



Event name : PICK (Poledance International Championship of Korea)

Event location : To be announced in late May

Application Period : To be announced in late May

In response to the great anticipation and interest in PICK2026, we are pleased to pre-release the competition regulations for all athletes awaiting further information.

Please be advised that the second-half rental schedules for major venues in Seoul, Korea, are set to be finalized and announced in late May. Consequently, the specific venue and detailed schedule will inevitably be announced at that time. We kindly ask for the deep understanding of all athletes and coaches.

We are committed to delivering a fair and successful PICK2026. Thank you.

Schedule of Event & Divisions

In July : Venue and schedule to be announced in late May.

1. POLE ART

Amateur Lv 1,2,3 / Semi-professional / Professional

Kids / JuniorA Lv 1,2 / JuniorB Lv 1,2 / Youth Lv 1,2 / Junior&Youth Professional

Master 40+,50+ Amateur / Master 40+,50+ Semi-professional / Master 40+,50+ Professional

Manpole Amateur / Manpole Professional / Group

2. POLE SPORTS

Amateur Lv 1,2,3 / Semi-professional / Professional

3. EXOTIC POLE

Amateur / Semi-professional / Professional

4. LOW FLOW

Amateur / Semi-professional / Professional

Entry Qualification and Regulations

Common Rules

- No previous/current pole instructor can apply to the amateur divisions (including performance activities)
- Duplicate application is possible between the top 4 divisions of POLE ART, POLE SPORTS, EXOTIC POLE, and LOW POLE.
- All divisions can participate regardless of nationality.
- If the number of participants is insufficient, the divisions can be merged.
- All divisions of PICK are open to both domestic and international athletes.
- All divisions except Master40+, Master50+, Kid, Junior, Youth, Manpole and EXOTIC POLE are only open to adult women over the age of 18.
- Athletes can get deduction in score or be excluded from participation, if the competition regulations are violated
- Athletes can get deduction in score or be excluded from participation, if their routine includes prohibited tricks, is short of technical requirements, or does not include any of the requirements.

EXOTIC POLE

EXOTIC POLE regulations

- Athletes will be evaluated partly on the Technical (50 percent) and Artistic presentation (50 percent).
- The proportion of use of spinning and static poles does not affect the score.
- Usage of each spinning and static pole must represent more than 50 percent of the performance.
- Excessive exposure may result in disqualification. Ex) more than 1/2 of the breasts or 2/3 of the buttocks is revealed, or nipples or genitals are revealed
- You may be asked to leave the stage or disqualified for movements reminiscent of intercourse or SM performance.
- You may be asked to leave the stage or disqualified for performance that exposes intimate parts of body (e.g. strip performance), or for touching genital area
- Pole high heels must be worn. Knee pads are allowed.

[EXOTIC POLE Amateur]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have previously won an award in the EXOTIC POLE division are ineligible to apply. (any kind of competition before December 31, 2025.)
- Music must be no less than 2 minutes no longer than 3 minutes
- Prohibited elements :
Ayesha(Only allowed Twisted grip), Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[EXOTIC POLE Semi-professional]

- Athletes who have placed first in the semi-pro division or won any award in the professional division of the EXOTIC POLE are ineligible to apply (any kind of competition before December 31, 2025)
- Music must be no less than 3 minutes no longer than 3 minutes 30 seconds.
- Prohibited elements :
Ayesha regrip, Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[EXOTIC POLE Professional]

- Music must be no less than 3 minutes no longer than 4 minutes.
- Must use at least 50% or more of pole height, for minimum of 1 time during the routine

LOW FLOW

LOW FLOW regulations

- Athletes will be evaluated partly on the Technical (50 percent) and Artistic presentation (50 percent).
- The proportion of use of spinning and static poles does not affect the score.
- Usage of each spinning and static pole must represent more than 50 percent of the performance.
- The double climb-up is prohibited
- Air invert, Shoulder mount after climb-up is prohibited.
- knee pads are allowed.

[LOW FLOW Amateur]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have previously won an award in the LOW FLOW division are ineligible to apply. (any kind of competition before December 31, 2025.)
- Music must be no less than 2 minutes no longer than 3 minutes
- Prohibited elements :
Ayesha(Only allowed Twisted grip), Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[LOW FLOW Semi-professional]

- Athletes who have placed first in the semi-pro division or won any award in the professional division of the LOW FLOW are ineligible to apply (any kind of competition before December 31, 2025)
- Music must be no less than 3 minutes no longer than 3 minutes 30 seconds.
- Prohibited elements :
Ayesha regrip, Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[LOW FLOW Professional]

- Music must be no less than 3 minutes no longer than 4 minutes.

POLE ART

POLE ART regulations

- Athletes will be separately evaluated on the Technical (50 percent) and Artistic presentation (50 percent).
- Athletes must use both spinning and static poles.
- Usage of each spinning and static pole must represent more than 60 percent of the performance.

[POLE ART Amateur Lv1]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have previously won an award in any division of any pole competition are ineligible to apply. (any kind of competition before December 31, 2025.)
- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held

for at least two seconds.

- At least one spin must be included in the static pole.
- Prohibited elements :

Air invert, Shoulder mount(floor/air), Ayesha(include hand spring), Iron-X, Jump Ayesha, Dead lifts, all kind of Phoenix spin, Fonji, Rainbowmarchenko, Calalilly, Octopus

[POLE ART Amateur Lv2]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who won an award in the semi-pro division or the professional division of any pole competition, excluding EXOTIC POLE and LOW FLOW, are ineligible to apply. (any kind of competition before December 31, 2025)
- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Air shoulder mount, Ayesha(include hand spring), Iron-X, Jump Ayesha, Dead lifts, all kind of Phoenix spin, Fonji, Rainbowmarchenko, Calalilly, Octopus

[POLE ART Amateur Lv3]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who won an award in the semi-pro division or the professional division of any pole competition, excluding EXOTIC POLE and LOW FLOW, are ineligible to apply. (any kind of competition before December 31, 2025)
- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Ayesha(Only allowed Twisted grip), Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[POLE ART Semi-professional]

- Athletes who have placed first in the semi-pro division or won any award in the professional division of any pole competition, excluding EXOTIC POLE and LOW FLOW, are ineligible to

apply. (any kind of competition before December 31, 2025)

- Music must be no less than 3 minutes no longer than 3 minutes 30 seconds.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine. (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine.
- Prohibited elements :

Ayesha regrip, Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[**POLE ART Professional**]

- Music must be no less than 3 minutes no longer than 4 minutes.
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine. (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine.

[**POLE ART Master40+ Amateur**]

- Women over 40 years of age
- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have won an award in any division of any pole competition, excluding EXOTIC POLE and LOW FLOW, are ineligible to apply. (any kind of competition before December 31, 2025.)
- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Ayesha(Only allowed Twisted grip), Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[**POLE ART Master40+ Semi-professional**]

- Women over 40 years of age
- Athletes who have placed first in the semi-pro division or won any award in the professional division of any pole competition, excluding EXOTIC POLE and LOW FLOW, are ineligible to apply. (any kind of competition before December 31, 2025)
- Music must be no less than 3 minutes no longer than 3 minutes 30 seconds.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine.
- Prohibited elements :
 - Ayesha regrip, Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[POLE ART Master40+ Professional]

- Women over 40 years of age
- Music must be no less than 3 minutes no longer than 4 minutes.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine

[POLE ART Master50+ Amateur]

- Women over 50 years of age
- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have won an award in any division of any pole competition, excluding EXOTIC POLE and LOW FLOW, are ineligible to apply. (any kind of competition before December 31, 2025.)
- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Ayesha(Only allowed Twisted grip), Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[POLE ART Master50+ Semi-professional]

- Women over 50 years of age
- Athletes who have placed first in the semi-pro division or won any award in the professional division of any pole competition, excluding EXOTIC POLE and LOW FLOW, are ineligible to apply. (any kind of competition before December 31, 2025)
- Music must be no less than 3 minutes no longer than 3 minutes 30 seconds.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine.
- Prohibited elements :

Ayesha regrip, Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[POLE ART Master50+ Professional]

- Women over 50 years of age
- Music must be no less than 3 minutes no longer than 4 minutes.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine

[POLE ART Kids]

- Men and women under 7 years old
- Athletes who have placed third or higher in any division of any pole competition are ineligible to apply. (any kind of competition before December 31, 2025.)
- Music must be no less than 2 minutes no longer than 3 minutes.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.

- Prohibited elements :

Air invert, Shoulder mount(floor/air), Ayesha(include hand spring), Iron-X, Jump Ayesha, Dead lifts, all kind of Phoenix spin, Fonji, Flip above 50% of the pole, Rainbowmarchenko, Calalilly, Octopus

- Kids athletes must be accompanied by a guardian (parent or coach) during the competition.(Except on awards stage)

[POLE ART Junior A Lv 1]

- Men and women from 7 years old to 9 years old
- Athletes who have placed third or higher in any division of any pole competition are ineligible to apply. (any kind of competition before December 31, 2025.)
- Music must be no less than 2 minutes no longer than 3 minutes.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Air invert, Shoulder mount(floor/air), Ayesha(include hand spring), Iron-X, Jump Ayesha, Dead lifts, all kind of Phoenix spin, Fonji, Flip above 50% of the pole, Rainbowmarchenko, Calalilly, Octopus

- Junior athletes must be accompanied by a guardian (parent or coach) during the competition.(Except on awards stage)

[POLE ART Junior A Lv 2]

- Men and women from 7 years old to 9 years old
- Music must be no less than 2 minutes no longer than 3 minutes.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Ayesha regrip, Jump Ayesha, Fonji, Flip above 50% of the pole

- Junior athletes must be accompanied by a guardian (parent or coach) during the competition.(Except on awards stage)

[POLE ART Junior B Lv 1]

- Men and women from 10 years old to 12 years old

- Athletes who have placed third or higher in any division of any pole competition are ineligible to apply. (any kind of competition before December 31, 2025.)
- Music must be no less than 2 minutes no longer than 3 minutes.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Air invert, Shoulder mount(floor/air), Ayesha(include hand spring), Iron-X, Jump Ayesha, Dead lifts, all kind of Phoenix spin, Fonji, Flip above 50% of the pole, Rainbowmarchenko, Calalilly, Octopus

- Junior athletes must be accompanied by a guardian (parent or coach) during the competition.(Except on awards stage)

[POLE ART Junior B Lv 2]

- Men and women from 10 years old to 12 years old
- Music must be no less than 2 minutes no longer than 3 minutes.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Ayesha regrip, Jump Ayesha, Fonji, Flip above 50% of the pole

- Junior athletes must be accompanied by a guardian (parent or coach) during the competition.(Except on awards stage)

[POLE ART Youth Lv 1]

- Men and women from 13 years old to 18 years old
- Athletes who have placed third or higher in any division of any pole competition are ineligible to apply. (any kind of competition before December 31, 2025.)
- Music must be no less than 2 minutes no longer than 3 minutes.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Air invert, Shoulder mount(floor/air), Ayesha(include hand spring), Iron-X, Jump Ayesha, Dead lifts, all kind of Phoenix spin, Fonji, Flip above 50% of the pole, Rainbowmarchenko, Calalilly, Octopus

- Youth athletes must be accompanied by a guardian (parent or coach) during the competition.(Except on awards stage)

[POLE ART Youth Lv 2]

- Men and women from 13 years old to 18 years old
- Music must be no less than 2 minutes no longer than 3 minutes.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :
 - Ayesha regrip, Jump Ayesha, Fonji, Flip above 50% of the pole
- Youth athletes must be accompanied by a guardian (parent or coach) during the competition.(Except on awards stage)

[POLE ART Junior & Youth Professional]

- Men and women from 10 years old to 18 years old
- Music must be no less than 3 minutes no longer than 4 minutes.
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine (except basic invert)
- Junior & Youth athletes must be accompanied by a guardian (parent or coach) during the competition.(Except on awards stage)

[POLE ART Manpole Amateur]

- Men over 18 years of age
- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have won an award in any division of any pole competition, excluding EXOTIC POLE and LOW FLOW, are ineligible to apply. (any kind of competition before December 31, 2025.)
- Music must be no less than 3 minutes no longer than 4 minutes.
- There must be at least 1 Strength and 1 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.

- Prohibited elements :

Deadlifts, all kind of Phoenix spin, Fonji

[**POLE ART Manpole Professional**]

- Men over 18 years of age
- Music must be no less than 3 minutes no longer than 4 minutes.
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine

[**POLE ART Group**]

- Entries in the Group division must include two or more members, regardless of gender or age.
- Music must be no less than 3 minutes no longer than 4 minutes.
- Technical trick that support or intertwine with partner must be included at least 1 time each in both static pole and spinning pole.
- At least one spin must be included in the static pole.

POLE SPORTS

POLE SPORTS regulations

- Athletes will be separately evaluated on the Technical (70 percent) and Artistic presentation (30 percent).
- Athletes must use both spinning and static poles.
- Usage of each spinning and static pole must represent more than 70 percent of the performance.

[**POLE SPORTS Amateur Lv1**]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who have previously won an award in any division of any pole competition are ineligible to apply. (any kind of competition before December 31, 2025.)

- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Air invert, Shoulder mount(floor/air), Ayesha(include hand spring), Iron-X, Jump Ayesha, Dead lifts, all kind of Phoenix spin, Fonji, Rainbowmarchenko, Calalilly, Octopus

[POLE SPORTS Amateur Lv2]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who won an award in the semi-pro division or the professional division of any pole competition, excluding EXOTIC POLE and LOW FLOW, are ineligible to apply. (any kind of competition before December 31, 2025)
- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Air shoulder mount, Ayesha(include hand spring), Iron-X, Jump Ayesha, Dead lifts, all kind of Phoenix spin, Fonji, Rainbowmarchenko, Calalilly, Octopus

[POLE SPORTS Amateur Lv3]

- Athletes of amateur must not have any experience or a career as a pole instructor.
- Athletes who won an award in the semi-pro division or the professional division of any pole competition, excluding EXOTIC POLE and LOW FLOW, are ineligible to apply. (any kind of competition before December 31, 2025)
- Music must be no less than 2 minutes no longer than 3 minutes
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- Prohibited elements :

Ayesha(Only allowed Twisted grip), Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[POLE SPORTS Semi-professional]

- Athletes who have placed first in the semi-pro division or won any award in the professional division of any pole competition, excluding EXOTIC POLE and LOW FLOW, are ineligible to apply. (any kind of competition before December 31, 2025)
- Music must be no less than 3 minutes no longer than 3 minutes 30 seconds.
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least two Airlift must be included in the routine (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine.
- Prohibited elements :
 - Ayesha regrip, Jump Ayesha, Deadlifts, all kind of Phoenix spin, Fonji

[POLE SPORTS Professional]

- Music must be no less than 3 minutes no longer than 4 minutes.
- There must be at least 2 Strength and 2 Flexibility elements. Each elements should be held for at least two seconds.
- At least one spin must be included in the static pole.
- At least one Airlift must be included in the routine. (except basic invert)
- Must use at least 80% or more of pole height, for minimum of 1 time during the routine.

Examination standards / Technical Deductions / Deductions or Dequalification

Examination standards

- EXOTIC POLE / POLE FLOW / POLE ART

Athletes will be evaluated partly on the Technical (50 percent) and Artistic presentation (50 percent).

- POLE SPORTS

Athletes will be evaluated partly on the Technical (70 percent) and Artistic presentation (30 percent).

- Technical presentation : overall completion and flow of trick, Overall trick difficulty, Strength, Flexibility, Dynamic movements, spinning pole, static pole
- Artistic presentation : overall work completion, expressive power, Originality of choreography, Stage charisma, harmony with music
- You must hold the trick for more than two seconds to be considered successful in performing tricks

- A spin in the static pole is considered successful when both feet are off the floor and rotation is held for at least 360 degrees.
- In the case of a tie, rank will be decided by the designated priority of categories.

POLE SPORTS : 1. Technical total score 2. overall trick completion 3. overall work completion

Other divisions : 1. Artistic total score 2. overall work completion 3. overall trick completion

Technical Deductions

- loss of balance, slip, fall (sudden rapid uncontrolled drop onto the floor)
- Uncontrolled transitions between movements
- failing to perform a movement (spins, any trick movement on or off the pole)
- Athletes did not perform the required movement.
- Athletes did forbidden movement.
- Athletes modify their hair style or outfit excessively, or wipe their hands on the pole, floor and their body.

Deductions or Dequalification

- In case of causing controversy related to the competition, it may be excluded from the evaluation.
- Unauthorized absence on the day of competition or failure to comply to proceedings of the organizer may lead to disqualification.
- In case of withdrawal, the athlete must notify the competition immediately and be excluded from the evaluation.
- If a athlete is caught cheating and applying for each division, athlete shall immediately be disqualified. If discovered after awarding, the award is forfeited.
- If competition process is delayed more than 30 seconds before/after the performance due to setting/withdrawal of props, the score will be deducted.
- If a athlete violates the regulations below, Athlete may be excluded from the evaluation or deduction. (Refer to the regulation codes)

Music regulations

- Athletes must submit the music file to pickofkorea@naver.com .(Submission period : to be announced in late May / In case of non-compliance, the score will be deducted 5 point)
- The e-mail title : (music_division_athlete's name) / content : attach music file
- The name of the music file should be: (division_athlete's name). (In case of non-compliance, the score will be deducted 1 point)
- All athletes must not exceed or fall short the specified music time for each division. (The score

will be deducted 1 point per second up to a maximum of 4 points. Excess or shortage due to silence is also deducted.)

- Music must be submitted in Mp3 format.
- In the case of non-acoustical accidents, the sound quality of the music shall be the responsibility of the athlete.
 - Amateur (Except for Manpole), Kids, Junior1,2, Youth1,2 : 2minutes ~ 3minutes
 - Semi-professional : 3 minutes ~ 3 minutes 30 seconds
 - Professional, Group, Manpole : 3 minutes ~ 4 minutes

Cotstume regulations

- Athletes are not allowed to wear clothing that excessively exposes the body, such as strap-only outfits, G-strings, or clothing that reveals more than half of the breasts or buttocks; such attire may lead to disqualification. (For the EXOTIC POLE division, a 1/3 buttocks coverage rule applies, while the rest remain the same.)
- Athletes may be deducted the score if nipples ,genital, half of breasts or buttocks are exposed during the performance. (For the EXOTIC POLE division, a 1/3 buttocks coverage rule applies, while the rest remain the same.)
- Athletes may be disqualified for wearing long clothes that make gripping easier, such as leather or vinyl leggings. (Except for the EXOTIC POLE and the LOW FLOW)
- It is allowed to put on/off other costumes over competition attire as part of the concept of the performance. ex) Jacket, shirt, etc. (Except for the POLE SPORTS)

Hair Style regulations

- Athletes in the POLE SPORTS division must maintain neat hair; hair that touches or passes the shoulder line must be tied back
- Other than choreography, if the flow of the game is interrupted by hairstyles, such as sweeping over the hair, it can be a factor in the reduction of points.

Shoes regulations

- Athletes in the EXOTIC POLE division must wear pole high heels.
- Shoes are allowed as performance props. (Except for the POLE SPORTS)

Prop regulations

- PICK permits the use of any and all props to ensure the creative expression of the athletes' performance concepts (Except for the POLE SPORTS)
- Any delays of more than 30 seconds before and after the start of the competition due to the

use of props will be subject to a deduction.

- Do not use sharp props that scratch the pole or props that make the stage floor slippery.
- Grip gloves may only be used with medical documentation submitted. It must be submitted by e-mail.
- There is no need to apply for the use of props. However, if you are using props that may result in a deduction of points, you must contact pickofkorea@naver.com for confirmation.

Make up regulations

- PICK permits make-up to ensure the creative expression of the athletes' performance concepts
- However, only basic stage make-up is allowed in the POLE SPORTS division. Face painting or any make-up that obscures facial expressions is prohibited in this division.

Grip aid regulations

- It is allowed to apply gripping agents to the athlete's body and on the poles.
- When the grip agent is applied to the pole, the athlete or the athlete's staff must apply it directly. (The time is included in the prop setting time limit of 30 seconds)
- The use of sticky grip aid such as Itac, gripshield, etc. is prohibited and may be subject to deduction of points. (In case of non-compliance, the score will be deducted 3 point)

Stage

- Two 4 meter-length Lupit chrome pole both of a diameter of 45mm will be used, in which one will be static and the other be spinning.
- The spinning pole is placed on the right hand side and the static pole on the left hand side of the stage from the spectators view.
- Distance is 3m between static pole and spinning pole
- Condition might change under the circumstances.

Application process

1) Online Entry : Access the PICK2026 website

(Application period : to be announced in late May ; First-come, first-served by division)

2) Fill out the online application form and pay within 48 hours by PayPal

3) Entry fee, *(and photo and video Purchase Costs) must be paid within 48 hours after application submission. Any applications which entry fees have not been paid for will be considered as a forfeit and disqualified.

4) Scan Athlete's Written Oath(19page) and upload the scan files when filling out the online application form.

(In the case of kids, Junior, Youth division, the guardian's signature must be accompanied by)

5) **Received entry(and photo and video Purchase Costs) fees are not refundable.**

Entry Fee

- Single : USD 200\$
- Group : Double USD 300\$, Group of three or more people USD 400\$

Video and photos Fee (pre-purchase price)

- both video and photos : USD 200\$
- only video : USD 150\$
- only photos : USD 150\$

Fill out the online application form and Pay within 48 hours by PayPal

PayPal account: pickofkorea@naver.com

E-mail : pickofkorea@naver.com

Athlete's Written Oath

- 0) All athletes must be fully familiar with the rules and regulations. All athletes are solely responsible for any disadvantages or penalties resulting from a failure to do so. (Please regularly monitor your email and the official PICK Instagram for the latest updates.)
- 1) All athletes must follow the fixed schedule. (Rehearsal attendance is optional; no penalties apply.)
- 2) All costs associated with participating in the competition are the responsibility of the athlete.
- 3) On the day of the competition, all athletes are not allowed to talk with the judges about the competition or any specific details.
- 4) All athletes are not allowed to contest the results.
- 5) All athletes must refrain from attempting tricks with a risk of injury. All responsibility for any injury lies with the athlete.
- 6) All athletes are responsible for any theft, loss, or accidents caused by their own carelessness inside or outside the venue.
- 7) Kids, Junior and Youth athletes must be accompanied by a guardian (parent or coach) during the competition, except when on the awards stage.
- 8) PICK must hold the permanent copyright to all athletes' pictures and videos captured during the competition.
- 9) All athletes must agree that all images and videos related to the competition may be used for commercial purposes in events, promotions, and advertising linked to the Organizer. Accordingly, athletes are not allowed to claim any revenue.
- 10) All athletes and audience members are not allowed to bring food, flowers, or any prohibited items into the venue. Furthermore, they are not allowed to step onto the stage, except during their designated performance or award ceremony.

hereby confirm that I have read and agreed to all the statements above.

2026. ____ . ____ .

Name&Signature _____

the guardian's Name&Signature (only kids, Junior, Youth's division) _____