



EXOTIC GODDESS GREECE

Festival 2026

BASIC RULES

1. The competitors must meet the requirement set by the organization to participate to the competition , and they must accept and respect the following rules.
2. The competitors must be at least 18 year old.
3. The competitors must bring medical certificate to declare they enjoy good health.
4. The competitors can refuse in any moment to perform due to health issues.
5. The judges and the organization can , in any moment ,disqualify a competitor if they do not respect the rules.
6. It is strictly prohibited to drink alcohol and/or drugs, both before and during the competition.
7. Only the competitors and the staff can have access to the areas reserved to the athletes.
8. The decision of the judges is final and determining.
9. The track assigned to each competitor must last minimum 2.30 minutes , maximum 3.30 minutes *
10. The song will be sent according to the deadlines indicated by the organizers.
11. ALL SONGS SENT AFTER THE DEADLINES OR FOR EACH SONG CHANGE THERE WILL BE A FEE OF 15 EURO.
12. The competitors must respect the performers list number set by the organization, otherwise they shall be disqualified.
13. If a competitor cannot participate anymore to the competition, the organization will NOT REFUND THE ENTRY FEE- THE FEE NOT BE REFUNDED IN EVENT OF A PANDEMIC OR OTHER FACTORS OUTSIDE THE ORGANIZATION.
14. The organization is not whatsoever responsible for the objects by the competitors on stage.

SELECTION

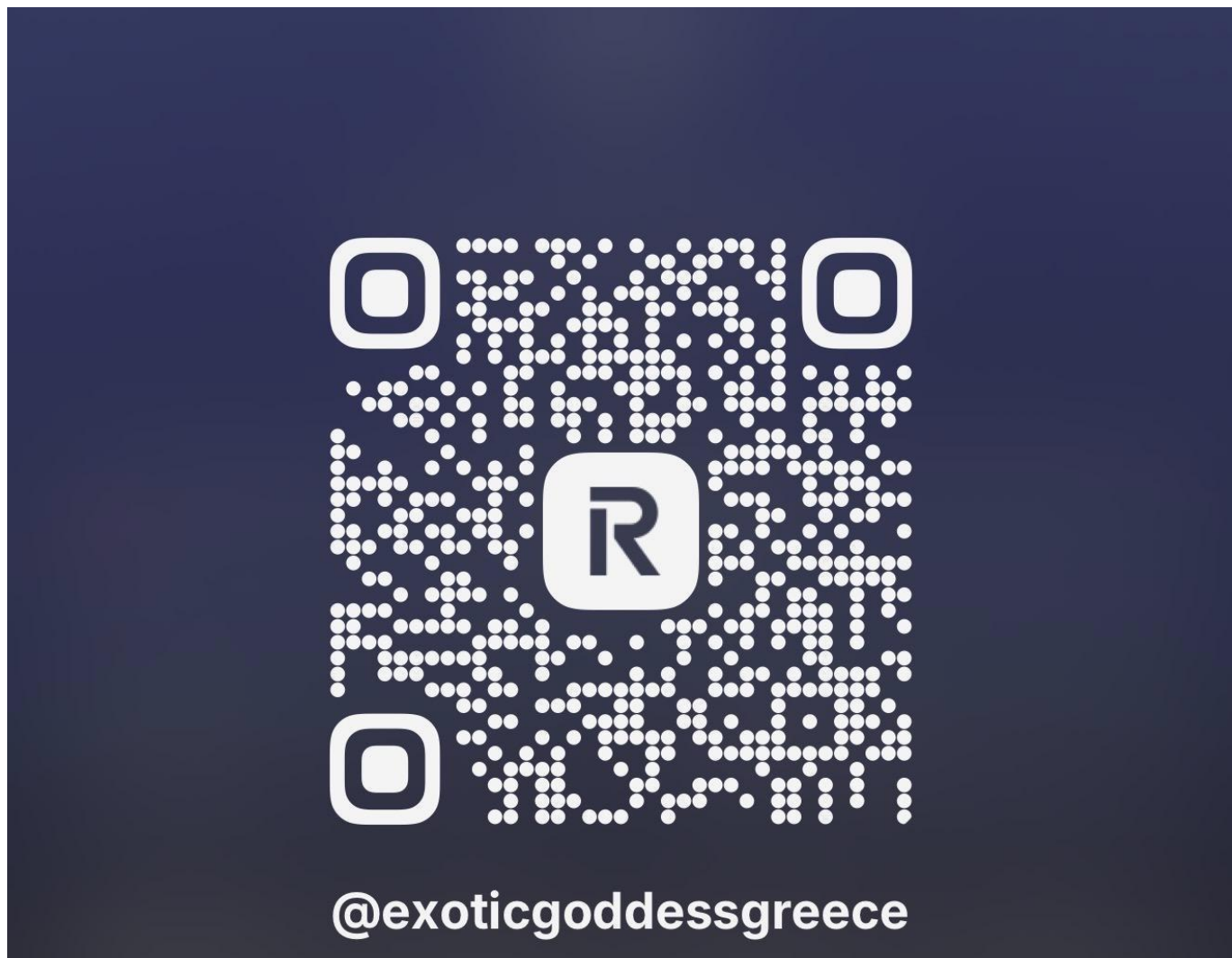
1. All athletes who desire to be chosen for the competition must pay an entry fee:65 euro (solo) 120 euro (for double) + 60 euros each person in case of a group (more than 2 people)

IF EXTRA FEES ARE ASKED FOR THE TRANSFER, THE FEES ARE IN CHARGE OF THE PARTICIPANT.

The payment: The organization provides the following payment link
<https://revolut.me/exoticgoddessgreece>

or follow the instructions below for more info about the payment.

2. It is compulsory to fill in the registration form and send it along with the receipt of payment to the above mentioned e-mail to exoticgoddessgreece@gmail.com.
3. Registration must be completed within 48 hours of the request. You can also pay via REVOLUT at our REVOLUT account : [@exoticgoddessgreece](#)
You can also pay Via QR code even if you don't have a Revolut account.



4. Moreover , in order to put each competitor in the RIGHT CATEGORY, THE COMPETITOR MUST SEND A LINK VIDEO (ON YOUTUBE, OR INSTAGRAM ***remember the video must be public*** it's ok a routine already done and that shows your level)
5. The competitors must communicate with adequate notice to the organization the presence of possible assistants on stage , and they need to pay 10 euros for each of them during the day of general rehearsal.

STAGE-COSTUME

1. Nudity is strictly prohibited ,otherwise the competitors shall be disqualified.
2. Clearly showing brands during the competition is prohibited.
3. Stage costumes must be in accordance with the mood and the style of each performance.
4. Stage costumes must cover all private parts; In case they are accidentally exposed during the performance , 5 points will be subtracted to the competitor as a penalty.
5. The competitors must wear exotic heels during the performance .
6. The competitors can wear kneepads,gloves or any other props.
7. The competitors must NOT rub any kind of cream or oil on their skin ,neither before or during the performance.
8. The competitors can wear any kind of hairstyle, make-up and objects in order to take care of their appearance and their performance.
9. THE POLES WILL BE 2 , XPOLE CHROME. HIGH 3.20 MT.(From the Judges and Public's view the static is on the left side and the spin is on the right side) AND 3.35 METERS DISTANCE FROM EACH OTHER
10. ALL INFOS ABOUT THE STAGE WILL BE COMMUNICATE AFTER THE DEADLINE.

OTHER RULES

1. During the competition the competitors can apply the following grips : dry hands, xdry , magnesite.
2. However , it is not compulsory to apply grip ; therefore each competitor must communicate to the pole cleaner their specific needs.
3. It is strictly prohibited to use fire,gas,or any other inflammable materials. Also water and anything that can make the pole very slippery is prohibited ! The props that will need more than 2 minutes to be removed ore cleaned from the stage , will receive a deduction of 5 points.
4. ALL ATHLETES WHO WANT TO RETIRE, MUST COMMUNICATE IT VIA E-MAIL AT LEAST 3 WEEKS BEFORE THE COMPETITION.
ALL ATHLETES WHO WILL NOT PRESENT THE DAY OF THE COMPETITION WITHOUT HAVING COMMUNICATED IT IN TIME, WILL LOSE THE RIGHT FOR ONE YEAR TO ENTER IN THIS COMPETITION.
5. It is at the discretion of the organizers to communicate the total score list of all participant. Individual judges scores will delivered via mail , after the competition.
6. All athletes must bring a medical certificate (good state of health in order to compete) or a selfcertification of the state of health.
7. The organizer in case of an excess of request, could close the registrations in advance or add a second day of competition .

CATEGORIES

- **BEGINNERS**
- **AMATEURS**
- **SEMI PROFESSIONAL**
- **PROFESSIONAL**
- **DOUBLE & GROUPS STARTERS**
- **DOUBLE & GROUPS ADVANCED**
- **ELITE**
- **MEN AMATEUR**
- **MEN PRO**
- **FLOORWORK * NEW CATEGORY ***

BEGINNERS: SOLO:

They are all participants who have recently started, are in their 1st (first year in competition) or 2nd (second year in competition) (we mean per season: for example: in 2026 I decide to compete for the first time and I sign up for 2/3 competitions in that year, for us it counts as my first time in competition) with no background in artistic gymnastics or dance, no teachers of aerial disciplines or pole dance. A pure amateur.

AMATEUR: SOLO/ DOUBLE .

All students who have been practicing exotic for more than 2 years have already participated in at least two competition seasons, have mastered the basic techniques of pole dance, have no sporting experience (more than two competition seasons), and have not taught, trained, or acted as an instructor in pole dance schools or studios. They have not won first place (in this category) at other festivals or competitions.

SEMI PRO: SOLO.

The artist has been practicing the following category for several years. The artist may have experience in dance/sports and/or teach/instruct in pole dance schools/studios. Those who have won first place in the AMATEUR categories, but must not have won first place in this category.

PROFESSIONAL: SOLO/DOUBLE.

The artist has been practicing the following categories: Pole Dance, Pole Sport, Pole Exotic for more than 3 years, has experience in dance/sport, has won the first podium in the SEMI-PRO category, carries out teaching/instructor/Workshop activities in a Pole dance school/studio and/or has participated in other festivals or competitions in this category.

FLOORWORK CATEGORY *NEW*

We invite all the Heels dancers to perform off the pole with their pleaser shoes and offer an outstanding performance! No experience required for this category!

Floorwork in exotic pole dance refers to the choreography and movements performed on the floor. It combines flexibility, strength, sensuality, and musicality to create fluid and captivating movement.

Here's a breakdown of Floorwork in Exotic Pole:

Key Elements of Floorwork in Exotic Pole

1. Body Rolls & Waves
2. Legwork
3. Shoulder Rolls / Fish Flops
4. Hair Whips & Head Rolls
5. Slides & Crawls
6. Kips & Drops

- Why It's Important in Exotic Pole

- Adds storytelling and emotional depth to a routine.
- Helps build musicality—interpreting music through movement.
- Enhances flow between pole tricks, making transitions seamless.
- Allows for grounded sensuality, often central to exotic dance aesthetics.

NOTE: In case there are more than 5 participants, we will consider dividing this category into Divisions based on their skills.

MEN CATEGORY

Men Category: SOLO

For the first time in the history of exotic competitions, after so many requests, we finally have 2 Divisions for this unique category:

***Men Amateur**

Men that have no experience in competing before or that have competed but never won this category with up to 2 years of experience in Pole Dance & Exotic Pole Dance, no experience in teaching so basically a pure Amateur!

***Men Pro**

Men that have competed and won their category, with more than 2 years of experience in Pole Dance & Exotic Pole Dance that are already teachers (preferable but not mandatory) . Basically a pure PROFESSIONAL!

NOTE : These 2 Divisions will compete together in One Division only in case one of the Divisions has less than 3 participants!

ELITE : SOLO.

With no gender limit, this category brings all the Elite performers on stage. ALL THE STARS, who hold workshops around the world, (including judging experienced) are multiple winners of the professional categories.

Date.....

Signature.....

Once signed, you consent to having read and accepted the regulation.

DISCLAIMER

I am aware that the organizer (Exotic Goddess Greece Team) and the owner of the location of the competition are not responsible for any injury to objects and persons during the performance or the warming up.

Date

Signature

*The list of final participants will be published on our social network Instagram :
EXOTICGODDESSGREECE at the end of the registration.*



EXOTIC GODDESS GREECE 2026

(please write in English)

NAME SURNAME : _____

STAGE NAME : _____

CONTACTS (E-MAIL AND INSTAGRAM):

COUNTRY,CITY: _____

CATEGORY: _____

EXOTIC POLE DANCE EXPERIENCES (which competitions You have participated? have you won 1,2 or 3 place?):

DATE

Signature_____

*Once signed, you consent to having read and accepted the regulation.
The organization (Exotic Goddess Greece Team) is not responsible and the location is not responsible for ANY PROBLEMS
encountered on 27-28 March 2026 day of the competition and rehearsal. The list of selections will be published on our social
networks (Instagram and Facebook :EXOTICGODDESSGREECE) at the end of the registration.*