



POLE DANCE JUDGING CRITERIA & SCORING MATRIX

GENERAL PERFORMANCE CRITERIA (60% of Total Score)

These criteria apply universally across all categories and contribute to the overall evaluation of the performance. Each criterion is weighted at 10% of the total score.

All criteria are marked on a scale from 0-10 (0 being criteria completely unfulfilled, 10 being criteria perfectly fulfilled).

CRITERION	DESCRIPTION	%
Image	The performer's general appearance (costume, hair, makeup, styling) and how effectively it enhances, complements, and aligns with the performance's theme and quality.	10%
Musicality	The ability to interpret, connect with, and express the music through movement, utilizing its rhythm, dynamics, and emotional nuances to enrich the performance.	10%
Floorwork	The skill, fluidity, and aesthetic execution of movements performed on the floor, ensuring they are integrated, purposeful, and contribute to the overall choreography.	10%
Control & technique	The precision, stability, and correct application of fundamental pole dance techniques, maintaining proper alignment, form, and controlled execution throughout.	10%
Difficulty of tricks & transitions	The inherent challenge, complexity, and originality of the chosen tricks, as well as the sophistication of the transitions linking them together.	10%
Lines	The extension, grace, and visual appeal of the body's shapes and positions, creating clean, artistic, and aesthetically pleasing lines.	10%



CATEGORY-SPECIFIC CRITERIA (40% of Total Score)

These criteria are specific to each category and contribute to a deeper evaluation of the performance based on its style. Each criterion is weighted at 10% of the total score.

All criteria are marked on a scale from 0-10 (0 being criteria completely unfulfilled, 10 being criteria perfectly fulfilled).

IMPACT.

CRITERION	DESCRIPTION	%
Difficulty of strength-based tricks	The complexity and masterful execution of tricks that primarily demand significant physical strength, power, and controlled force.	10%
Difficulty of flexibility-based tricks	The complexity and masterful execution of tricks that primarily demand advanced flexibility, range of motion, and body control.	10%
Balance between tricks & choreography	The harmonious integration and proportionate distribution of challenging tricks within the overall choreographic flow, avoiding a mere sequence of tricks.	10%
Stage presence	The performer's charisma, confidence, and commanding authority on stage, effectively capturing and holding the audience's attention throughout the routine.	10%



DYNAMIC.

CRITERION	DESCRIPTION	%
Dynamic of tricks & transitions	The continuous flow, sustained speed, and energetic drive maintained through the execution of tricks and their seamless transitions.	10%
Dance stylization	The distinctive, energetic, and appropriate stylistic choices made in movements and transitions around the pole, contributing to a vibrant performance.	10%
Musicality & accents interpretation	The precise, powerful, and impactful alignment of movements with musical beats, rhythms, accents, and dynamic changes within the music.	10%
Inner energy	The palpable vitality, intensity, and overall high energy projected by the performer, filling the stage with their presence and drive.	10%

SEDUCTION.

CRITERION	DESCRIPTION	%
Sensual body language & movement	The effective and nuanced use of body language, gestures, and movement to convey sensuality, allure, and emotional depth.	10%
Interpretation & authenticity	The performer's genuine and unique expression of sensuality and desire, ensuring it feels believable, deeply interpreted, and personal.	10%
Dance stylization	The specific stylistic choices and refined execution of movements in relation to the pole, actively contributing to the overall seductive impression.	10%
Body plastic	The masterful ability to sculpt the body into aesthetically pleasing, expressive, and sensual forms, highlighting flexibility and controlled lines.	10%



PROVOCATEUR.

CRITERION	DESCRIPTION	%
Audience Interaction	The ability to captivate, tease, and actively engage with the audience, eliciting a strong, intentional reaction or response.	10%
Use of striptease elements	The impactful, well-timed, and integrated incorporation of striptease elements within the overall choreography and performance.	10%
Lustfulness	The performance's potent ability to evoke a strong sense of desire, passion, or intense allure in the audience, compelling an emotional reaction.	10%
"Wow" Factor	The overall impressiveness, memorability, and ability of the performance to create a strong, often surprising or thrilling, "wow" impression.	10%

LIQUID.

CRITERION	DESCRIPTION	%
Fluidity of Transitions	The seamless, smooth, and uninterrupted connection between movements and tricks, giving the impression of continuous, effortless motion without breaks or abrupt stops.	10%
Legs & heels work	The skillful, expressive, and aesthetically pleasing use of legs and heels throughout the performance, enhancing lines, movement, and visual appeal.	10%
Tricks stylization	The unique, refined, and consistent stylistic interpretation applied to individual tricks, making them distinctive and integrated into the overall performance style.	10%
Amplitude of movement	The full extension, expansive range of motion, and large-scale quality of movements, utilizing the full potential of the body and performance space.	10%



CONNECTION.

CRITERION	DESCRIPTION	%
Synchronization	The precise timing, coordination, and alignment among all group members, and their collective adherence to the music.	10%
Aesthetic harmony & synergy	The overall visual balance, artistic coherence, and synergistic effect created by all performers working together, enhancing the group's overall impact.	10%
Double/group tricks	The creativity, complexity, and flawless execution of tricks involving two or more performers, showcasing collaborative strength, artistry, and coordination.	10%
Choreographic cohesion	The logical, unified, and well-structured progression of the entire group choreography, where all parts connect to form a complete and meaningful piece.	10%

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Regulations subject to change. Updated version: January 2026