eden

POLE COMPETITION

the garden AN EDEN SHOWCASE

INFORMATION PACK

About
Important Dates
Categories & Levels
Judging Criteria & Scoring System
Video Entry Guidelines
Rules and Regulations
Diversity, Inclusivity & Accessibility
The Final

ABOUT

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Eden Pole Competition was created to fill a gap within the community for a competition which celebrates and embraces dance, movement and the artistry behind sexy pole.

We encourage dancers to explore their personal style of movement and embrace their individuality in a supportive atmosphere. Our events focus on quality of movement and creativity; originality, authenticity and artistry are valued more than tricks or extreme flexibility - this is reflected in our judging criteria and we ask our judges to keep this in mind throughout the process. We actively promote diversity and inclusivity; we welcome people of all genders, races and backgrounds.

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The Garden is an evolution of our showcase category, our commitment to accessibility and inclusivity, and the desires of the industry to have more platforms for dancers to perform without the pressure of competing.

Performers will get the chance to dance on our stage alongside some iconic professional pole dancers, and will receive feedback on their performance from Eden's judging panel, but no scores will be given and no prizes awarded.

IMPORTANT DATES

Entries Open	Mon 2 November 2026
Entries Close	Sun 24 January 2027
Video Checks	Mon 25 January - Fri 29 January 2027
Judging Period	Sat 30 January - Fri 26 February 2027
Moderation Period	Sat 27 February - Thu 4 March 2027
Finalists Contacted	Fri 5 March 2027
Finalists Announced	Mon 8 March 2027
The Garden	**Sat 29 May 2027**
Eden Pole Competition	**Sun 30 May 2027**

CATEGORIES & LEVELS

CATEGORY DESCRIPTIONS

Hypnotic Flow
A focus on technical elements and fluid choreography. Hypnotise us with confident, creative transitions and silky sequences that feel never ending.
Musicality and footwork are key here, we're looking for seamless, smooth dancing, where one move melts into the next. Keep us transfixed with your effortless flow.
Key focus: fluid, continuous movement / musicality / creative transitions

Basework
This is for all you floor dwellers, low pole dancers and bottom third tricksters. You can dance in any style but only low flow and floorwork is allowed; dancers cannot do anything higher up the pole than they would reach for a spin*. We're looking for creative movement and transitions between floor and pole.
Key focus: creative transitions / floorwork / bottom-third pole flow

Showstopper
Theatrical storytelling and expressive movement. Think bold, beautiful shapes and tantalising drama. This category is all about the spectacular – tell us a story, entertain us or wow us with your show. We're looking for big, dynamic performances. Own the stage.
Key focus: theatrical, emotive movement / stage presence

Old School
Tempt us, tease us, make us feel something! This category takes educated inspiration from stripper style - showcase your sexuality and engage with your audience. We're looking for raw, authentic, evocative movement and seduction – get us hot under the collar and leave us begging for more.
Key focus: raw sensuality / audience connection / suggestive movement and gestures

The Garden Showcase
Want to focus on performance? You'll take to the stage alongside some iconic professional performers, without the pressure of competing.
You can dance in any style, no particular theme needed.
Entrants to The Garden will receive constructive feedback but no scores will be allocated, and performers for the event will be selected at random.

COMPETITION LEVELS

Following feedback over the last few years, and in order to make Eden as inclusive as possible we have introduced an Amateur level.

Amateur level is open to

- Dancers who would typically enter the beginner, intermediate or advanced categories of other competitions
- Early career dancers - club workers with less than 9 months of experience, instructors who have been teaching less than 18 months and dancers who have guest performed* less than 5 times, at the time of the live final.

Professional level is open to

- Dancers who would typically enter instructor, semi-pro or professional category of other competitions. If you have previously placed first at an amateur or advanced level, you should enter professional.
- Dancers who earn income from pole dancing - this includes club workers with more than 9 months of experience, instructors who have been teaching for more than 18 months and those who are paid to perform or have guest performed* more than 5 times, at the time of the live final.

Please note we will be checking applications, competitors believed to be in the wrong level will be asked to move. If you're not sure which level you should enter please contact us edenpolecompetition@gmail.com

**Performances at studio showcases will not be counted as a guest performance.*

JUDGING CRITERIA

JUDGING CRITERIA

Movement Quality
Were the movements and tricks executed with consideration and attention to detail? This includes appropriate weight transfers, finishing movements, control in transitions.
Is there a definitive style or quality to the movement?
Does the movement feel authentic to the dancer?

Technique
Was appropriate technique used for tricks, flow elements and heelwork?
Were movements executed safely and with clear intention?
Is there anything the dancer could do to enhance their movement further?

Artistry
How did the dancer present their interpretation of the theme or music - is there anything unique or innovative?
Is their movement responsive to the variety of textures and dynamics in the music?

Intention
Did the dancer commit to the mood or character they were trying to portray?
Was there a clear theme, style or story?
Does the dancer's appearance fit the theme or mood of the piece? (Live final only)

Category Score
Is the performance suited to the chosen category
How closely does the performance match the category description?
Are the key focuses for this category featured significantly In the routine?

SCORING SYSTEM

Our scoring system is 0-10. Judges may use whole numbers and .5s to score.

Score	Description
0	Can’t be scored, doesn’t meet criteria at all
1-2	Poor, very limited in where it meets criteria
3-4	Okay, several areas for improvement
5	Average, positive elements in equal measure to faults
6-7	Good, small areas for improvement
8-9	Excellent, a couple of minor notes
10	Perfect, meets criteria completely

FURTHER INFORMATION

We ask judges to provide **thorough, constructive feedback** - what they enjoyed, where the piece met or didn't meet criteria, where they see potential for improvement. We believe this is a fundamental component of the competition process and would like everyone - especially those who don't make the final - to leave feeling like your efforts are valuable and you have something to learn from and build on.

This is not a tricks based competition - tricks may be included in routines where appropriate for the category, however you will not be judged on the difficulty of the trick. You may receive feedback on technique, or how well tricks are integrated into the routine.

Competitors are not required to wear heels in any category, but where they are worn you will be judged on heel technique as well.

We don't judge on costume in video entries because we understand that sourcing costumes at this stage is not an accessible option for everyone. For the live final the costume score is integrated into the **Intention** criteria.

We will have a moderator for both the video round and the final, to ensure judges are following the judging criteria appropriately, and upholding Eden's ethos at all times.

VIDEO ENTRY GUIDELINES

PAYMENT

The entry fee for all categories and The Garden showcase is £25.00 - this is not refundable under any circumstances

You may enter more than one category, you will need to pay a separate entry fee for each category.

Please submit your entries via the website. Payment is required at the time of entry. Doubles/groups are welcome however each person must submit a separate entry form - clearly stating their group name in the field for stage name - and pay a separate entry fee.

You will have the option to pay first and submit your videos later.
If you choose this option you will need to email your video links to us at edenpolecompetition@gmail.com by the entry deadline. If you have not sent us your links by the deadline your entry will not be counted.

ENTRIES

You are welcome to enter multiple categories however if you’re selected as a performer for more than one category (including The Garden), we will ask you to choose one category to perform in. This helps us to protect your physical and mental wellbeing, and allows more opportunities for other people to perform.

If you have won a category in 2026 you will not be permitted to compete in the same category in 2027.

For the Hypnotic Flow, Showstopper, Basework and Old School categories, the finalists will be the 5 people at each level with the highest scores.
For The Garden, performers will be chosen at random however all entrants will receive feedback from the judges. There are 20 performer places available.

Feedback and scores will be sent to all entrants, please allow up to 14 days from the Finalist Announcement date to receive your feedback.

Finalists and the selected performers for The Garden will be notified first, and given up to 72h to confirm they are available for the final - this gives us time to contact the next highest scorer in the event someone is unable to compete.

We ask that you don’t share anything publicly about whether or not you have been accepted into the competition until we have announced the finalists on our social media, to give everyone a chance to check their emails and find out from us directly, not via social media.

We will hold up to 3 people per category on a reserve list, these will be in scoring order. If you are placed on a reserve list you will be asked to confirm that you are happy to compete in the event of a dropout, you may be contacted up to a minimum of a week in advance of the competition.

SUBMISSION GUIDELINES

You may submit one video for consideration, this should be no longer than 3 minutes. Judges will not watch past this mark.

Please consider the quality and relevance to the criteria of the videos you are submitting - a training video may not match the level of a performance video.

Videos should represent the style of the category you wish to enter.

Videos must be shot in one take - no editing, cutting or dubbed music allowed unless the video is from a professionally shot performance or competition.

Please ensure that videos are good quality with adequate lighting.

Videos should not have anyone in the background unless they are necessary to the performance.

Please ensure the video shows the full performing space you will be using and that you can be seen in shot throughout the routine.

ACCEPTED VIDEO LINKS

- Youtube (unlisted or public)
- Vimeo (password-protected or public)
- Google Drive
- Google Photos
- Dropbox
- Instagram (please make sure your profile is public)

WeTransfer links or video files sent via email will not be accepted.

EVENT RULES & REGULATIONS

RULES & INFORMATION

Performances at Eden and The Garden must be no more than 4 minutes.

Competitors must be over the age of 18 at the time of the competition.

Competitors must not be under the influence of alcohol or any other substances. Anyone found to be under the influence will be immediately disqualified.

You can use both poles or just one. The poles will be set up so that if you're standing on stage facing the audience the pole to your left is spinning, the pole to the right is static, however competitors can choose to have both on spin or static. We will ask you to confirm your choice prior to the competition.

Green Monkey Hands is not permitted. Red Monkey Hands may be applied to your hands and body but not directly on the pole.

Props may be used, however the following are not permitted: live animals, fire, machinery (such as an angle grinder), any kind of fireworks or smoke bombs. If you are unsure about your prop, please check with the organisers.

If you are using props, please ensure full details of what you will need is listed on your finalist form. Please let us know in advance if the props will be in contact with the poles.

Human props are allowed but they may not touch the poles.

Props must be approved before the competition - for any prop which may cause a mess or require additional clean up time, we will ask you to provide a tarpaulin to protect the stage.

Any props not approved in advance and brought on the day will not be permitted.

The smallest costume permitted is pasties and a thong. No nudity is permitted due to venue licensing but unintentional exposure will not be marked down.

RULES & INFORMATION (cont'd)

Heels are not compulsory but if they are worn you will be judged on your heels technique as well - you will not be marked against other competitors for wearing or not wearing heels.

The use of body paint, fake tan or moisturiser is not permitted for at least 24 hours before, or during the competition.

Any themes that could be considered discriminatory are strictly prohibited. If you are unsure if your performance may cause offence, please check with the organiser before the competition. Any performance seen to discriminate will result in immediate disqualification.

Song choices are on a first come, first served basis.
We do not allow music with racial slurs, and be mindful of music containing messaging that people may find distressing. We also do not allow music by the following artists:

R Kelly
Chris Brown
Tory Lanez
Azalea Banks
P Diddy
Marilyn Manson
Lizzo
Gary Glitter
Lostprophets
Jeremih
6ix9ine
Kodak Black
XXXTentacion
Rammstein
Nicki Minaj

We ask performers to avoid using music that has been created with AI or features AI artists.

Performers compete at their own risk. Organisers will not be liable for any injury sustained during the competition.

Performances will be professionally photographed and filmed, any materials may be used by the organisers for future promotion. By entering you are agreeing to us using your image in this manner.

Anyone using language or behaving in a discriminatory or abusive manner towards Eden staff, venue staff, competitors or audience members will be disqualified and removed from the event immediately, and banned from future events.

DIVERSITY, INCLUSIVITY & ACCESSIBILITY

DIVERSITY & INCLUSIVITY

Eden Pole Competition and our associated events are spaces that celebrate individual differences and seek to ensure that everyone is treated with respect. Since our conception we have worked to create and maintain an environment where all are welcome, regardless of their background.

Eden has a zero tolerance policy towards discrimination or harassment of any kind and our staff have the right to refuse entry or remove from the event anyone who does not follow our health and safety guidelines, directions from staff, or behaves in an exclusionary or otherwise inappropriate manner towards our staff, performers or other attendees.

We stand against any form of discrimination, in particular relating to the Equality Act 2010 protected charateristics but also extending to any sex-work exclusionary, slut-shaming, body-shaming language or behaviours.

ACCESSIBILITY

We offer entrants and finalists the opportunity to make us aware of any disability, chronic injury or neurodivergence that may affect their performance, and specific detail on how it does so. This will be shared with judges alongside the entry videos and at the final where relevant.

Any changes to the stated timing or order of the show will be clearly communicated to all performers.

We will allow performers to choose whether they would like a **relaxed performance** where music levels may be lower, ambient/house lighting may be raised, audience makes little or no noise.

We have a quiet space next to the stage which allows performers a few minutes away from the main dressing room before their performance.

Warnings will be given ahead of any performance containing content or sounds that may cause distress.

There is a dropped curb at either end of the road the venue is on. The restaurant, bar and gallery are all accessible from the street without encountering any steps.

There are two lifts providing access to the balcony seating area, and the backstage area.

There are disabled toilets on the ground and first floors.

We are always open to feedback on how we can improve Eden and create a more inclusive space. Please use the feedback form on our website to get in touch or email us at edenpolecompetition@gmail.com.

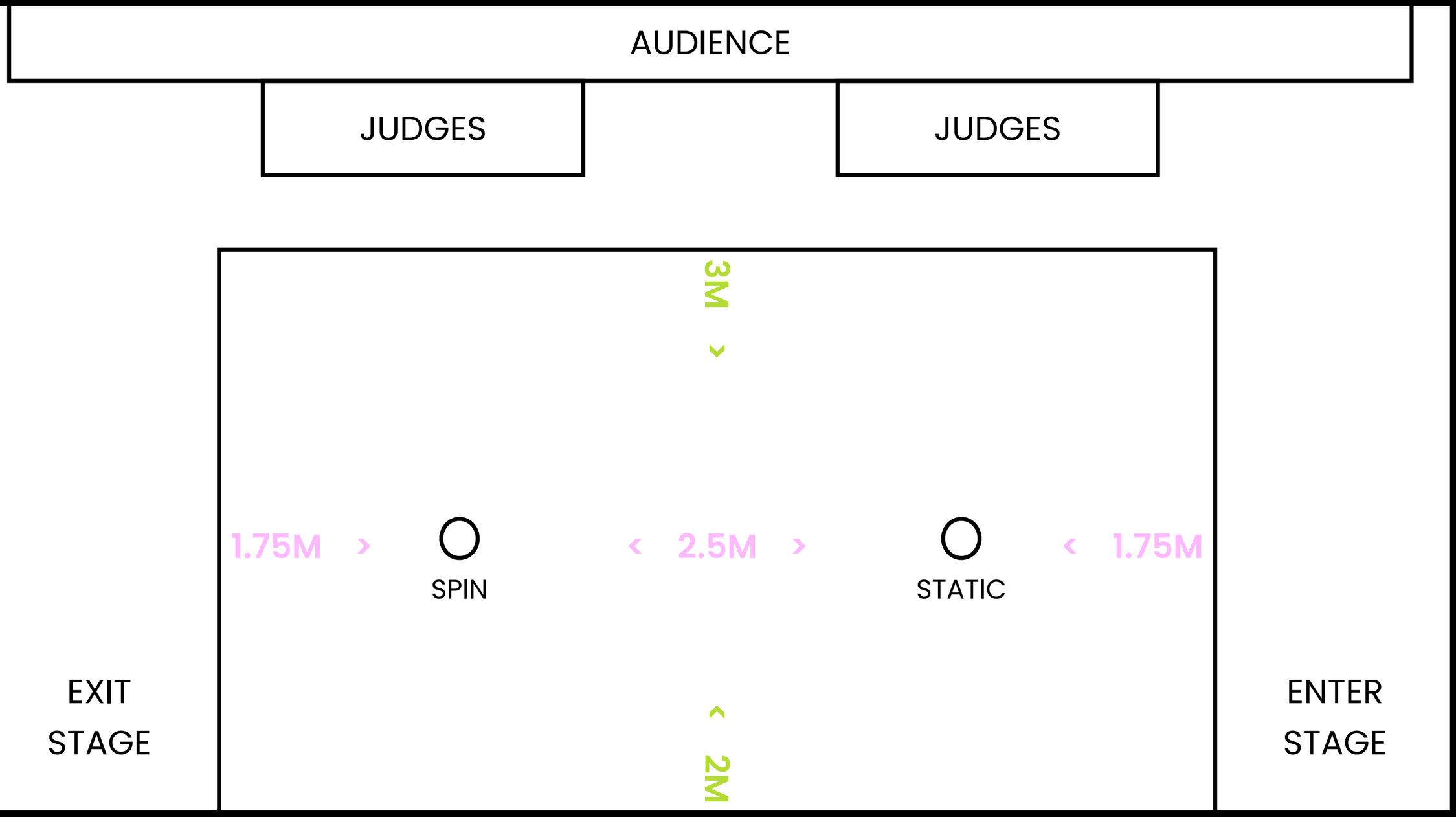
EVENT INFORMATION

THE GARDEN & EDEN

The Tabernacle Theatre, West London

Running orders for both days will be sent no less than 14 days before the event, but as a guide The Garden will run from 7-10pm and Eden Pole Competition will run from 2-8pm.

The stage will consist of a truss provided by Pole Tech, approx 6m x 3m x 4m. There will be two 45mm stainless steel poles, these can be set to static or spin, more detailed specifications will be shared in the finalist information pack.



Audience seating is tiered. Please note floorwork performed right at the front of the stage area is not visible to the audience.

The venue has a bar and cafe onsite with a range of options for various dietary requirements.

RESULTS

First and second place will be awarded for the highest scorers in each category, and by level.

In the event of a tied score the placing will be determined by the highest category score. If this is tied the winner will be chosen in discussion with the judges and moderator.

We also award 2 additional prizes: Audience Vote and Overall Winner.

The audience will be given a chance to vote for their single favourite performer across the whole competition. The person with the most votes will receive a £150 cash prize.

The Overall Winner is the person with the highest total score across the whole competition. The person will receive a £250 cash prize.

There are no awards for performers at The Garden however everyone will receive a goodybag with gifts from Eden and our sponsors.

The only category where competitors may receive penalties is Basework. Deductions will be made for moves that take the dancer higher on the pole than they would reach for a spin. Competitors will receive a 4-point deduction for each instance of the rule break.

CONTACT US

If you have any other questions on anything in this document please email us:

edenpolecompetition@gmail.com