

REGISTRATION 2025



The following document is of interest to pole dancers who wish to participate in the exotic pole championship "PoleXpression Exotic."

This event will take place at the Elías Ahuja Theater in Madrid, on November 15th, 2025, in the afternoon.

The stage rehearsal will take place on the same day in the morning, with the exact time to be determined.

All the pages that follow must be read, filled out, signed, and sent by email along with all the requested documentation.

PERSONAL INFORMATION

- FULL NAME:
- STAGE NAME:
- SOCIAL MEDIA:
- EMAIL:
- DATE OF BIRTH:
- NATIONALITY:
- COUNTRY YOU REPRESENT:
- CITY:
- DANCE STUDIO/SCHOOL (optional):
- PHONE NUMBER:
- EMERGENCY CONTACT NUMBER:
- HOW DID YOU HEAR ABOUT POLEXPRESSION?:
- BRIEFLY EXPLAIN WHY YOU WANT TO PARTICIPATE:
- TELL US ABOUT YOUR EXPERIENCE, LEVEL, AND/OR POLE DANCE BACKGROUND:

EXOTIC POLE CATEGORY/S

(Select the category or categories you want to participate in)

- ☐ AMATEUR
- ☐ SEMI-PROFESSIONAL
- ☐ PROFESSIONAL
- ☐ DOUBLES
- ☐ GROUP

RULES & REGULATIONS

1. **PoleXpression Exotic** is a championship that promotes the **freedom of personal style** of each pole dancer in the international community.
2. Participants must be **18 years or older** on the day of the competition.
3. There are **no mandatory or prohibited moves or elements** in any category.
4. *Participants may use **props** to support their performance, as long as they **do not cause harm** and can be **set up and removed** from the stage in **under 1 minute**. Props must be **approved by the organizers** (see prop submission dates below).
5. *Participants may use **support people**, referred to as "**human elements**", in their performance. These individuals **must not perform pole tricks**. If they do, it will be considered a **duo or group** category.
6. The use of **grip products, gloves, and knee pads** is allowed.
7. *COSTUME: Participants must wear attire that fits their body and **completely covers all private parts**. Any intentional or accidental exposure will result in **immediate disqualification**. Costumes can be made of any material **except spikes or sharp objects**.
 - **G-strings, thong-style underwear, pasties, or transparent clothing that reveals private parts are prohibited**. All other styles are allowed.
8. ***Artistic nudity is allowed**, as long as it is **not offensive, degrading, or sexual**. The event is **open to all audiences**.
9. *The use of **high heels** is **mandatory**, with or without platforms—sandals, booties, or tall boots.
10. *Use of **liquids, fire, and pyrotechnics is strictly prohibited**.
11. ***Creams, oils, tanning products, and body paint** on the skin are not allowed.
12. If the judges feel that a participant is **misplaced in a category**, they have the right to **reassign** the dancer to the appropriate level for fairness.
13. ***Alcohol and drugs are strictly prohibited** anywhere on the premises during the event or during pole rehearsals. Violation leads to **immediate expulsion**.

14. Performances can only be repeated in case of **technical issues not caused by the participant** (e.g., music or pole issues). The **judging panel will decide** whether a repeat is allowed.
15. *Maximum performance durations:
 - **3 minutes** for children's categories
 - **4 minutes** for all other categories
 - No minimum duration required
16. Optional **video projections** will be displayed in the background. If not provided, the **championship logo** will be shown by default.
17. *In addition to emailing their files, all participants must **bring a USB stick** with their files (see submission deadlines below).
18. *Participants agree to **take care of the venue and equipment** and **respect others' property**.
19. *Participants accept that all **photos and videos** taken during the event by photographers and videographers **hired by the organization** are **property of PoleXpression** and may be used for **promotion, marketing, and commercial purposes**. Participants waive their image rights.
20. *Participants agree to be **present backstage** when required and be ready to perform when called. Failure to appear will be seen as a **refusal to perform** and lead to **disqualification**.
21. Exotic pole performances must consist of **60–70% low/mid-level dancing**, such as basework, floorwork, spins, tricks (no height), handstands, flips, jump-outs, ground acro, etc.

Only **30–40%** of the performance may be at the **top of the pole**, appropriate to the participant's level.
22. The organization and venue are **not responsible** for injuries or accidents.
23. The organization and venue are **not responsible** for lost, stolen, or damaged personal belongings.
24. **Registration fees:**
 - €90 for individual categories
 - €150 for doubles
 - €50 per person for groups (**minimum 3 people**)

- **Fees are non-refundable under any circumstances.**
25. Everyone except participants must purchase tickets.
 26. *All files must be **submitted in a single email** upon registration.
 27. The **judges and organizers reserve the right** to stop any performance at any time if they deem it a **risk to health or safety**.
 28. The organization **may modify these rules** if necessary.
 29. *Failure to follow the rules marked with an ****asterisk (*)*** will result in **disqualification**.

IMPORTANT DATES

- **Registration deadline:** August 1st or until spots are filled.
To register, send all materials **in one email** to: **polexpression@hotmail.com**
Subject: REGISTRATION

Include:

1. This completed and signed document (PDF format)
 2. Image of your **ID or passport**
 3. **Proof of payment**
 4. **Two photos** of yourself (for social media and website)
 5. **Link to a video** (training or performance) showing your current level
- **By September 1st:**
Deadline to submit:
 - **MP3 file** (if using only music)
 - **MP4 file** (if using video + music together)
 - Declare **props and human elements** to be used
 - Use **WeTransfer** for large files, sent to the same email
 - **November 15th:**
 - **Pole rehearsal** (optional but recommended), morning schedule TBD
 - **PoleXpression Exotic**, afternoon schedule TBD

- **November 16th:**
 - **PoleXpression Art**, full-day event at Elías Ahuja Theater
- **November 17th:**
 - **Workshops** with PoleXpression guest stars

DISCLAIMER

By submitting this application, the participant confirms they have **read and agree** to the terms above and will **sign pages 2 through 5**.

I/We

With ID number

Agree to the above.

NOTES / CLARIFICATIONS (OPTIONAL):