



## WELCOME

BPIC was founded in 2022, by Pam and Kim of KPole Dance & Fitness, with the aim of providing the opportunity for UK paid instructors to compete at their true level.

The 2023 final will be held on Saturday 30th September at The Cresset Theatre, Peterborough

## ELIGIBILITY FOR ENTRY

- Entrants must be 16 years or over at time of entry
- Entrants must currently be a paid pole instructor OR have been paid to teach within the past 3 years and hold a valid teaching certification.
- Entrants must NOT have placed within the top 3 of any pole competition (live or online) within the last 3 years at the point of entry (This does not apply to the Expert Category).

## GENERAL RULES AND REGULATIONS

- Entry Fee of £30 per single application/category entry. This is payable via bank transfer alongside the submission of your entry form (Bank details can be found at the end of this document).
- You are allowed to enter more than one category alongside either performer or low flow categories.
- We, the competition organisers, reserve the right to move you to another category if we feel you have entered a category not suited to your level. (We shall inform you of this via email)
  - Top 5 entrants for each category will go through to the live final on September 30th
    - Finalists announced via social media platforms on Friday 7th July
  - All entrants must be available on the date of the live final (September 30<sup>th</sup>) if successful

PHONE: +447843202659  
+447800793337

WEBSITE:

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# VIDEO ENTRIES

- **Video entries open at Midnight on Friday March 10th 2023 and close at Midnight on Friday 26th May.**
  - Video links must be emailed to [bpicsolihull@outlook.com](mailto:bpicsolihull@outlook.com)
  - Videos may be submitted by Vimeo or YouTube, but please ensure your video is not set to private
    - Video entries must be no longer than 3 minutes (3.30 for elite category)
    - Video must be filmed from one angle (no zooming or camera angle changes)
      - Video must not be edited, chopped or have the music dubbed.
        - Entrant should be always clearly visible
        - Entrant must use both static and spin pole
  - Entrant can use the same routine for live final if successful, but it must not be shared online beforehand.

## LIVE FINAL

- Finalists will be allowed a single chaperone on the day; they must have a ticket.
- Finalists will be allowed to watch the other competitors, apart from their own category.
  - Finalists must not be under the influence of drugs or alcohol.
- Finalists and their guests must always act with upmost professionalism. Disrespectful behaviour in any capacity may result in disqualification.
- Competitors must not converse with/contact any of the judges before they compete.

## WARDROBE

- Nudity is NOT permitted – competitors must wear appropriate clothing at all times during the competition.
  - Leggings/bottoms and shoes must be worn when in the public areas (lobby/café area).
    - Minimum attire is defined as a bra and full coverage shorts (no thongs).
      - ALL grip aids MUST be approved prior to the event.
      - Grips which leave residue on the pole i.e., Itac, will not be permitted.
    - Poles will be cleaned with rubbing alcohol and tacked with Dryhands.
  - No moisturisers or fake tan is to be worn. Body paint must not be transferrable.
  - No branding or logos are permitted to be worn on stage when performing.

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# MUSIC

- No offensive, or discriminatory music is permitted, this includes music with excessive swearing.
  - (If unsure, please contact the event organisers)
    - Music lengths:  
Performer/Low flow/Beginner: 3 - 3.30 secs | Inters/Advanced: 3.30 - 4.00 mins | Expert: 3.30 – 4.30 secs | Masters 3:00-4:00. (Please see video entry requirements).

# DEDUCTIONS

- 10 marks deducted for the use of non-permitted moves
  - 3 for each slip (advanced and elite categories only)
- 3 marks from overall score if the time of routine goes over category limit
- In the event of a tie, the decision of first place will be with the head judge
- Feedback will be given at the end of the competition.

# PERFORMANCE GUIDELINES

- Back up dancers are permitted but must not touch the poles at any time – please advise us before the event if you have back up dancers or human props.
- Props are permitted but must be able to be set up and removed within 2 minutes. Props which may cause a safety hazard i.e., Liquids are not permitted – if unsure please contact the event organisers.
  - Due to venue licensing, routines of an overtly sexual nature will not be permitted.
- Entrants must not perform any tricks outside of their ability. If we feel your performance is unsafe, we will stop the routine.

## Technical

- Are tricks controlled and executed to a high standard?
- Have they used unusual entries and exits/transitions in movements?
- Have they shown a good balance of flexibility/strength/dynamics through the routine?

## Presentation

- Is the routine performed to the audience?
  - Are lines clean in movements?
- Have they used all the stage in their performance?
  - Did they hold your attention throughout?

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### Composition

- Have they demonstrated good musicality (using the highs/lows in the music? Have they used the speed/tone/mood?)
  - Has a style/character been chosen and used throughout?
    - Does their costume match the chosen style and music?
  - 10 marks deducted for the use of non-permitted moves
    - 3 for each slip (advanced and elite categories only)
  - 3 marks from overall score if the time of routine goes over category limit
  - In the event of a tie, the decision of first place will be with the head judge
    - Feedback will be given at the end of the competition.

## SCORING CRITERIA BY CATEGORY

**\*All performances will be scored out of 100 points**

### LOW FLOW/BASEWORK & PERFORMANCE CATEGORY

20% Technical  
40% Presentation  
40% Composition

### BEGINNER, INTERMEDIATE, ADVANCED AND EXPERT CATEGORIES

40% Technical  
30% Presentation  
30% Composition

### MASTERS CATEGORY

30% Technical  
40% Presentation  
30% Composition

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BRITISH POLE INSTRUCTOR CHAMPIONSHIPS

# CATEGORY RULES

## Performer Category

- Finalists announced via social media July 7th 2023
- Top 5 entries go through to the live final to compete
  - Open to ALL LEVELS
- See scoring criteria – this category is aimed at the overall performance rather than focusing on the technicality of your pole tricks.
  - Routine should have a theme/tell a story
    - Heels are permitted in this category, but you must abide by the wardrobe rules.
    - You must be a paid instructor/have been paid to teach in the past 3 years to enter
- You CANNOT have placed within top 3 of a pole competition within the last 3 years at point of entry

## Low Flow/Basework Category

- Finalists announced via social media July 7th 2023
- Top 5 entries go through to the live final to compete
  - Open to ALL LEVELS
  - See scoring criteria
  - Performer must only use the lower half of the pole.
- Single inverts are permitted from the floor, but you cannot climb out of an invert up the pole. E.G, you could invert to come down into a handstand.
  - Moves from a climb are not permitted.
    - The movement in this category should be predominantly base/floorwork.
    - Heels are allowed in this category, but you must abide by the wardrobe rules.
    - You must be a paid instructor/have been paid to teach in the past 3 years to enter
- You CANNOT have placed within top 3 of a pole competition within the last 3 years at point of entry

## Beginner category

- Finalists announced via social media July 7th 2023
- Top 5 entries go through to the live final to compete
  - See scoring criteria
  - Competitor must NOT be above beginner level
    - Permitted moves include:
- Spins, climbs, cross knee/ankle release, headstands and forearm stands, basic inverts to crucifix is allowed but no other inverted moves
  - You must be a paid instructor/have been paid to teach in the past 3 years to enter
- Competitor cannot have placed within top 3 of a competition within the last 3 years at point of entry.

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# CATEGORY RULES (CONT...)

## Intermediate Category

- Finalists announced via social media July 7th 2023
- Top 5 entries go through to the live final to compete
  - See scoring criteria
- Competitor must NOT be above intermediate level
  - Permitted moves include:
- Basic aerial inverts, basic split moves i.e. jade split, shoulder mounts from the floor. Arms only moves such as Ayesha are permitted, but these must NOT link to other moves.
  - Non permitted moves:
- Handsprings, extreme flexibility moves i.e. eagle, BOP etc, aerial shouldermounts, flips or extreme drops – If you can perform these moves, please enter advanced category
  - You must be a paid instructor/have been paid to teach in the past 3 years to enter
- Competitor cannot have placed within top 3 of a pole competition within the last 3 years at point of entry

## Advanced Category

- Finalists announced via social media July 7th 2023
- Top 5 entries go through to the live final to compete
  - See scoring criteria
  - No move restrictions
- You must be a paid instructor/have been paid to teach in the past 3 years to enter
- Competitor cannot have placed within top 3 of a pole competition within the last 3 years at point of entry
- If you have placed within top 3 of a comp in the last 3 years – please enter Expert category

## Expert Category

- Finalists announced via social media July 7th 2023
- Top 5 entries go through to the live final to compete
  - See scoring criteria
  - No move restrictions
- You must be a paid instructor/have been paid to teach in the past 3 years to enter
- Competitor CAN have placed in a pole comp at any time bar national development level comps, i.e. UKPPC, MPDUK. The only exception to this rule is the UKPPC Performer category.

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# CATEGORY RULES (CONT...)

## Masters Category

- Finalists announced via social media July 7th 2023
- Top 5 entries go through to the live final to compete
- Competitor must be age 40 or over at time of entry
  - See scoring criteria
- No move restrictions, any style of pole is permitted. Points are scored equally on Technicality and Composition and higher on presentation.
  - You must be a paid instructor/have been paid to teach in the past 3 years to enter
- Competitor cannot have placed within top 3 of a pole competition within the last 3 years at point of entry.

## TO FINISH...

- **The organisers and venue are not liable for any injury or damage incurred from participation in this competition. BPIC reserve the right to refuse entry or to disqualify any participant who they believe to have broken any of these rules and regulations.**
  - Bank details for entry are as follows:  
BPIC  
Account Number: 29337221  
Sort Code: 23-69-72
- If you are unsure as to anything, please do not hesitate to contact the competition organisers.

**Good luck, from all of the BPIC Team.**



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