

# Rules and Regulations

## EXOPÌA COMPETITION

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### ORGANIZER INFORMATION

**Body Rock A.S.D.**

Via Tagliamento 3 - 20139 Milano - Italia

Contatto: [exopia@bodyrock.it](mailto:exopia@bodyrock.it)

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### KEYS DATES

Registration opening	15 december 2025
Registration closing	10 march 2026
Finalists announcement	13 march 2026
Payment deadline for participation fee	18 march 2026
Music submission deadline	30 april 2026
Props approval deadline	30 april 2026
Sports medical certificate deadline	30 april 2026
<b>Competition Date</b>	<b>31 may 2026</b>

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## 1. GENERAL RULES AND ELIGIBILITY

### 1.1 Participation Requirements

- Participants must be at least 18 years old. Proof of age ( copy of a driver's license or passport) may be required at registration.
- All the participants must fill and sign the membership request form [www.exopia.it](http://www.exopia.it) and pay the membership fee.
- The participant must be in suitable physical and medical condition to participate in the competition and must have a valid sports medical certificate by the competition

date, to be submitted by April 30, 2026.

- Participants agree and authorize Body Rock A.S.D. to film and photograph them during the competition, and give us their consent to use the videos or images for future marketing purposes. Signing the privacy consent form is mandatory.

## **1.2 Code of Conduct**

- Smoking is strictly prohibited within the venue and on the stage.
- The use of any doping substances or prohibited drugs is strictly forbidden. Participants may be subject to drug testing. Any violation of this rule will result in immediate disqualification.
- Body Rock A.S.D is committed to providing a safe and inclusive environment for all participants, judges, staff, and attendees. Discrimination of any kind, including but not limited to racism, sexism, homophobia, and transphobia, will not be tolerated. Any participant engaging in discriminatory behavior will be immediately disqualified.
- During the competition, participants are not allowed to remain in contact with the members of the jury, the DJ, and the lighting and audio technicians.

## **1.3 Choreography and Content**

- Participants must perform only their own choreography or routines approved by all co-creators and choreographers. The organiser is not responsible for copyright violations.
- Are strictly prohibited in choreography: depicting political events or situations, using national flags, promoting political or religious views, encouraging violence or racist views, promoting prohibited substances, slandering anyone, or advertising any product.
- It is strictly prohibited to bring or display flags during the awards ceremony.

## **1.4 Performance Management**

- Judges and organizers can stop the performance at any time if they think the contestant is at health risk or is having safety problems, or if the contestant doesn't obey the rules.
- The performance can be repeated if the contestant stopped their performance during the first half because of technical problems not caused by them.

## 1.5 Copyright and Audiovisual Materials

- Body Rock A.S.D. assumes no responsibility for copyright violations related to musical tracks and audiovisual content used by participants. Any copyright claims or legal disputes will be the sole responsibility of the participant who submitted the material in question.
- Participants will receive videos and photographs of their performance exclusively for personal use. The use of such material for the promotion of other competitions or events is strictly prohibited.

## 1.6 Liability and Amendments

- The organizers assume no responsibility for the loss, theft, or damage to participants' personal belongings during the event. Participants are advised to keep their valuables secure at all times.
  - Body Rock A.S.D. reserves the right to make changes to the rules, terms and conditions of the competition even after registration has opened. Participants will be informed of any changes through the event's official communication channels.
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# 2. COMPETITION CATEGORIES

The competition features six categories:

1. **Impact Category**
  2. **Dynamic Category**
  3. **Seduction Category**
  4. **Provocateur Category**
  5. **Liquid Category**
  6. **Connection Category**
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# 3. COMPETITION LEVELS

## Guidelines for level identification

### 3.1 ENTRY

This category is for participants who meet any one of the following conditions:

- Have never previously competed in an exotic pole dance competition.
- If they have competed in an amateur category but have never got on the podium.
- Do not currently teach pole dance or exotic pole dance.

### **3.2 EXPERT**

This category is for participants who meet any one of the following conditions:

- Has competed in a semi-professional category but has not got on the podium.
- Has won in an amateur category in exotic pole dance competition.
- Currently teaches pole dance or exotic pole dance.

### **3.3 PROFESSIONAL**

This category is for participants who meet any one of the following conditions:

- Has previously competed in Professional, Star, or Elite categories.
- Has won in a semi-professional or professional categories in exotic pole dance competition.
- Has judged in other pole dance or exotic pole dance competitions.
- Conducts pole dance or exotic pole dance instructor training courses.

The organizers reserve the right to add an additional level if they deem it necessary.

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## **4. APPLICATION PROCEDURE**

### **4.1 Video entry submission:**

Candidates must provide a link to a video containing their own performance. The video must meet the following requirements:

- Applicants are required to create a link to upload a video of a performance.
- The video must not be older than 12 months from the competition registration date.
- The video must adequately demonstrate the technical skills required for chosen level and category.
- Minimum duration: 2 minutes. No maximum limit.
- The video must show a continuous performance with no cuts or edits.
- Submit a link to the youtube video inside the application form on Google Form.

### **4.2 Finalist selection process:**

- Organisers will review video entries and select finalists based on criteria of category and style.
- A maximum of 5 finalists will be selected for each category and level. However, the organizers reserve the right to extend the number of finalists to up to 7 if necessary.
- The organizers reserve the right to reassign participants to a different category or level if deemed more appropriate, subject to the participant's consent.

- Finalists will be notified by e-mail within the 10th of March.
- Before announcing the finalist, the organizing committee will send out results and contact each participating individual via email.
- The process of registration is only completed after you confirm your participation with payment (within 3 workdays of the email notification). Only those who have registered for the competition will be announced as finalists.
- After receiving the email that contestants have qualified for the competition, the participation fee shall become due within 3 workdays after the participant has received the confirmation via E-mail. The confirmation **MUST** be done within the 18th of March.
- If you become a finalist but, due to any circumstances, are unable to attend, you must inform the organizer at least one week before the Live Final! Otherwise, you will not be allowed to participate in our championship for two years.

### 4.3 Registration form

Every candidate participant must complete and sign in all its parts the application form [www.exopia.it](http://www.exopia.it)

### 4.4 Fees

**Application fee (video entry):** € 30 per participant and per category selected

**Participation fee:**

- € 100 single participant
- € 80 per each participant in double
- € 60 per each participant in group (3 and more)
- € 35 per each prop

Application and participation fees are not refundable

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## 5. JUDGING CRITERIA AND EVALUATION SHEETS

- Judging criteria and scoring matrix are available for download from [www.exopia.it](http://www.exopia.it)
- The judges will be provided with the evaluation sheets in advance.
- To ensure a professional, impartial, and consistent judgment, the organizers will fully brief each judge on the judging rules and criteria of the competition, in accordance

with the competition's rules and scoring matrix.

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## **6. PERFORMANCE GUIDELINES**

### **6.1 Costum**

- Costumes must cover all intimate parts during the whole performance.
- Costumes must not contain any commercial logos, advertising messages, or brand names.
- The costume should reflect the character of the chosen music composition.
- Men can be topless.
- Costumes and props shouldn't bother the performance.
- All makeup and body paint is allowed as long as it doesn't make dirty other performers, the performance area and the poles.
- The use of liquids, fire, needles and other objects that could injure or endanger yourself or others is not permitted.
- Not allowed to use any kind of body balms or lotions that can destroy the equipment or can make the poles slippery for other contestants' use.
- The competitor will have the option of cleaning their own pole prior to their performance, although pole cleaners will be available.
- Explicit nudity is not permitted. Showing intimate body parts will receive penalty.
- It is however allowed to take off parts of the costume if this is not in contradiction with what is described above

### **6.2 Music**

- The participant must go on stage to present the performance according to the order of speeches voiced by the organizers. The miss of their order or delay in entering the stage (for any reason), entailing a delay in the program of the event, is regarded as a refusal to perform and entails disqualification.

**Music track naming:**

Each music track must be named in the following format:

- Level\_Category\_Participant Name
- Exemple: Expert\_Liquid\_MariaRossi

**Time limits for music and performance:**

<b>Level</b>	<b>Timing</b>
Entry	3 min - 3 min 30 sec
Expert	3 min 30 sec - 4 min
Professional	3 min 30 sec - 5 min
Double e Group	3 min 30 sec - 6 min

**Music file format:**

The music file must be on high resolution, the following format are allowed:

- WAV
- MP3

The music file must be submitted by April 30, 2026.

### **6.3 Extras (Human Props) and Stage Props**

- A fee of €35 will be charged per human prop, with a maximum of 5 props allowed per performance.
- Sex toys or other sexual objects are strictly prohibited.
- Scenic objects cannot be used for sexual purposes.
- All props must be approved by the organizer no later than the 30th of April.
- All scenic elements used in the performance must adhere to safety standards. The use of open flames, explosive materials, easily flammable objects, or any item that could present a risk to participants or the audience is strictly forbidden. A complete list of scenic elements must be submitted to the organizers for approval by the 30th of April.
- Competitors must advise the organizer if there will be a clean up required after their performance, and must gain organizer approval.

### **6.4 Pole Grip**

- Allowed the use of funds to improve adhesion with pole, except for wax and resins.

- Allowed on the participant's hands and body only.
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## 7. PRIZES

- One winner per category.
  - One overall winner.
  - Trophy for winners
  - Sponsor prizes and goodies
  - Voucher for Exopia Camp 2026 workshop
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## 8. VENUE, STAGE AND POLE

**Location:** Milan city center

**Technical specifications:**

- one pole 45mm
- Stage rehearsals available on the morning of May 31, 2026

Full location information will be announced soon.

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## 9. DISQUALIFICATION

The jury can disqualify or don't accept a participant's subscription in case of:

- giving generalities in the application form
  - show of racist, homophobic or discriminating attitude
  - no sport attitude
  - In case of drug or doping use
  - obscene acts and excessively vulgar gestures
  - sex toy use
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*Regulations subject to change. Last updated: February 2026*