



Poledancing Regulations

GNSK 2025

Eligibility

1. Several individuals can be registered per Overarching Student Sports Organisation (hereinafter: OSSO)/city. The first three registered participants per OSSO/city are always entitled to participate, regardless of gender. Depending on the number of individuals registered, it will be decided whether the other individuals can participate. Should there be too many individuals for the remaining spots, participation will be on a first-come, first-served basis.

2. The registered participants of an OSSO/city may only consist of students who meet the conditions set out in Chapter 1 of SSN's event regulations. If this rule is violated, all results of this participant will be deleted. If an unauthorised participant competes in the GNSK, a fine of €200 will be charged to the OSSO/representing organisation in the city for which that participant competes.

Match provisions

3. Competition will be performed on X-pole X-stage poles. Here there is 2.68 m of usable space on the pole for moves. Competitors must indicate before the communicated date whether they are to stand the pole static OR spinning.

4. Scoring is determined by means of the IPSF pole sport rules and regulations to be found on the IPSF site in the file: '[IPSF POLE SPORTS CODE OF POINTS 2022/24 UPDATED 08.02.2022](#)'. Restrictions follow and can be seen at 8.

5. Participant is expected to indicate which elements they intend to perform before the date communicated.

6. The participant has a total of 3 minutes to perform all their elements to a pre-transmitted music piece.





7. Scores will be applied only when elements performed on static pole have been held steady for at least 2 seconds and on spinning pole at least a revolution of 720 degrees has been held regardless of the revolution speed. Further scores are also released for empathy of music and smoothness of transitions.

8. Restrictions and Deductions:

8.1. All performed elements must use the pole, all acrobatic floor elements will not be scored due to safety reasons by using a stage pole.

8.2. All drops and jump-outs are prohibited and may result in minus points or disqualification. Except pole flips, contact flip, and regrips (for definitions see 'IPSF code of points').

8.3. If the competitor does NOT perform a pre-selected element, a deduction will be made in the amount that this element is worth.

8.4. Should a competitor perform an element that is not pre-specified, it will not score any points.

8.5. The use of resin-based aids such as I-tac or grip clothing is prohibited and may lead to disqualification. Use of other skin-based grip aids is allowed.

8.6. Men and women will be judged and treated identically. As a result, no distinction will be made in point counts.

Closing provisions

9. The organisation bears no responsibility for accidents or damage before, during or after the race. Participation is at your own risk.

10. The organisation has no responsibility for theft before, during or after the competition.

11. It is considered up to the participant to take off all jewellery (e.g. watches, rings, bracelets, necklaces, earrings) before entering the pole. Failure to adhere to these rules will result in disqualification and possible damage charges.

12. Clothing must be in line with IPSF standards.

13. In all cases, the pole dance committee and judges reserve the right to make a binding decision.





14. Objections and/or irregularities should be reported in writing to the organisation as soon as possible after participation, up to a maximum of 30 minutes after the results have been announced. After this, the organisation will consult with the judges whether the results need to be adjusted. This decision cannot be appealed.

