



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. The competition will take place on X-pole X-stage poles. There is 2.68 meters of usable space on the pole for performing moves. Participants must indicate by the communicated deadline whether they want the pole set to static or spinning mode.

4. Scoring will be determined using a judging form that will be sent to participants in a timely manner.

5. Each participant will have a total of 3 minutes to perform all their elements to a pre-submitted music track.

6. Restrictions and Deductions:

6.1. All drops and jump-outs are prohibited and may result in point deductions or disqualification due to safety concerns with the use of a stage pole.

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

6.3. Men and women will be judged and treated equally. Therefore, no distinction will be made in scoring.



Closing provisions

7. The organization accepts no responsibility for accidents or damages occurring before, during, or after the competition. Participation is at one's own risk.

8. The organization accepts no responsibility for theft before, during, or after the competition.

9. Participants are expected to remove all jewelry (e.g., watches, rings, bracelets, necklaces, earrings) before entering the pole. Failure to comply may result in disqualification and potential liability for damages.

10. Participants are expected to wear attire appropriate to their act. Wearing inappropriate clothing may lead to disqualification. This includes:

- Buttocks, groin area, and for women, breasts, must be covered at all times.
- Gloves, sticky clothing, and ankle supports are not allowed as aids.

11. In all cases, the pole dance committee and the judges reserve the right to make binding decisions.

12. Complaints and/or irregularities must be submitted in writing to the organization as soon as possible after participation, and no later than 30 minutes after the results have been announced. The organization will then consult with the judges to determine if the results should be adjusted. This decision is final and cannot be appealed.

