

REGISTRATION 2025

“Theme: Dare To”



The following document is of interest to pole dancers wishing to participate in the 10th edition of the thematic pole dance championship “PoleXpression Art”, which will take place at the Elías Ahuja Theater in Madrid on November 16, 2025, between 9:00 AM and 10:00 PM. A stage rehearsal (optional attendance) will be held on November 15, with time to be confirmed.

All the following pages must be read, completed, signed, and sent by email along with all requested documentation.

PERSONAL INFORMATION

- FULL NAME:
- STAGE NAME:
- SOCIAL MEDIA:
- DATE OF BIRTH:
- NATIONALITY:
- COUNTRY REPRESENTED:
- CITY:
- ACADEMY/S (optional):
- PHONE NUMBER:
- EMAIL:
- EMERGENCY CONTACT NUMBER:
- HOW DID YOU HEAR ABOUT POLEXPRESSION?:
- BRIEFLY DESCRIBE WHY YOU WANT TO PARTICIPATE:
- DETAIL YOUR EXPERIENCE, LEVEL AND/OR BACKGROUND IN POLE:
- CATEGORY/IES ART (mark one or more):

• AMATEUR	SEMI-PROFESSIONAL	PROFESSIONAL	ELITE	+40 – KIDS	DOUBLES
GROUPS	POLE BATTLE	FREESTYLE			
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RULES AND REGULATIONS

1. **PoleXpression** is a championship that promotes the freedom of personal style for every international pole dancer.
2. No category has mandatory or forbidden moves.
3. *Participants may use props if they support the performance, **do not cause harm**, and can be **set up/removed within 1 minute**. Props must be approved by the organization* (see prop submission deadlines below).
4. Participants may use other people (non-pole dancers) in their performance. These will be considered "**human elements**". If the additional person does pole, it will be considered **doubles or group**.
5. Any **brand of grip**, gloves, and kneepads are allowed. The grip used must be **easily removable**.
6. *Footwear is optional regardless of category.*
Heels are NOT allowed in PoleXpression Art.
If you want to use heels, you must register for **PoleXpression Exotic**.
7. *Costume:* Must **fit the body size properly** and **cover all private areas**. Voluntary or involuntary exposure leads to **disqualification**.
8. *Artistic nudity is allowed* as long as it is **not offensive, degrading, or sexual in nature**. The show is **family-friendly**.
9. *Liquids, fire, and pyrotechnics* are **strictly prohibited** in the theater.
10. Do not use **creams, oils, tanning products, or body paint** on the skin.
11. If the **judges believe a participant is in the wrong category**, they may **reassign** them for fairness.
12. *Alcohol and drugs are strictly prohibited* in the venue and during pole trials. Violation results in **immediate expulsion**.
13. Performances may only be repeated in the case of **technical issues** (sound or pole problems) **not caused by the participant**. Final decision rests with the judges.
14. **Pole Art routine content:** should be **roughly 50% pole technique** (suitable to your level) and **50% dance** (e.g., basework, floorwork, spins, non-elevated pole tricks, handstands, flips, floor acro, etc.).

15. By **September 15**, participants in “Pole Battle” will receive a list of possible **challenges** from the judges to be interpreted **creatively and personally during freestyle**.
Music will be **random and unrevealed** beforehand to test improvisation and adaptability.
16. *Music length: Max 3 minutes for kids, max 4 minutes for other categories.* No minimum length.
17. Optional **visual projections** during the performance. If not provided, the championship logo will be projected.
18. *In addition to emailing files, all participants must bring a USB with their materials (see deadlines below).*
19. *Participants must respect and take care of the theater’s and organization’s facilities and property.*
20. *All photos and videos taken during the event by official photographers/videographers belong to the organization* and may be used for **promotional, advertising, and commercial purposes**. Participants grant usage rights.
21. *Participants must be backstage and ready when called.* Failure to show up results in **disqualification**.
22. The organization and theater **are not responsible for any injuries or accidents** during the event.
23. The organization and theater **are not responsible for lost, stolen, or damaged items**.
24. **Registration Fees:**
- €90 Individual categories
 - €150 Doubles
 - €50/person for groups (minimum 3 people)
 - €30/person for Pole Battle Freestyle
- Non-refundable in any case.**
25. Except for participants, **all attendees must buy tickets**.
26. *All required files must be sent in a single email.*
27. *The organization and judges may stop a performance* if there is **any risk to the participant’s health or safety**.
28. The organization **reserves the right to make changes** to these rules.

29. *Failure to follow any rule marked with an asterisk (*) leads to disqualification*.*

IMPORTANT DATES

- **Registration Deadline: August 1** or until spots are filled.
Send **everything in a single email** to: **polexpression@hotmail.com**
Subject: **REGISTRATION + YOUR NAME**

You must include:

1. This document completed and signed (PDF format)
 2. Image of your ID or passport
 3. Proof of bank transfer
 4. Two representative photos (for our website and social media)
 5. A video link (training or performance) reflecting your current level
- **By September 1:**
Submission of MP3/MP4 files and **declaration of props and human elements**.
If you're only using music: send MP3
If you're projecting visuals: send MP4 (music + video in one file)
Specify all props and human elements.
Use **WeTransfer** for large files.
 - **November 15:**
Optional **Pole rehearsal** (morning – exact time TBD)
 - **November 15:**
PoleXpression Exotic, at the Elías Ahuja Theater (afternoon – time TBD)
 - **November 16:**
PoleXpression Art, full-day event at Elías Ahuja Theater
 - **November 17:**
Workshops with Pole Stars attending the championship

DISCLAIMER

By submitting this application, the participant confirms they have read and agree with the above by signing pages 2 to 5:

I/WE

with ID number

agree with the above terms.

I

with ID number

parent/guardian of the minor

agree with the above terms.

NOTES / CLARIFICATIONS (optional):