



London Pole

Championships 2026

This information pack contains the rules, judging guidelines, scoring system, and all relevant information for the London Pole Championship for 2026. Please ensure that you read them carefully before entering.

London Pole Championship 2026

www.londonpolechampionships.co.uk

londonpolechampionships@gmail.com

Rules & Regulations

Entry Requirements

- London Pole Championship is open to both male and female competitors.
- Competitors must be at least 18 years old.
- Entry must be made by filling out the competitor form and sending payment at the same time.
- Video entries must be submitted between 1st April 2026 and **MUST** be received no later than the 31st May 2026.
- Applications are welcome from anyone living in the UK, to include, Ireland and Scotland.
- Competitors must be available for competition on 19th September 2026
- Solo Competitors may only enter **ONE** solo category.
- All competitors may enter a Solo category and a Doubles or Troupe category.
- Doubles or group competitors do not need to enter a solo category
- Competitors wishing to enter the London Pole Championship 2026 must submit the following:
 - Completed entry form (found on the website)
 - **Entry fee**
 - **£35 for Solo**
 - **£40 for Doubles or (Troupes of between 3 to 6) (Payment must be made via bank transfer with the application form. Entry fee are NON REFUNDABLE**
To Be confirmed nearer the time
- Entry will be confirmed via email no later than 48hrs after receipt of all elements of the application.
- By submitting an entry form, the competitor confirms that they agree to the rules and terms and conditions of London Pole Championships as stated on the website and within this pack.
- By submitting an entry form, the competitor confirms that they are fit and healthy to participate.

Categories

There are 2 main categories HEELS and NO HEELS.

Sub Categories

There are four Sub Categories overall within London Pole Championships. These include Amateur, Doubles, Semi - Pro and Professional.

Below are full details of each category:

Amateur Categories

The amateur category is divided into 3 sub categories Beginner, Intermediate and Advanced. Competitors in any amateur category must adhere to the following criteria:

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- The competitor must not use or previously have used pole dancing as a source of income either by teaching/assisting classes, workshops or performing. This includes payment in kind such as lessons in return for assisting.
- Competitors who have previously competed in an amateur competition will not be allowed to enter a category lower than what they have previously competed in.
- The competitor must not have competed in a professional category of any competition.

Beginner

The judges will be looking for work on and off the pole, floor work, costume and dance musicality. The judges will be scoring the overall performance.

Criteria for entry

- Music length must be no more than 3.00 minutes
- All spins and spin combinations from the floor are allowed
- Moves where the head does not pass lower than the hips are allowed unless specified below
- Upright climbs, seated positions, upright poses etc. are all allowed unless specified below.
- Splits on the floor and split poses against the pole where one foot remains in contact with the floor are allowed.
- Forearm stands/headstands against the pole are allowed as long as they start from the floor and return to the floor.

Disallowed moves

- No inverting
- Any moves where the head dips lower than the hips (while on the pole)
- No hands/arms only static holds
- No spins initiated from top of pole (e.g. aerial cradle)
- No spins to inverted positions
- No splits positions on the pole
- No upright poses with only minimal contact (e.g. cupid)

Intermediate

Open to anyone who is at an intermediate level, who has not and does not perform, teach or assist during classes.

Criteria for entry

- Music length must be no more than 4.00 minutes
- All spins and spin combinations are allowed including those initiated up the pole e.g. aerial cradle.
- Inverted positions are allowed as long as there are a minimum of 3 contact points.
- Upright hands only moves e.g. boomerang hold.
- All inverts from the floor including recliner invert (except handsprings) and aerial basic inverts.
- Splits on the floor and split poses against the pole where one foot remains in contact with the floor.
- Shoulder dismount is allowed.

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Disallowed moves

- No aerial shoulder mounts
- No hands only inverted positions e.g. ayesha, handspring etc
- No knees only holds e.g. Jeanie
- No splits holds e.g. jade splits, chopsticks etc
- No extreme moves- dangerous bow, contortion scorpio, eagle, flag variations (armpit flag is allowed) plank variations with both legs fully extended etc
- No “behind the back” holds e.g. dragon tail even if they do conform to the 3 point minimum contact rule

Any illegal moves in the Beginner and Intermediate categories will incur a 2 point deduction. If you wish to check on the legality of a move please email the organiser at londonpolechampionships@gmail.com with a picture/video of the move in question.

Should the competitor include a move that is clearly more advanced than the chosen category but is not covered in the above disallowed move sections then they will still be penalised. Therefore, if unsure about a move please make sure that you check with the organiser before putting it into your routine.

Advanced

Competitors will be judged on technical ability as well as your overall performance.

- Music length must be no more than 4.00 minutes
- All moves allowed.

Other Categories

Doubles or Troupes

Competitors will be judged on how clearly and creatively they deliver their chosen theme. Judges will look for strong storytelling, cohesive choreography, musicality, stage presence, and overall performance impact. This category is open to all doubles or troupes (up to six people), regardless of amateur or professional status. Teams may be made up of amateurs, professionals or a mixture.

- Music length must be no more than 4.00 minutes
- All moves allowed.

Semi – Pro

Open to those who are paid to instruct but have never been paid to perform or have worked as a professional pole dancer, Or anyone who has placed 1st in an Amateur Advanced category. The judges will be looking for spins, and spin combinations, climbing, static holds, interesting mounts and dismounts as well as fluid combinations and technical ability.

- Music length must be no more than 4.00 minutes
- All Moves allowed.

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Professional

A professional is defined as someone who uses pole dancing as a source of income either by teaching/assisting or performing.

To be eligible for this category competitors must not have placed first in any national competition as a professional. Examples of national competitions include, but are not limited to, the British Isles Pole Championships professional and champion categories, the UK Professional Pole Championships all categories and the Miss Pole Dance professional category. This does not include placing first in heats of professional competitions or any amateur or doubles titles that may be held.

Competitors will be judged on technical ability as well as overall performance

- Music length must be no more than 5.00 minutes
- All moves allowed.

New Heels Categories

These categories have the same rules as those with no heels. However the judging criteria will be different. We want the Heels categories to be more focused on the whole performance. There are no big marks for Tricks up the pole but instead marks will be awarded for BASEWORK tricks (Tricks that are around the bottom of the pole), transitions and spin combinations. Fluidity and technique. And theme and show. Please see Heels Judging criteria for mark distribution.

Finalists and London Pole Championship Final

The grand final will take place on Saturday 19th September 2026

There are 4 spaces in each category for the grand final. The video heats will determine the 4 finalists from each category who will go on to perform at the live finals

No Heels	Heels
4 x Beginners	4 x Beginners
4 x Intermediate	4 x Intermediate

So on and so on for each category.

Troupes will have 6 spaces. Performers can wear heels or no heels as this category will be judges on a different set of criteria .

Costume Requirements

- Strictly no nudity.

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- Knee Pads may be worn, but must integrate into the performers costume.
- No gloves allowed.
- Costumes – Anything goes as long as all private areas are covered. Minimum requirements are a thong and crop top or Bra of some description for women (tops may be taken off, however pasties must be worn as a bare minimum) . Thong for men.
- Footwear- (No Heels Category) no heels are permitted, bare feet or soft pumps only . (Heels Category) Heels must be worn throughout the performance.
- Items of clothing may be removed providing that what is underneath conforms to the minimum requirements.
- No items are permitted that may result in damage to the poles or competitor e.g. spikes, large buckles.
- Should any costume malfunctions occur that are deemed to be dangerous or result in the exposure of sensitive areas the performance will be stopped immediately.
- The competitor will be allowed to correct the problem and perform again at the end of the category should they so wish.
- No large, promotional logos should be displayed on costumes.

Performance Props

- The use of props is permitted.
- Should you need it you will have 2 minutes prior to your performance to set up your props. The stage will need to be cleared at the end of your performance.
- Strictly no substances to be used that may leave the stage a danger to other competitors. This includes but is not limited to water, oil, pyrotechnics.
- You may use backing dancers for your performance. They may join you on stage for the duration of your performance. They must not touch the poles.

Grip Aids

- No gloves allowed.
- Grip aids such as Mighty Grip, Dry Hands, liquid chalk or equivalent are acceptable.
- Please note that Stickum spray is not allowed and anyone found to be using it will be asked to wash it off before being allowed to perform.
- You may apply grip aids to your skin and the poles will be gripped with dry hands if required.

Music

- It is acceptable to use edited music or music mixes.
- 2 point deductions will be made if your routine exceeds the stated times for your category.
- Timing of your performance begins from the first movement or the start of the music, whichever is first.
- Competitors must notify the organiser with their music choice at the latest one month prior to the competition.
- Music will be approved on a first come first served basis as we will not permit a song to be used more than once during the competition.

- Music must be submitted to the organiser by **1th Aug 2026 in MP3 format**. London Pole Championships takes no responsibility for music that doesn't play due to incorrect format.
- Music may be emailed to **londonpolechampionships@gmail.com**
- It is advisable to bring your music with you on memory stick just in case.

Video entries

- Video entries must be no longer than 3 minutes long.
- They must adhere to the rules of the individual category being entered.
- Videos must be filmed in one continuous shot from a stationary position.
- No effects or filters to be used on videos.
- Previous performance videos may be used but must not be older than 6 months.
- 2 poles will need to be used. 1 static and 1 spinning.
- Videos can be uploaded to YouTube or Vimeo and can be unlisted but not private.
- Links must be emailed to **londonpolechampionships@gmail.com** between 1st April and no later than 31st May. Entries sent before or after these dates will not be accepted.

Live Finals

There will be 2x fixed 45mm chrome x- poles. These will be approx. 3.2 meters high with a 2 meter gap between the poles. When facing the stage the left will be static and the right spinning. (When looking out at your audience your left is spinning & right static).

- Pole will be cleaned before and after each performance with Alcohol, however competitors are allowed to clean the poles themselves if they wish to do so.
- All competitors will be required to complete and sign a disclaimer and Par- Q on the day of the live finals.
- Competitors are responsible for their own safety and belongings.
- Competitors must not be under the influence of drugs or alcohol.
- Competitors are forbidden to speak with the judges on the day of the live final.
- Competitors must stay in the competitor dressing room/back stage for the duration of their own category.
- Competitors must comply with all Rules and Regulations for the duration of the competition.
- The Competitor must behave in a professional manner at all times.
- Competitors must adhere to the rules and regulations of the competition at all times.

Pictures & Filming

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- The Live event will be filmed by a professional and will be released on our social media channels.
- Images will be available to purchase from the photographer. Cost of this will be announced nearer the date.
- All filming and photography may be used for promotional or advertising purposes after the event.
- Competitors have no right to compensation for photographs or footage taken during the competition.

Disclaimer

- Any breach of the Rules and Regulations will result in disqualification.
- The Competition Organisers reserve the right to remove any winning title if the individual causes any damage to the Organisation.