

Nederlands Studenten Kampioenschap Paaldansen

Dutch Student Pole Dancing Championship



Preface

SPV Blue is the student pole dancing association from Eindhoven. This year we will be organizing the 6th edition of the Dutch Student Pole Dancing Championship (NSK).

This NSK is being organized in collaboration with Studentensport Nederland and is in line with their rules and regulations.

The NSK will take place on the 24th of May 2025 at the SSC Eindhoven. Information on signing up can be found at <https://spvblue.nl/nsk>.

We hope to see you there!

Roy van Loosbroek ~ Comission chair

Esther te Koppele ~ Comission secretary

Jan Bulthuis ~ Comission treasurer

Melissa van Welie ~ Board representative

For any other questions or information, feel free to reach out via nsk@spvblue.nl.

Table of Contents

Preface.....	2
Table of Contents.....	3
Categories.....	4
Solo beginners.....	4
Solo intermediate.....	5
Solo advanced.....	5
Duo.....	6
Sign-up procedure.....	7
Deadlines.....	7
Judging.....	7
Prizes.....	7
Stage specifications.....	8
Rules and regulations.....	9
Music and light.....	9
Attributes.....	9
Moves.....	10
Clothing.....	10
Prohibited items.....	10
Code of conduct.....	10
General rules.....	11
Assessment form.....	13

Categories

The categories are as follows:

- Solo beginners
- Solo intermediate
- Solo advanced
- Duo

Every difficulty has a set of allowed moves and techniques provided in the following subsections. These lists are a guideline, in case of doubt please contact nsk@spvblue.nl.

Solo beginners

Moves allowed for the beginners category are:

- All spins with two hands on the pole such as
 - Fireman spin
 - Back hook spin
 - Front hook spin
 - Carousel spin
 - Playgirl/playboy
 - Chair spin
- Bridge
- Pole step
- Fankick
- Polesplit on the ground
- Basic climb
- Chinese pole climb
- Stand in pole
- Ladysit/polesit
- Take 5
- Chinese polesit
- Seated split
- Vertical break/crucifix (basic invert – no hands)
- Helicopter (invert straddle)
- Inside leghang
- Outside leghang
- Thigh hold
- Butterfly
- Hangover
- Wonderwoman/laybackplank
- Flatliner
- Star/cupid support

- Ballerina on the ground
- Genie
- Martini
- Handstand on the floor against the pole, two hands on the ground

Solo intermediate

Moves allowed for the intermediate category are:

- Everything from beginners
- All basic spins on one hand
- Jamilla
- Swan
- Split in pole
- Sideclimb
- Armbanner
- Meathook
- Jade
- Ballerina
- Superman
- Side superman
- Cupid
- Butterfly stretched legs
- Hangover stretched legs
- Hood ornament
- Shouldermount (do not lift)
- Brass monkey (and variations)
- Backsupported split
- Marley
- Iguana
- Chopsticks
- Teddy
- Kneebanner
- Running man
- Handspring/Ayesha (normal grip or twisted grip, no cupgrip, no elbowgrip, do not jump in)
- Handstand with the pole, one hand on the ground
- Drops (must keep contact with pole)

Solo advanced

Moves allowed for the advanced category are:

- Everything from beginners
- Everything from intermediate
- Swan split

- Playgirl no hands/Craddle spin no hands
- All climbs
- Deadlifts
- Butterfly variations (one hand butterfly, Russian butterfly, etc...)
- Shouldermount princess grip
- Shouldermount lifting
- Yogini
- Titanic
- Janeiro
- Planks
- Russian Layback
- Handsprings
- Iron X
- Tulip
- Dragontail
- Cocoon
- Toothbrush

Duo

The duo category has no set level, we therefore ask that you use your best judgement and to keep everything safe. Please keep in mind in which category you would participate if you would participate in a solo category and take those moves as a guideline.

Sign-up procedure

In order to sign up fill in the sign-up form found at <https://spvblue.nl/nsk>.

After signing-up, please submit either a proof of enrollment at an institute of higher education if you are currently a student or a proof of graduation if you are an alumni to nsk@spvblue.nl.

The sign-up is complete once SPV Blue receives the participation fee and a proof of enrollment/graduation. You will receive an email confirming your sign-up within a week of signing up.

The participation fee must be paid before the 7th of May to NL92 INGB 0007 2751 10 on name of "Studenten Paalsport Vereniging Blue". Make sure to mention the word "NSK", your first name and your last name in the description of the transaction. The participation fee is 25 euros for a solo act and 35 euros for a duo act.

In case of cancellation or a no-show, it is unfortunately not possible to get a refund.

Deadlines

In the below overview, you will find all deadlines regarding the NSK:

Sign-up:	7 th of May
Pay participation fee:	7 th of May
Submit music:	14 th of May
Submit lighting and start position:	14 th of May
Arrival at the NSK: category	2 hours before the start of the

Judging

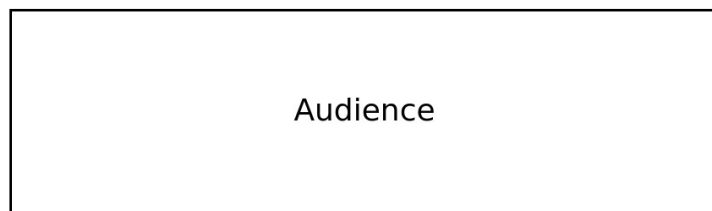
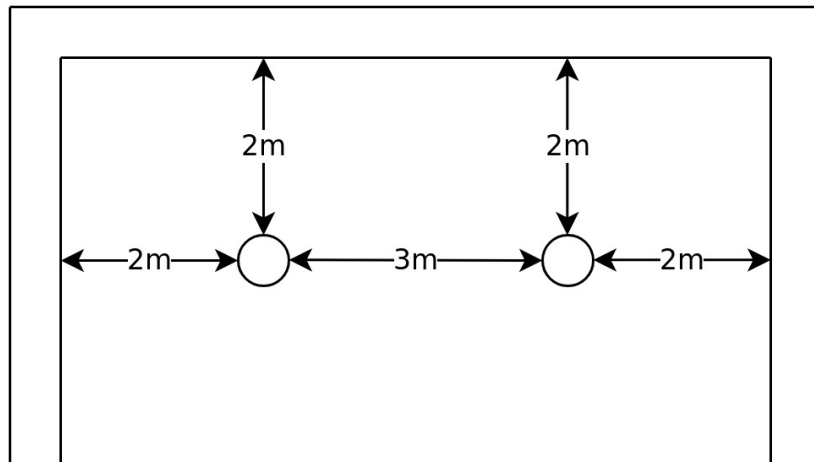
The act shall be judged by a jury. The main criteria will be power, flexibility and finishing. On the assessment form provided at the end of the document the point distribution can be found.

Prizes

In every category a prize will be awarded to the top three performers based on the points assigned by the jury on the assessment forms.

We ask all participants to be present at the award ceremony.

Stage specifications



- The stage is seven meter wide and four meter deep.
- There is two meter between the poles and the truss.
- There is three meter between the poles.
- From the view of the audience, the left pole is static and the right pole is spinning.
- At the back and sides of the stages, there are truss beams on the floor.

Rules and regulations

Music and light

- I. Participants must submit the music for their act before the 14th of May to nsk@spvblue.nl. Failure to do so will lead to disqualification.
- II. The music should last between 1:00 and 4:00 minutes depending on category.
 - a. For the category solo beginner, the music must have a duration between 1:00 and 2:00.
 - b. For the category solo intermediate, the music must have a duration between 2:00 and 3:00.
 - c. For the category solo advanced, the music must have a duration between 3:00 and 4:00.
 - d. For the category duo, the music must have a duration between 2:30 and 3:30.
- III. The length of the music equals the length of the act.
- IV. In the case that multiple participants in the same category submit the same song, the participant that submitted the song first will have priority on using that song for their act.
- V. Music must be submitted as an .mp3 or .wav file by sending the file to nsk@spvblue.nl with the following information: your name, category, title of the song, artist of the song.
- VI. The choice of music may be submitted to nsk@spvblue.nl in advance without the music file to ensure that nobody else in the same category uses the same music. The full audio file must then still be submitted before the 14th of May.
- VII. The music may include singing.
- VIII. The music may be a mix of multiple different songs.
- IX. The music will be started once the starting position has been assumed.
- X. The starting position must be submitted before the 14th of May.

Attributes

- I. The usage of attributes is allowed during the NSK. If an act includes an attribute, this should be communicated to nsk@spvblue.nl.

- II. If help is needed at setting up or removing the attribute(s), this must be indicated to nsk@spvblue.nl.
- III. Attributes must be provided and transported by the contestant.
- IV. It must be possible to set up and remove the attribute(s) within one minute.

Moves

- I. Participants may only use moves allowed for their category as described in the section Categories of this document.
- II. The stated moves are guidelines, please contact nsk@spvblue.nl if you want to perform a move not listed for your category.

Clothing

- I. Participants are not allowed too short undergarments such as a g-string or other sexually provocative clothing.
- II. Participants are not allowed to wear speedos or similar clothing.
- III. Participants are not allowed to wear shoes or socks during their act.
- IV. Participants are not allowed to wear clothes that improve their grip such as sticky leggings, shoes and gloves.
- V. Participants are not allowed to wear any clothing that could damage the pole, such as rings, shorts or tops with metal rings or buttons.

Prohibited items

- I. The usage of drugs, alcohol and other stimulants are strictly forbidden during the NSK. Contestants will be disqualified on reasonable suspicion of being under the influence of drugs, alcohol or other stimulants. Prescribed medicine is an exception to this rule.
- II. It is prohibited to apply grip materials to the pole.
- III. Dryhands, magnesium and similar materials are allowed. Other grip materials are prohibited.
- IV. Greasy products that may decrease the grip for the following contestant are prohibited.

Code of conduct

- I. Contestants should be present and registered at the organisation of the NSK at least two hours before the start of their category.

- II. During the event and registration, participants must be able to show a valid ID.
- III. With approval from the jury, an act may be restarted or be done over in the case of, for example, technical or organisational mistakes.
- IV. Contestants are expected to have a sportsmanlike attitude toward fellow participants and the judges.
- V. Contestants are expected to be present during the award ceremony.

General rules

- I. For participation in the NSK, the rules and regulations of Studentensport Nederland must be followed. Their rules can be found on <https://www.studentensport.nl>.
- II. The participant must own a valid ID during the NSK.
- III. Participation is possible for all students who are currently studying or have graduated less than one year ago.
- IV. Participants must be aged between 16 and 30 years old on the day of the NSK.
- V. Participation in the NSK is at own risk.
- VI. The participation fee is 25 euros for a solo act and 35 euros for a duo act.
- VII. The participation fee must be paid before the 7th of May.
- VIII. Participants may submit a desired lighting color for their act.
- IX. Lighting transitions are limited but may be possible and may be arranged by contacting nsk@spvblue.nl.
- X. Lockers and changing rooms will be available. Everyone is responsible for their own belongings. SPV Blue and the SSC are not responsible for the loss of, theft of or damage to personal belongings.
- XI. The poles will be cleaned before each act.
- XII. During the event, footage will be made which might be used for commercial ends. By signing up for the NSK, the participant agrees with this.
- XIII. The rules and regulations, logo and other promotion material for this NSK may only be used with prior permission from the organisation.
- XIV. The jury has the right to stop an act if there is a risk of danger to the health or safety of the contestant, or if the contestant is not following the rules.

- XV. The jury has the right to disqualify a participant for breaking the rules in this document.
- XVI. The organisation may change the rules and regulations. Contestants will be notified of any such changes by the organisation.

Assessment form	
Category:	Contestant:
Jury:	

Strength	Max	Points
Variation (spinning/static/moves)	10	
Difficulty of the strength exercises	10	
Execution of the strength exercises	10	
Total	30	

Flexibility	Max	Points
Variation (spinning/static/moves)	10	
Difficulty of the flexibility exercises	10	
Execution of the flexibility exercises	10	
Total	30	

Finishing	Max	Points
Flow transitions of techniques/dance/expression	10	
Originality (music/theme/act)	10	
Overall impression	10	
Clothing/attributes	10	
Total	40	

Points deduction	Max	Points
Slipping	-5	
Falling	-5	
Wiping hands	-5	
Movement and acts of a sexual nature	-5	
Total	-20	

Total score	100	
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Remarks