1. Competitors agree to be photographed and filmed throughout the competition and must sign an agreement stating this before competing.
2. Competitors waive all rights of filming and photography. All photography and video footage remain the property of OGPF. All competitors, judges, and performers agree that OGPF and affiliated parties can use photos and video footage for any advertising, promotional, and commercial purposes.

II. JUDGING CRITERIA

A. SCORING SYSTEM & METHODOLOGY

1. Single and half points can be given.
2. Points can be deducted for a fall, a costume malfunction, or rule violation.
3. Judges must not discuss judging or results with competitors.
4. All scores are final once judging has finished; no discussions can be made to alter the results. Any questions about the results may be submitted via email only.
5. The maximum possible Final Score is 60 points, composed of four scores:
 - Technique Score (30 points)
 - Artistic Score (10 points)
 - Stage Score (10 points)
 - Physique Score (10 points)
6. The Technique Score is in turn composed of four subscores:
 - Technical Ingenuity (10 points)
 - Technical Difficulty (10 points)
 - Technical Execution and Transitions (10 points)
7. The competitor's Final Score is calculated by the following method:
 - Each judge assigns the competitor an unweighted score from 0-10 for each score (or for each subscore, in Technique), in half-point increments.
 - For each judge, the tabulator calculates the judge's total weighted score.

B. TECHNIQUE SCORE (30 points)

The Technical Score is the sum of the following four subscores:

1. Technical Ingenuity (10 points)
 - Technical Innovation- the inclusion of novel Pole Movements, by introducing new elements, new variations of elements, new combinations, or new transitions.
 - Technical Boldness- the inclusion of Pole Movements that are visually striking or awe-inspiring.
2. Technical Difficulty (10 points)
 - Strength Difficulty- the amount of strength required for the Pole Movements.
 - Flexibility Difficulty- The amount of flexibility required for the Pole Movements
 - Dynamic Difficulty - The difficulty of Pole Movements with an aerial phase or dynamism.

3. Technical Execution and Transitions (10 points)

- Precision of Execution
- Power of Execution
- Floor to Pole, Pole to Floor
- Ease and Elegance

C. ARTISTIC SCORE (10 points)

The Artistic Score assesses the overall creativity and memorability of the performance, considered as an organic unity. Because such assessments are necessarily holistic, there are no subscores.

D. STAGE SCORE (10 points)

- Use of the whole stage
- Use of the entire height of the pole

E. PHYSIQUE SCORE (10 points)

The Physique Score assesses overall physical preparation. The goal is to demonstrate the health benefits of pole fitness as a form of exercise, by presenting a generally fit and healthy appearance on stage. Overall fit and healthy appearance. Muscle separation is not necessary.

F. DEDUCTIONS

Points will be deducted for any of the following:

- Prop Malfunction: Apparent misuse or fumbling with a prop
 - 1 - 2 points per each incident
- Slips: Slight breaks in form that disrupt the flow of a routine
 - 1 - 2 points per each incident
- Falls: Serious breaks in form, or unplanned movements out of a trick
 - 3 - 5 points per each incident
- Any contact with truss, rigging, lights, or cables
 - 5 points per each incident

G. DISQUALIFICATIONS

Competitor will be disqualified for any of the following:

- Excessive gluteal fold or gluteal cleft exposure, whether intentional or unintentional
- Exposure of the underneath or side of breast, whether intentional or unintentional
- Any movement that could potentially be interpreted as sexual

2019 OG Pole Fitness: Judging Sheet (v.1.1)

Competitor Name: _____

Judge Name: _____

Instructions: In the VALUE column, place a number 0-10 in each box. (Half-points allowed.)

SCORE	FACTORS	VALUE (0-10)
Technical Ingenuity	Technical Innovation Technical Boldness	
Technical Difficulty	Strength Difficulty Flexibility Difficulty Dynamic Difficulty	
Technical Execution and Transitions	Precision of Execution Power of Execution Floor to Pole, Pole to Floor Ease & Elegance	
Artistic Score	Creativity & Memorability	
Stage Score	Use of the whole stage Use of the entire height of the pole	
Physique Score	Overall fit & healthy appearance	

Instructions (Head Judge Only): Range shown is per each incident.

Deduction	Range	Comments	Deduct
Prop malfunction (misuse/fumbling with prop)	1 - 2		
Slips (slight break in form that disrupts flow)	1 - 2		
Falls (serious break in form/unplanned movement)	3 - 5		
Any contact with truss, rigging, lights, or cables	5		
Deductions Total			

III. TERMS & CONDITIONS

- A.** OG Pole Fitness (OGPF) is not liable for any loss, injury, or damage incurred by a competitor or performer during any stage of the event.
- B.** All competitors, performers, and judges must not be impaired by the influence of any substance, including alcohol, while participating at OGPF.
- C.** OGPF reserves the right to enforce all its rules & regulations, as well as the rules & regulations of any of its affiliated parties and venues.
- D.** Any failure to comply with the rules and regulations may result in disqualification from this event as well as all future events run by OGPF.
- E.** Any behavior during the event that could reasonably be foreseen to potentially harm the reputation of OGPF or any of its affiliated parties and venues, especially (but not limited to) any behavior that is either expressly or implicitly forbidden by OGPF rules, or that is in violation of any federal, state, or local laws, may result in civil litigation by OGPF or its affiliated parties and venues.
- F.** Any behavior during the event weekend that potentially violates any federal, state, or local laws will be promptly reported to all relevant legal authorities.

“I, _____, have read all the Rules, Judging Criteria, and Terms & Conditions included in Pages 1-6 of this document. I fully understand, accept, and agree to abide by them.”

Signature

Date