



## ARTISTIC POLE VIDEO PRELIM CRITERIA

### ***Video submission:***

1. The routine for the video preliminaries in the Artistic Seniors and Doubles categories in all divisions (amateur, semi-professional, professional) must be a minimum of three minutes and fifty seconds (3.50) to a maximum of four minutes (4.00) in duration.
2. Choreography, costume, music, hair and makeup used in video must be in accordance with the rules stated in [Artistic Rules and Regulations](#).
3. The video application routine may be different from the competition routine.
4. The video must be filmed with no cuts and with good lighting conditions.
5. Videos filmed in dark rooms or with any kind of filter will not be accepted.
6. No distracting sounds such as conversation in the background are permitted.
7. No other persons besides the applicant are to be visible.
8. The video must be filmed upright. Videos turned sideways or upside down will not be accepted.
9. The video must be submitted online via a public [www.youtube.com](http://www.youtube.com) link. The link must be sent to [athletes@polesports.org](mailto:athletes@polesports.org) who will forward it to the allocated head judge.
10. The video must be clearly labelled with the athlete's full name, division, category and name of the competition.
11. Both spinning and static poles must be used in the video in the correct positions in accordance with the rules stated in [Artistic Rules and Regulations](#)
12. A correctly filled in application form must be submitted.
13. Videos will only be judged if applications exceed the number of finalists permitted per category.
14. Deadlines for Artistic Pole applications and videos:
  - Applications close 13th April
  - Finalists announced on 27<sup>th</sup> April