



History

Started with the creation of an idea in 2002 by "the genius" John Benner and resulted with the first competition in 2003 won by Yocoima Gutierrez from Venezuela. It was his hard work and pioneering that brought this to a gymnastic sport. He took it latterly from the strip clubs and made the dancers perform in a theatre without stripping and touching themselves.

At the time in 2003 it was extremely difficult to convince people to see this as an art form and sport. Actually everyone said that this would never become a sport, so by writing "the art of pole dancing" was to make people look at it from the artistic side rather than the erotic.

From here was the name artistic pole dancing was created. Later the performance was modified and transformed into pole gymnastic.

Pole Gymnastics

Pole Gymnastics is a combination of acrobatics and free artistic pole dancing. It is like an exercise in gymnastics with a rhythmic gymnastics. The components consist of presentations, floor exercise and pole acrobatics. Gymnastic Pole has emerged from the artistic pole dancing and the name changed because of the erotic charge to the name pole dancing sticks. The Pole Gymnastic mentioning is clear to everyone that it is an artistic and acrobatic sports are without any form of eroticism. Pole Gymnastic has like other gym sports a good basis for movement and is also suitable for youth.

Pole Gymnastic is also different than pole dancing and pole fitness!

Pole dancing is more directing to eroticism and pole fitness is more an exercise to be fit.

Academy

The International Pole Gymnastics Academy is a part of the World Federation and takes care for classes and education. By giving trainings and masterclasses with gymnasts and other athletes we are working on the rules and performances to maintain a high standard and directing this to an Olympic sport.

Apparatus

Vertical Bars

The vertical bars is the official Pole Gymnastics apparatus which is used for competitions.

The apparatus exist from 2 poles, 1 static (Blue mark) and 1 rotating (Red mark).

The marks makes it for both athlete and audience more easy to know which pole is used during the performance.

Federation

The International Pole Gymnastics Federation takes care for the rules and everything else involved with pole gymnastics. Together with the members we organise competitions and direct this to a recognized gymnastic sport.

International Pole Gymnastics competition regulations are very strict and is only applicable for Federation members. This way we can direct the sport into the right direction and have it finally recognized by the FIG.

www.polegymnasticsfederation.com

Artistic Pole Gymnastics International Competition Regulations

To make this recognized as a sport, it was essential to make regulations.

It took years to put a solid base in which everything has been sorted out in detail, performances, criteria, floor and pole measures, scores, shoe and clothing descriptions has been made and used by the WPGF as basic regulations.

Rule 1. Pole Gymnastics performance

For marks to be awarded the following criteria must be adhered to.

A. Music choice

- * Entrants are allowed a personal choice of accompaniment, which can be a mixture of music and artists.
- * The performance must not exceed five minutes.

B. Presentation

- * Appearance. The competitor's appearance and emanation must be of such quality to hold the judges attention during the whole performance. Conventional gymnastics style clothing and footwear is only permitted.
- * Personality. The competitors should have an individual style and identity of their own.
- * Professionalism and focus captivating the audience's attention at all times.
- * Physical fitness and attributes associated with the development of physical skills such as stamina, speed, balance and agility, demonstrating muscular strength & power, muscular endurance and flexibility.
- * Loose hair must be tied up properly at all times.

C. Floor Performance

- * It is not permitted to 'sing along' with the accompaniment.
- * Sequenced movements and transitions incorporating pole tricks and holds.
- * Elegant and fluid movements during choreography focusing on strength & power.
- * Combined floor performance.
- * Movement interpretation according to the music & rhythm.
- * Flexibility and suppleness.
- * Clear and concise movements, transitions and tricks demonstrating the range of movements at a joint.

D. Pole tricks

- * Original improvisations and combinations of sequences, tricks and movements on and around the pole.
- * Artistic presentation and performance.
- * Variation of tricks and level of difficulty.
- * Demonstration of skill and strength.



Rule 2. Allocation of Scores (Three categories)

A. Presentation

Points will be awarded from 0.5 (half point) – 5 points, ascending to 1.0 point to 1.5 points.
to 2.0 points.
to 2.5 points.
to 3 points etc... up to a maximum of 5 points.

B. Floor performance

Points will be awarded from 0.5 (half point) – 10 points, ascending to 1.0 point to 1.5 points.
to 2.0 points.
to 2.5 points.
to 3 points etc... up to a maximum of 10 points.

C. Pole tricks

Points will be awarded.
from 0.5 (half point) – 15 points, ascending to 1.0 point to 1.5 points.
to 2.0 points.
to 2.5 points.
to 3 points etc... up to a maximum of 15 points.

Scorecard

Rank	Name	PR	FP	PT	Total
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

PR= PRESENTATION
FP= FLOOR PERFORMANCE
PT= POLETRICKS

DNS= DID NOT START
DNF= DID NOT FINISH
DSQ= DISQUALIFIED

Calendar

Sunday 7 March 2010 (Benelux Open Championships)

Saturday 29 May 2010 (European Open Championships)

Sunday 26 September 2010 (Dutch Open Championships)

Sunday 24 October 2010 (Belgium Open Championships)

Sunday 7 November 2010 (World Championships)

