



PLAYBOOK Pole dancing

Location(s):	Radboud Sports Centre Multizaal 5
Dates:	21 June 2025
Match times:	Saturday: 11:00–15:30
Committee contact person:	Kim van den Broek
All information:	GNSK 2025 Nijmegen and/or GNSK 2025 app

Committee composition

The pole dancing committee consists of the following people:

Name	Function	Phone number
Kim van den Broek	Chair	
Myrthe Cakes		
Malin Wagenbach		

The committee can be reached at the following email address:
bestuur.lasya@gmail.com

Timetable

Saturday May 21st

11:00: Reception of the first volunteers

- Explanation volunteers
- Setting up stage pole multi 5
- Setting up multi 2

12:00: Reception of participants → pole testing from 12.30

- Warm-up in multi 2

13:00 Start of the competition

- 10 minutes per participant → 6 participants

14:00 Expected match end time

14.30 Award ceremony

- dismantle stage pole
- break down multi 2

15.30 end



Match schedule

The competition schedule can be found in the GNSK 2025 app in the competition schedules section. Instructions and explanations about the app can be found below.

Name	Start time	End time
Lina Hoitink	13:00	13:10
Abigail Ketner	13:10	13:20
Roy van Loosbroek	13:20	13:30
Rick Vonk	13:30	13:40
Shanie Wu	13:40	13:50
Dageon Yang	13:50	14:00

Pole dance related matters

It is important for all participants and coaches/captains to read the regulations carefully (see the end of this manual).

Here are some important rules highlighted for the pole dancing tournament:

- Competition format will be performed on X-pole X-stage poles. Here there is 2.68 m of usable space on the pole for moves. The participant must indicate before the communicated date whether he wants the pole to be on static OR on spinning.
- Score will be determined by means of an evaluation form that will be sent to the participants in due time.
- The participant has a total of 3 minutes to perform all his elements on a previously submitted piece of music.
- All drops and jump-outs are prohibited and may result in penalty points or disqualification, for safety reasons due to the use of a stage pole.
- The use of resin-based aids such as I-tac or grip clothing is prohibited and may result in disqualification. Use of othergrip aids for the skin are permitted.



- The participant is expected to remove all jewelry (for example: watches, rings, bracelets, necklaces, earrings) before entering the pole. Failure to adhere to these regulations will result in disqualification and possible damage costs.
- The participant is expected to dress according to the act. Wearing inappropriate clothing may lead to disqualification. This includes:
 - At all times, the buttocks, groin and, for women, the breasts must be covered.
 - Gloves, sticky clothing and ankle protection as aids are not allowed.

Competition venue

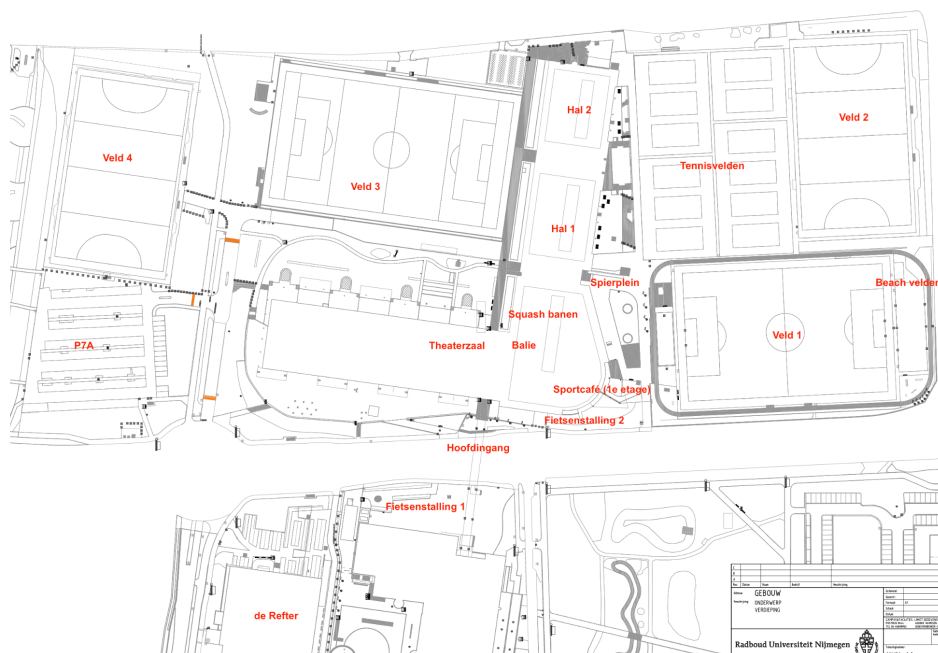
Pole dancing will be held on Saturday in Multizaal 5 of the Radboud Sports Centre. The address is: **Heyendaalseweg 141, 6525 AJ Nijmegen**

Public Transport: From Nijmegen station, take bus lines 10, 14 or 15 to the Erasmusgebouw bus stop.

Car: GNSK participants can use the parking lots P7A and P13 of Radboud University (free of charge).

Bicycle: 15 minutes by bike from Nijmegen station

Map of Radboud sports centre:





Before participating in sports at the competition location, registration is required at the registration desk in the Radboud Sports Center (see below for more information).

Registrations GNSK 2025

Registration for the GNSK 2025 must be done before you participate in the sports tournament. This can be done on Friday in sporthal IC and on Saturday at the registration desk in the Radboud Sportcentrum. The address is: **Heyendaalseweg 141, 6525 AJ Nijmegen**. You can register at the following times:

- Friday June 20: 4:00 PM to 8:00 PM
- Saturday June 21: 8am to 1pm

When you register, you must be able to provide the following documents:

- Valid proof of enrolment from the educational institution, or proof of graduation (only mandatory for participants, not for team officials).
- Valid accreditation card on the GNSK 2024 app (see below GNSK 2024 app)
- Valid passport, ID card or driver's license

Once this is done, competitors and team officials can proceed to the competition venue with a valid accreditation.

Transport to Radboud Sports Centre

The Radboud Sports Centre hosts various sports tournaments and participants and team officials must register here. Breakfast and dinner are also served in the Refter next to the Radboud Sports Centre. The address is: **Heyendaalseweg 141, 6525 AJ Nijmegen**.

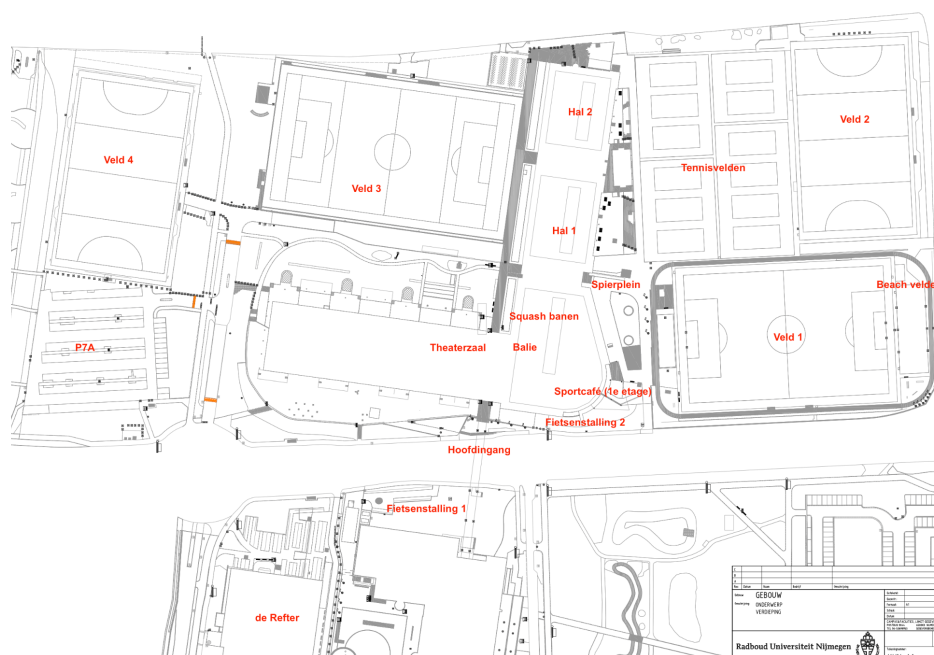
OV: From Nijmegen station, take bus line 10, 14 or 15 to the Erasmusgebouw bus stop.

Car: GNSK participants can use the parking lots P7A and P13 of Radboud University (free of charge).

(OV) bicycle: 15 minutes by bike from Nijmegen station.



Map of Radboud Sports Centre



GNSK 2025 app

This year, the GNSK app will be used again, containing all information about the GNSK, such as first aid, party and competition programs. It is important that the app is used for accreditation during the GNSK and every participant and team official must download this app. In the following steps, you can download the app and request your personal accreditation:

Step 1: Download the GNSK app for Android or for Apple

Step 2: Open the GNSK app and click on the three bars in the top left corner

Step 3: Click on 'accreditation card'.

Step 4: Enter your phone number

Step 5: Enter the verification code you received in a text message

Catering

Breakfast

Breakfast on Saturday and Sunday morning is only accessible for participants, team officials and volunteers who use the camping with breakfast. The breakfast buffet is facilitated in the Refter (Erasmusplein 3). Every guest can walk past the buffet once. We kindly ask everyone to neatly dispose of their leftovers and waste afterwards.



to clean up. Breakfast is served from 6:30 to 9:00. Specific time slots will be announced later.

Breakfast includes:

- Bread: Wheat bread / White bread
- Topping: Cheese / Chicken fillet / Strawberry jam / Chocolate sprinkles / Boiled egg
- Other: Mini donut / Hangop / Muesli / Fruit
- Drink: coffee/tea/orange juice

Lunch

During the weekend, participants and team officials will need to provide their own lunch. There will be various food stalls at the Radboud Sports Centre, and you can also visit The Yard, the sports café located in the sports centre.

Evening meal

Dinner on Friday and Saturday is only accessible for participants, team officials and volunteers who use the camping with dinner. Dinner is facilitated in the Refter

(Erasmusplein 3). Each guest can walk past the buffet once. We kindly ask everyone to clean up their leftovers and waste afterwards. Dinner is served from 17:00 to 20:00. The specific time slots will be announced later.

Meals are served vegetarian as standard. Please indicate any other wishes when registering.

Friday evening meal: Pasta Bolognese with an Italian Salad and Ciabatta.

Meal Saturday evening: Rice with chicken curry with a cucumber salad.

To sleep

Sleeping is at the Radboud Sports Centre in the halls and a campsite at the D'Almarasweg Sports Park.

The sleeping facilities can only be used if this has been indicated when registering for the GNSK 2025. Part of the sleeping will be in the sports halls and part on a grass field where you must bring your own tents.

Participants who sleep in the sports halls only need to bring their own sleeping gear (including a mat and/or air mattress, blanket and pillow).

Participants who sleep on the



grass field must bring your own tents and sleeping gear (incl. mat and/or airbed, blanket and pillow). It is important to bring a tent that is suitable for the number of people who will sleep in it. If you bring a tent that is too large for the number of people who will sleep in it, the organization can refuse the tent. If in doubt, consult the gnsk organization in advance. We do our best to arrange as many power points and lighting as possible on the campsite, but it is possible that there is not enough power or good lighting available everywhere. We therefore recommend that you bring a flashlight and an extra power bank for extra comfort.

The RSC is also accessible at night and there will be security on the campsite day and night.

Camping regulations

These camping regulations are intended to provide everyone with a pleasant weekend. The organization and security reserve the right to immediately remove anyone who does not comply with these rules from both campsites.

1. At the campsite it is mandatory to listen to the security, the organization and the volunteers.
2. The general terms and conditions of the GNSK 2025 apply at the campsite.
3. Visitors will only have access to the camping site upon presentation of their accreditation in the GNSK 2025 App after registering at the registration desk in the Radboud Sports Centre.
4. Camping at the designated spot.
5. Your own tent must be suitable for the number of people who will sleep in it. If the tent is too big for the number of people, the organization can refuse the tent.
6. Caravans, campers and folding trailers are not allowed.
7. Passenger cars are not allowed on the camping site, they can be parked around the campus for a fee.
8. The campsite is open from Friday 16:00. The tents may remain on the campsite until 18:00 on Sunday 22 June.



9. Arrival at the campsite is possible until Saturday 21 June at 20:00. When you first arrive at the campsite, you report to the volunteers who will show you a place to spend the night.
10. There is always a first responder present in the tent next to the campsite from 8:00 PM to 8:00 AM.
11. The entire weekend, the campsite is supervised by security and/or volunteers. In case of calamities, you will be referred to these employees and/or to the central information point at the Radboud Sports Centre. However, please note that leaving items behind is always at your own risk. We cannot be held responsible for lost or damaged goods.
12. There are enough toilets next to the camping site. Keep these facilities neat and clean, so that the person after you can also go to a clean toilet.
13. There is limited power supply at the campsite.
14. Open fires, including BBQs and gas bottles, are prohibited. Cooking is **not** permitted for fire safety reasons.
15. Waste must be deposited in the designated bins.
16. Think of the night's rest of fellow campers. Between 10:00 PM and 07:00 AM it must be quiet on the camping site. Use of sound systems is also prohibited.
17. Pets are not allowed on the campsite.
18. Trade, advertising or publications near the entrances or on the camping site are only permitted with prior written permission from the organisation.
19. You may bring your own food and drinks and consume them at the campsite, provided that everything is cleaned up afterwards.
20. It is permitted to consume alcohol on the campsite, provided it is packaged in cans or plastic.
21. It is **not** permitted to consume spirits or any form of drugs on the campsite.
22. Glass is prohibited on the campsite for safety reasons. Bags will be checked upon entry to the campsite.
23. Smoking is only allowed in the designated areas next to the camping site and not on the camping site itself.



24. When leaving the camping site on Sunday, security and volunteers may check if the camping spot is left clean and tidy. You may be asked to clean up any rubbish left behind.

Opening Ceremony

To jointly open the GNSK, a welcome speech and joint warm-up will be organised on Friday at 7:00 PM on field 1 of the Radboud Sports Centre.

Party

What would the Great Dutch Student Championship be without a legendary party? Exactly – no full weekend! That is why we have gone all out this year. In collaboration with the Tributeparty we will provide an evening full of energy, dance, and unforgettable moments.

What can you expect?

On Saturday evening, after all the athletic achievements have been completed and the muscles start to protest, it is time to change the sneakers for dance shoes. The festival will take place in Brakkenstein Park, which will be completely transformed into a festival site.

The Tributeparty is known for their sold-out events in Nijmegen and surroundings! Whether you like 90's classics, 00's pop rock, or secretly going wild to Bruno Mars – at the Tributeparty there is something for everyone! In short; you don't want to miss this!!!

Practical

Date & Time: Saturday evening, from 8:00 PM to 12:00 AM

Location: Park Brakkenstein

Access: With party ticket (purchased during registration)





Protest Form

Naam/namen

Stad

Team/sport

Datum

Tijdstip

Locatie voorval

Betreffende artikel of bepaling dat overtreden zou zijn:

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.....
.....
.....
.....

Beschrijving van de situatie:

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.....
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Eventuele getuigen:

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.....
.....
.....
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Handtekening:

Datum + tijdstip:

Het protestgeld bedraagt €10,-. Bij toekenning van het protest zal restitutie plaatsvinden. Dit zal achteraf gefactureerd worden.

Dit formulier dient uiterlijk 1 uur na kennisgeving van protest volledig ingevuld bij de wedstrijdcommissie te zijn ingeleverd.





Competition rules (NL and ENG)

Wedstrijdreglement Paaldansen

GNSK 2025

Speelgerechtigdheid

1. Per Overkoepelende Studenten Sport Organisatie (hierna: OSSO)/stad kunnen meerdere individuen worden ingeschreven. De eerste drie ingeschreven deelnemers per OSSO/stad hebben altijd recht om mee te doen, ongeacht geslacht. Afhankelijk van het aantal ingeschreven individuen wordt besloten of de andere individuen mee kunnen doen. Mochten er te veel individuen zijn voor de overgebleven plekken, gaat deelname op basis van volgorde van inschrijving.

2. De ingeschreven deelnemers van een OSSO/stad mogen uitsluitend bestaan uit studenten die voldoen aan de voorwaarden als gesteld in hoofdstuk 1 van het evenementenreglement van SSN. Bij overtreding van deze regel worden alle resultaten van deze deelnemer geschrapt. Als een ongerechtigde deelnemer meedoet aan het GNSK, wordt er een boete van €200,- in rekening gebracht bij de OSSO/vertegenwoordigende organisatie in de stad voor wie die deelnemer uitkomt.

Wedstrijdbepalingen

3. Wedstrijdvorm zal uitgevoerd worden op X-pole X-stage poles. Hierbij is er 2,68 m aan bruikbare ruimte op de paal voor moves. De deelnemer dient voor de gecommuniceerde datum aan te geven of diegene de paal op static OF op spinning wil hebben staan.

4. Score wordt bepaald door middel van een beoordelingsformulier dat tijdig naar de deelnemers doorgestuurd zal worden.

5. De deelnemer heeft in totaal 3 minuten om al zijn elementen uit te voeren op een vooraf doorgestuurd muziekstuk.

6. Restricties en Deducties:

6.1. Alle drops en jump-outs zijn verboden en kunnen resulteren in minpunten of diskwalificatie, vanwege veiligheidsredenen door gebruik van een stage-pole.



6.2. Het gebruik van hars-gebaseerde hulpmiddelen zoals I-tac of gripkleding is verboden en kan leiden tot diskwalificatie. Gebruik van overige gripmiddelen voor op de huid is toegestaan.

6.3. Mannen en vrouwen worden identiek beoordeeld en behandeld. Hierdoor zal er in puntentellingen geen onderscheid gemaakt worden.

Slotbepalingen

7. De organisatie draagt geen verantwoordelijkheid voor ongevallen of schade vóór, tijdens of na de wedstrijd. Deelname geschiedt op eigen risico.

8. De organisatie draagt geen verantwoordelijkheid voor diefstal vóór, tijdens of na de competitie.

9. De deelnemer wordt geacht alle sieraden (bijvoorbeeld: horloges, ringen, armbanden, kettingen, oorbellen) af te doen voor het betreden van de paal. Wordt er niet gehouden aan dit reglement is diskwalificatie en mogelijke schadekosten van toepassing.

10. Van de deelnemer wordt verwacht dat de kleding aansluit op de act. Het dragen van ongepaste kleding kan leiden tot diskwalificatie. Hieronder wordt verstaan:

- Ten alle tijden dienen billen, liezen en voor vrouwen borsten bedekt te zijn.
- Handschoenen, sticky-kleding en enkelbescherming als hulpmiddelen zijn niet toegestaan.

11. In alle gevallen behoudt de paaldanscommissie en de juryleden zich het recht om een bindende beslissing te nemen.

12. Bezwaren en/of onregelmatigheden dienen zo snel mogelijk schriftelijk na deelname gemeld te worden bij de organisatie tot maximaal 30 minuten na bekendmaking van de uitslag. Hierna overlegt de organisatie met de juryleden of de uitslag aangepast moet worden. Tegen dit besluit is geen bezwaar mogelijk.





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.



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.

