



ULTRA POLE VIDEO PRELIM CRITERIA

Video submission:

1. The requirements for the video preliminaries in the Ultra Pole category must be a minimum of two (2) times twenty seconds (0.20) to a maximum of two (2) times thirty seconds (0.30) in duration.
2. The video must include two demonstrations of the athlete's most awe-inspiring trick combinations.
3. Both combinations may be filmed in one take, together; or each combination may be filmed separately; however, each of the two 20-30 second combinations must be filmed in one continuous take with no cuts.
4. The athlete may choose their own style of upbeat music to incorporate into their combinations, however, all music must be in accordance with the [Ultra Pole Rules and Regulations](#), i.e. no profanity or vulgarity is acceptable.
5. The judges will be looking for the following:
 - Crowd pleasing combinations
 - Original combinations
 - High energy
 - Attitude and confidence
 - Musicality
6. Trick combinations, costume, music, hair and makeup used in video must correspond to rules stated in the Ultra Pole [Rules and Regulations](#).
7. The video must be filmed with either one cut or in a single take and with good lighting conditions.
8. Videos filmed in dark rooms or with any kind of filter will not be accepted.
9. No distracting sounds such as conversation in the background are permitted.
10. No other persons besides the applicant are to be visible.
11. The video must be filmed upright. Videos turned sideways or upside down will not be accepted.
12. The video must be submitted via a Dropbox link. The link must be sent to athletes@polesports.org
13. The video must be clearly labelled with the athlete's full name, category and name of the competition.
14. One or two STATIC poles can be used in the video. NO SPINNING poles are permitted
15. A correctly filled in application form must be submitted.
16. Please contact your national federation to find out if they are hosting an Ultra Pole National Championships.
17. Videos will only be judged if the number of applications exceeds the number of finalists permitted per category.
18. The deadlines for Ultra Pole applications with videos:
 - Applications close 4th May
 - Finalists announced 18th May