

SpinIt! Championship – Categories

art pole dance 18+ debut

A category for adults (18+) who are competing in a pole dance competition for the first time. It focuses on artistic expression, choreography, and movement fluidity, without requirements regarding technical experience or instructor qualifications. Prohibited figures: Elements in which the body simultaneously loses contact with the floor and the pole, such as: dismounts, flips, fonjis, regrips; heavily power-based and dynamic figures, including among others: Iron X, Flyby, Phoenixes; figures requiring extreme flexibility, e.g.: Bird of Paradise, Spatchcock, Russian Split, Rainbow Marchenko. The category concentrates on safe and aesthetic choreography presentation, which is why high-risk figures requiring excessive strength or extreme flexibility are excluded.

art pole dance 18+ amateur

A category for adults (18+) who have experience in pole dance competitions but do not engage in dance professionally. It focuses on artistic expression, choreography, and movement fluidity, without requirements regarding advanced technical elements or instructor qualifications. Prohibited figures: Elements in which the body simultaneously loses contact with the floor and the pole, such as: dismounts, flips, fonjis, regrips; heavily power-based and dynamic figures, including among others: Iron X, Flyby, Phoenixes; figures requiring extreme flexibility, e.g.: Bird of Paradise, Spatchcock, Russian Split, Rainbow Marchenko. Qualification note: An individual who has stood on the podium twice or more in the Amateur category at a pole dance / exotic competition (regardless of placement: 1st, 2nd, or 3rd) must compete in a higher category. The category concentrates on safe and aesthetic choreography presentation, which is why high-risk figures requiring excessive strength or extreme flexibility are excluded.

art pole dance 18+ semi pro

A category for adults (18+) who do not engage in pole dance professionally, but have stood on the podium twice or more in the Amateur category or present a semi-professional level. It focuses on artistic expression, choreography, and movement fluidity, allowing both technical and more spectacular figures. There are no prohibited figures—participants can perform technical and dynamic elements appropriate for their level. Competitors should adhere to their actual skill level and not downgrade it to gain an unfair advantage. One must follow the principle of fair play and safety within the choreography. The category concentrates on artistic expression, creativity, and movement fluidity, allowing the full utilization of the participant's technical potential.

art pole dance 18+ pro

A category for adults (18+) who meet at least one of the following conditions: they are pole dance instructors (a person holding instructor qualifications and conducting classes in pole dance/exotic/pole sport/pole art); have stood on the podium twice or more in the Semi-Pro category; or are experienced competitors engaged in pole dance professionally. The category concentrates on the full utilization of the participant's technical, power, and artistic skills. There are no prohibited figures—participants can perform all elements, including heavily dynamic and technically advanced ones. Competitors should adhere to their actual skill level and care for choreography safety. The principle of fair play must be followed.

art pole dance 18+ elite

A category for adults (18+) who have stood on the podium twice or more in the PRO category. The category concentrates on the full utilization of technical, power, and artistic skills, allowing all figures and choreographic elements. There are no prohibited figures—all elements are allowed. Competitors should adhere to their actual skill level and care for choreography safety. The principle of fair play must be followed.

art pole dance 18+ stars

A category for adults (18+) who meet at least one of the following conditions: have stood on the podium twice or more in the Elite category; or have stood on the podium twice or more at international pole dance competitions at a level corresponding to the Elite category. This is a category for true stars of pole dance—competitors who are recognizable in the community and whose presence on stage inspires admiration and recognition. The category concentrates on the full utilization of the highest technical, power, and artistic skills, allowing all figures and choreographic elements. There are no prohibited figures—all elements are allowed. Competitors should adhere to their actual skill level and care for choreography safety. The principle of fair play must be followed.

art pole dance 30+ debut

The participant must be 30 years old or older; all other rules, categories, and limitations are identical to the corresponding 18+ categories.

art pole dance 30+ amateur

The participant must be 30 years old or older; all other rules, categories, and limitations are identical to the corresponding 18+ categories.

art pole dance 30+ semi pro

The participant must be 30 years old or older; all other rules, categories, and limitations are identical to the corresponding 18+ categories.

art pole dance 30+ pro

The participant must be 30 years old or older; all other rules, categories, and limitations are identical to the corresponding 18+ categories.

art pole dance 30+ elite

The participant must be 30 years old or older; all other rules, categories, and limitations are identical to the corresponding 18+ categories.

art pole dance 30+ stars

The participant must be 30 years old or older; all other rules, categories, and limitations are identical to the corresponding 18+ categories.

art pole dance men 18+ amateur

A category for men over 18 years of age; all other rules, categories, and limitations are identical to the corresponding 18+ categories.

art pole dance men 18+ semi pro

A category for men over 18 years of age; all other rules, categories, and limitations are identical to the corresponding 18+ categories.

art pole dance men 18+ pro

A category for men over 18 years of age; all other rules, categories, and limitations are identical to the corresponding 18+ categories.

duets / groups pole dance 18+ amateur

A category for duets or groups (minimum of two participants) aged 18+ without professional status. Performances place emphasis on artistic expression, choreography, and movement fluidity, with limitations regarding complex techniques—technical elements adequate to the level are allowed, but highly risky or excessively power-demanding ones are avoided (consistent with the description of the Art Pole Dance 18+ Amateur category). There are no restrictions regarding performance styles, however, all team members should act in accordance with the principle of safety and fair play.

duets / groups pole dance 18+ semi pro/pro

A category for duets or groups (minimum of two participants) aged 18+ with a high level of advancement. Performances can include a broad range of figures—from technical to spectacular—with emphasis on technique, precision, and artistic expression at a level close to semi-pro or pro. There are no restrictions regarding figures, provided safety is maintained and elements are adapted to the team's skills. Teams should present a coherent choreography, a high execution quality, and follow the principles of fair play.

exotic pole 18+ debut

A category for adults (18+) who are competing in a Pole Dance competition for the first time, specifically in the Exotic category. Footwear requirement: Mandatory performance in professional Exotic heels (pole dance shoes with appropriate stability and heel height). It focuses on artistic expression, choreography, and movement fluidity, with an accent on safe and aesthetic presentations. In this category, elements characteristic of Exotic are permissible, including drops and knee landings (e.g., springs) and all tricks provided safety is maintained and elements align with the competitor's skill level (amateur). Jumps and falls from a height that pose a risk of trauma (e.g., sudden, high falls from a pole hold with high shock-absorption) are prohibited if they do not meet safety criteria. The use of knee pads that aesthetically complement the costume is recommended. The principle of fair play, choreography safety, and responsibility for one's own movement set remain a priority. Participation of men is allowed. Women and men are merged into a single category.

exotic pole 18+ amateur

A category for adults (18+) who have experience in pole dance/exotic pole competitions but do not engage in pole dancing professionally. Footwear requirement: Mandatory performance in professional Exotic heels (pole dance shoes with appropriate stability and heel height). It focuses on artistic expression, choreography, and movement fluidity, with an accent on safe and aesthetic presentations. In this category, elements characteristic of Exotic are permissible, including drops and knee landings (e.g., springs) and all tricks provided safety is maintained and elements align with the competitor's skill level (amateur). Jumps and falls from a height that pose a risk of trauma (e.g., sudden, high falls from a pole hold with high shock-absorption) are prohibited if they do not meet safety criteria. The use of knee pads that aesthetically complement the costume is recommended. The principle of fair play,

choreography safety, and responsibility for one's own movement set remain a priority. Participation of men is allowed. Women and men are merged into a single category.

exotic pole 18+ semi pro

A category for adults (18+) who do not engage in pole dance/exotic pole professionally, but have stood on the podium twice or more in the Amateur category or present a semi-professional level. Footwear requirement: Mandatory performance in professional Exotic heels (pole dance shoes with appropriate stability and heel height). It focuses on artistic expression, choreography, and movement fluidity, allowing more advanced tricks characteristic of Exotic, including controlled drops and knee landings. The scope of permitted elements covers more complex components than in the amateur category, with a clear emphasis on safety, precision, and choreography consistency. Falls from high heights or loss of control that could jeopardize health are not permitted. Principles of fair play and responsibility for one's own movement set remain a priority. Participation of men is allowed. Women and men are merged into a single category.

exotic pole 18+ pro

A category for adults (18+) who meet at least one of the following conditions: they are pole dance/exotic pole instructors (a person holding instructor qualifications and conducting classes in pole dance/exotic/pole sport/pole art); have stood on the podium twice or more in the Semi-Pro category; or are experienced competitors engaged in pole dance professionally. Footwear requirement: Mandatory performance in professional Exotic heels (pole dance shoes with appropriate stability and heel height). It focuses on the maximal utilization of technique, power, artistic expression, and movement fluidity. All figures and elements characteristic of Exotic are allowed, including the most advanced and dynamic combinations, provided safety and movement control are maintained. There are no restrictions regarding figures, but judges place emphasis on precision, movement harmony, interpretation, and choreography safety. Principles of fair play and responsibility for one's own execution remain critical. Participation of men is allowed. Women and men are merged into a single category.

exotic pole 18+ elite

A category for adults (18+) who have stood on the podium twice or more in the PRO category. Footwear requirement: Mandatory performance in professional Exotic heels (pole dance shoes with appropriate stability and heel height). It focuses on the maximal utilization of technique, power, artistic expression, and movement fluidity. All figures and elements characteristic of Exotic are allowed, including the most advanced and dynamic combinations, provided safety and movement control are maintained. There are no restrictions regarding figures, but judges place emphasis on precision, movement harmony, interpretation, and choreography safety. Principles of fair play and responsibility for one's own execution remain critical. Participation of men is allowed. Women and men are merged into a single category.

exotic pole 18+ stars

A category for adults (18+) who meet at least one of the following conditions: have stood on the podium twice or more in the Elite category; or have stood on the podium twice or more at international pole dance / exotic pole competitions at a level corresponding to the Elite category. This is a category for true stars of exotic pole—competitors who are recognizable in the community and whose presence on stage inspires admiration and recognition. Footwear requirement: Mandatory performance in professional Exotic heels (pole dance shoes with appropriate stability and heel height). It concentrates on the maximal utilization of technique, power, and artistic expression, highlighting an exceptional presentation and scenic character. All figures and elements characteristic of Exotic are allowed,

including the hardest and most spectacular combinations, while maintaining safety and movement control. There are no restrictions regarding figures; judges place emphasis on precision, interpretation originality, and choreography consistency. Principles of fair play and responsibility for one's own execution remain critical. Participation of men is allowed. Women and men are merged into a single category.

exotic pole 30+ debut

The participant must be 30 years old or older; all other rules, categories, and limitations are identical to the corresponding exotic 18+ categories.

exotic pole 30+ amateur

The participant must be 30 years old or older; all other rules, categories, and limitations are identical to the corresponding exotic 18+ categories.

exotic pole 30+ semi pro

The participant must be 30 years old or older; all other rules, categories, and limitations are identical to the corresponding exotic 18+ categories.

exotic pole 30+ pro

The participant must be 30 years old or older; all other rules, categories, and limitations are identical to the corresponding exotic 18+ categories.

exotic pole 30+ elite

The participant must be 30 years old or older; all other rules, categories, and limitations are identical to the corresponding exotic 18+ categories.

exotic pole 30+ stars

The participant must be 30 years old or older; all other rules, categories, and limitations are identical to the corresponding exotic 18+ categories.

duets / groups exotic pole 18+ amateur

A category for duets or groups (minimum of two participants) aged 18+ who enter the competition without professional status. Footwear requirement: Mandatory performance in professional Exotic heels (pole dance shoes with appropriate stability and heel height). It focuses on artistic expression, choreography, and movement fluidity, allowing characteristic Exotic elements, including safe drops, knee landings, and other tricks, while maintaining caution and aligning with the skill level (in accordance with the description of the Exotic Pole 18+ Amateur category). The principle of synchronization and teamwork within the group is critical. High, risky falls from a significant height are prohibited if they fail to meet safety criteria. Principles of fair play and responsibility for one's own execution remain a top priority.

duets / groups exotic pole 18+ semi pro/pro

A category for duets or groups (minimum of two participants) aged 18+ with a higher level of advancement, encompassing performances with a greater degree of difficulty and creativity. Advanced techniques and dynamic combinations characteristic of Exotic are allowed, with an emphasis on precision, synchronization, and strong artistic expression. There are no restrictions

regarding figures, but judges pay attention to safety, movement control, and choreography consistency. Exotic footwear is mandatory. Principles of fair play as well as responsibility for one's own execution remain paramount.