

RULES 2026

Cosplay Pole Kontest

by Irene Gollin

*Rules of the Cosplay Pole Kontest 2026 in English.
[Per la versione italiana, clicca qui.](#)*

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INTRODUCTION

Cosplay Pole Kontest, hereinafter also referred to as **CPK**, is a virtual, international, and inclusive non-profit event. It was born from a dream and the desire to share it with anyone who wishes to participate because "*a dream is a wish your heart makes*".

CPK is open to everyone, regardless of nationality, gender, age, or skill level.

Cosplay Pole Kontest is a project conceived and organized by Irene Gollin.

Why be normal when you can be extraordinary?

Cosplay is the art of wearing costumes to bring **pop culture** characters to life: from the worlds of movies, comics, and video games, to stories told in books, musicals, cartoons, and TV series, including fanfiction and celebrities.

Every performance is a masterpiece!

Cosplay Pole Kontest is an artistic video competition that combines cosplay, pole dance, and aerial disciplines. Inspired by *theatre* and *storytelling* competitions, it aims to highlight the expressive and narrative power of performances.

All disciplines and every style have a place in this contest, creating an inclusive stage for artists of all backgrounds.

Not just a competition, but a virtual stage for an **artistic show** where every performer can express themselves freely and create a performance that moves and enjoys.

The competing videos will be evaluated based on both technique and cosplaying, as well as overall performance skills. We value the story being told and all the artistry being brought to the stage!

The organizers reserve the right to modify these rules at any time. Any changes will be promptly communicated on the official website, through our social media channels, and directly notified to participants.

WHERE AND WHEN

No stage fright!

Record your video wherever and whenever you want, then sit back and enjoy the show.

CPK will be held in **virtual** mode. Videos must be submitted by participants in accordance with the deadlines and guidelines outlined below.

The performances and jury evaluations will not be broadcast live.

The event will be streamed **online for free in May 2026**, with the exact date announced in due time. During the broadcast, all competing videos will be presented, and at the end, the **winners** will be announced.

CATEGORIES

Pole dance and aerials can be experienced as sports, but also as performing arts. The Cosplay Pole Kontest does not feature category distinctions: here the magic of the show matters, not the technical level, age, gender, or number of performers on stage.

Our goal is to offer a free, inclusive, and creative space, similar to a *talent show*, where each participant can tell a story and move the audience with their art. It doesn't matter which discipline you bring to the stage, which style or how complex your repertoire of tricks is: what truly counts is engaging the jury and the audience, delivering a performance that is beautiful to watch and to experience—even for those unfamiliar with the discipline.

All scenic and performative arts are welcome, such as dance, acrobalance, theater, singing, and any other form of expression.

No prerequisites or compulsory moves are required: performers are free to choose the elements to execute on the floor and on the apparatus.

All videos compete in a single general ranking: the **overall**.

In addition, **special rewards** are foreseen to highlight the unique qualities of different performances, thus recognizing more participants and celebrating the variety of the contest.

For more details, see the chapter dedicated to the Awards.

PERFORMER(S) ON STAGE

A stage for everyone!

The event is open to performers of any nationality, gender, age, religion, and level, from dance school or self-taught backgrounds.

The performance may involve a solo, double, group, and also supporting characters who can freely interact with the athletes, the equipment and any other props and stage elements.

An extra may also act as a **spotter** during the execution of tricks. Make sure that the interaction between athletes and extras is harmonious and consistent with the narrative of your performance. The difficulty of the tricks performed is only one part of the total evaluation: the ability to entertain and engage the audience will also be assessed.

THEME (reference)

Every costume tells a story, and every story deserves to be told.

When submitting the video, participants will be required to specify the **theme**, meaning the character, story, or narrative universe that inspires the performance. This is not required at the time of application. Subsequently, during the **check-in** phase, it will be possible to provide more information and details about the theme-reference, including links to images or videos.

The theme may include:

- **specific characters** (e.g. Elsa, Link from Zelda, Jack Sparrow);
- **narrative universes** (e.g. Star Wars, Pokémon, Final Fantasy);
- **celebrities or iconic figures** (e.g. Britney Spears, Cleopatra);
- **fanfiction or alternative versions** of well-known characters.

Crossover or original themes are also allowed, as long as the connection with the chosen references is clear.

References are essential for the cosplay evaluation criteria.

Further details on the evaluation criteria are provided in the dedicated chapter.

OUTFIT, GRIP, PROP, EXTRAS, ETC.

It is not necessary for the costume to be an exact replica of the character's outfit; the overall interpretation is evaluated more than the costume's accuracy. Additionally, originality, innovation, and personal reinterpretations are always welcome.

Any type of clothing is allowed, as long as it respects decency and decorum.

Any form of nudity (total, partial, or through transparent materials) will result in a point deduction from the total score.

Gloves and any type of footwear are permitted.

Any kind of grip is allowed, both on oneself and on the equipment.

Props of any size, as well as set designs, backdrops, green screen and other scenic elements, can be used.

A good use of props, including on the equipment, can enhance the performance score, but it's not mandatory.

Extras on stage are free to interact with the athletes, the equipment, and any props or scenic elements on stage.

STAGE SETUP

No specific setup is required: make the best use of the space you have available. The only requirement is a continuous shooting with a fixed camera angle. We recommend, as much as possible, removing any unnecessary elements from the frame.

One or more **equipment** from any aerial or performative discipline may be used. All equipment can be freely configured and combined, creating custom setups according to the needs of the performance. It is not necessary for the equipment to be centered in the frame, and the shooting angle can be chosen freely. However, keep in mind that judges can only evaluate what they see, so make sure you are properly framed to showcase your performance at its best.

Filming can take place either indoors or outdoors, in a gym or in a theater. Sets, props, lighting, smoke, video projection, green screen can be used... or nothing at all! It is up to you to choose what kind of show to bring to the stage. Those taking part in the performance may start and finish either on or off stage, and can freely enter and exit the frame.

Maximum **safety** is always recommended. Each participant is responsible for their own safety and must take all necessary precautions during the video recording.

APPLICATION PROCEDURE AND DEADLINES

Each video may involve multiple people, and each participant may take part in more than one video, in the same role or even in different roles.

All participants, regardless of their role, are required to read and understand the rules before submitting their application.

For each video, a **representative** must be indicated. The representative is the person who will communicate with the organization on behalf of the performance in competition and who will receive all official communications regarding the contest. The representative may be the athlete, the coach, a tutor, or even a friend. A single representative can be responsible for multiple videos in competition.

Applications are open until April 19, 2026. Currently, there is no limit to the number of videos in the competition. The organization reserves the right to close applications earlier, with prior notice.

PAYMENT

Cosplay Pole Kontest is a non-profit event born from a dream and the desire to share it with anyone who wishes to participate because *"a dream is a wish your heart makes"*.

To cover the costs of organizing the event, we ask for a contribution fee of €25 for each video. This fee covers the expenses related to judging, broadcasting, awards, and other organizational and technical needs. The fee applies per video, regardless of the number of performers involved. There is no limit to the number of videos each participant may submit.

Early bird application: for applications submitted **by February 1, 2026**, a reduced fee of €20 per video applies (payment date will be used as reference).

Promo-code

The organization provides promotional codes that grant discounts or full exemptions on the video contribution fee.

Promo-codes may be single-use or multi-use, depending on the specific conditions indicated at the time of distribution.

All our promo-codes can be **combined!**

To calculate the amount due using your promo-codes, please visit [the dedicated page on our website](#).

Payment methods

To pay for multiple video fees in a single payment, please specify in the message how many videos the payment is for.

- **PayPal:** paypal.me/cosplaypolekontest
For this method, a PayPal account is required.
- **Ko-fi:** ko-fi.com/cosplaypolekontest
Ko-fi does not require an account for payments.

Message/Reason for payment:

"Contribution fee for [n.] video slot Cosplay Pole Kontest 2026"

Note: replace "[n.]" with the number of video contribution fees paid.

For alternative payment methods, contact application@cosplaypolekontest.com with the subject "Payment methods".

PHASE 1 – APPLICATION

By April 19, 2026

In this first phase, the **representative** will apply by providing their contact information and the payment details. The representative is responsible for the payment of the contribution fee and for all communications between the organization and the participants involved in the performance.

At this phase, it is not necessary to provide the details of the performance (number and names of performers, title, theme, etc.).

Before the application deadline, the representative may apply for additional videos or transfer one or more video slots to another representative, following the instructions that will be sent via email.

Once the video contribution fee has been paid, fill out the **application form**: forms.gle/SZqomh3TsP6X3DuU6.

PHASE 2 – CHECK-IN

By April 30, 2026

According to the instructions provided by the organization to the representative, the following files must be submitted **for each video**:

- video file (*specifications detailed in a specific chapter*);
- release form for the use and transmission of the video;
- release form of every person appearing in the video;
- performance title (**name your artwork!**);
- performer(s) (can be the real name, nick name, group name, etc.);
- theme/reference (character/story of inspiration);
- photo performer(s) in costume (a posed photo or a video screenshot).

All necessary forms will be provided to the representative via email.

If the requested materials are not submitted within the specified deadlines, the performance may not be judged and, consequently, may not be broadcast.

After the video check-in closes, the judges will have a few days to review and evaluate all performances.

WITHDRAWAL

The application to the competition implies the commitment to participate.

Once the contribution fee has been paid, it cannot be refunded.

However, it is possible to transfer one or more video slots to another representative **before the application deadline**, following the instructions that will be provided via email.

VIDEO AND AUDIO REQUIREMENTS

Record with ease and choose your best performance to send.

The video will be broadcast exactly as provided; participants are responsible for video and audio quality.

A signed release form must be attached for each person appearing in the video.

For minors, the release form must be signed by their legal guardians.

Participants must have the rights to use and share the video for this competition.

To avoid infringing on third-party rights, a release form signed by the rights holder must be provided for the use of the video.

All necessary forms will be provided to the representative via email.

By participating in the competition, the performers consent to the use of their images and videos for promotional purposes related to the event. All submitted material, including the video, remains the property of the organization, which may use it freely.

Technical Requirements

- Duration must not exceed 5 minutes.
- Single video sequence with fixed camera angle.
- Landscape framing (horizontal).
- 16:9 resolution (preferably 1920x1080).
- Format: .MOV or .MP4 (no .AVI or other formats).
- Maximum file size: 500 MB.
- No watermarks.
- No video editing (except as specified below).

If the video does not comply with the above requirements, **deductions** may be applied to the total score or, at the discretion of the organization, the performance may be disqualified.

The following **video editing** is allowed:

- video cutting at the beginning and at the end
it is advisable to leave a couple of extra seconds
- small adjustments to the framing (moving and/or zooming)
- audio remastering
- green screen replacement
- filters or effects are allowed as long as they do not alter the reality of the performance, hide movements, or add graphic elements

Original, mixed, mash-up, and crossover audio tracks are allowed. You may freely use musical and/or spoken audio, as well as live music, whether inside or outside the frame. It is not necessary for the audio to be taken from the theme of the performance.

JUDGMENT CRITERIA

The **jury** is composed of experts in pole dance, aerial arts, cosplay, dance, and performance arts.

After the deadline for video submissions, the judges will have several days to review and evaluate each performance.

The evaluations and scores given by the judges are final and cannot be appealed under any circumstances. The organization and all those involved in the event cannot in any way influence the jury.

The judges operate with professionalism and impartiality, ensuring fair treatment for all participants, regardless of any personal or professional relationships.

In the days following the broadcast, the representative will receive the evaluation sheets with the scores for each judgment criterion, the total score, and the final ranking position. The decision to share this information is at the discretion of the representative.

Evaluation sheets are a valuable tool for artistic growth and for bringing the performance to the next level.

Judging Areas

The performance score will be determined by **3 judging areas**, each evaluated by a judge specialized in the relevant sector:

- **Technical judgment (pole & aerial)**
- **Artistic judgment (entertainment)**
- **Interpretative judgment (cosplay)**

Each judging area consists of several criteria (described below), each scored from 0 to 10.

The maximum total score for each performance is **140 points**.

Any deductions will be assigned by the head judge.

Each deduction resulting in a 5-point penalty.

The sum of the evaluations from the 3 judging areas, minus any deductions, determines the **total score of the performance**.

At the conclusion of the event, the **overall rankings** will be made public.

TECHNICAL JUDGMENT - POLE & AERIAL

This area evaluates the technical skills of the disciplines performed, the harmony, and the safety in execution.

- **Difficulty of aerial tricks**
Technical level of the tricks and their execution.
- **Line precision**
Pointed toes, arms and legs extension, refined posture.
- **Fluidity of transitions**
Execution of the transitions between tricks and with the equipment.
- **Originality of tricks**
Unusual and innovative tricks and transitions.

ARTISTIC JUDGMENT - ENTERTAINMENT

This area evaluates the artistic and entertainment aspects of the performance.

- **Image**
Care and visual quality of outfit and stage setup.
- **Musicality**
Harmony and coherence between audio track and movements.
- **Overall choreography**
Structure and overall quality of movements .
- **Stage presence**
Ability to capture attention and dominate the stage.
- **Pathos**
Ability to move and engage the audience.
- **Originality of the performance**
Creative and innovative choreographic and expressive choices.

INTERPRETATIVE JUDGMENT - COSPLAY

This area evaluates the accuracy of the cosplay and the interpretive ability.

- **Consistency with the theme/reference**
Respect the spirit, identity, and atmosphere of the chosen theme.
- **Cosplay modeling**
Ability to interpret and convey the essence of the character.
- **Storytelling**
Clarity and fluidity of the narrative within the performance.
- **Originality of interpretation**
Interpretation and/or reworking of the theme in a unique way.

DEDUCTIONS

Deductions will be applied for the following reasons:

- **Incorrect video format**
The video does not meet the required technical specifications.
Each non-compliance results in a deduction.
- **Nudity**
Accidental or intentional, total, partial, or with transparencies.
A deduction is applied for each case identified.

If the performance shows unethical, inappropriate, or offensive behavior, it will be disqualified.

DISQUALIFICATION

Disqualification of the video means it will not be evaluated by the judges and will not be broadcast on the day of the event. Refunds for the contribution paid will not be possible.

Conditions for disqualification:

- The performance violates common standards of decency or exhibits unethical behavior, including content that promotes hate speech.
- Required materials are not submitted within the specified deadlines.
- The video contains unauthorized editing.
- Misconduct, offensive behavior, and general unsportsmanlike conduct by the representative and/or performer(s) towards the organization, judges, sponsors, other participants, etc.

AWARDS

We celebrate boundless talent where every performance has value!

All videos are evaluated with the same criteria, resulting in a single overall ranking.

Awards are divided into two categories:

- **Podium Overall**, assigned based on the total score.
- **Special Rewards**, assigned to performances with distinctive qualities, independent of the ranking.

Each awarded performance will receive:

- A digital certificate for the title won;
- A custom artwork of the performance;
- Any additional prizes (discounts, merchandise, and more) provided by sponsors and the organization.

Check the [Awards page](#) and follow our social media to stay updated!

PODIUM OVERALL

The sum of all evaluation criteria, minus any deductions, determines the total score of the performance.

1st, 2nd, and 3rd place will be awarded.

Cosplay Pole Kontest is a competition recognized by **IPA (Italia Pole & Aerial)**. CPK may serve as a **qualifying event** for other competitions within or associated with the IPA circuit, according to the guidelines that will be provided directly by IPA.

SPECIAL REWARDS

Every performance is a masterpiece!

Special rewards are meant to highlight aspects of performances that deserve to be celebrated beyond the score.

There are no pre-assigned recognitions: they arise from the peculiarities that emerge during the contest and are awarded to performances that stand out for their unique qualities. It will be the performers themselves, through what they bring to the stage, that make the existence of each title possible.

Each reward is assigned to a different performance, in order to value as many participants as possible and to best celebrate the variety and imagination of CPK.

These **recognitions** will be chosen and assigned based on:

- distinctive features emerging in the performances;
- availability and proposals from sponsors;
- decisions or preferences expressed by the public through social media channels.

In this edition, **at least 5 special rewards** will be awarded, for example:

- **Most Original**
- **Most Emotional**
- **Best Solo/Double/Group**
- **Funniest**
- **Best cosplay**
- **Best set design**
- **Best choreography**
- **Most sensual**
- ...and more to come

Would you like to **sponsor** a special reward of your choice?

Write to us at partnership@cosplaypolekontest.com and tell us about your idea.

Let's create something new and fun together!

TERMS AND CONDITIONS

All materials provided by participants, including videos and images, remain the property of the Cosplay Pole Kontest organization for exclusive promotional and commercial use related to the event. By participating in the event, each performer consents to the use of images and videos for these purposes. Participants, or their representatives, retain copyright ownership of their content.

Cosplay Pole Kontest reserves the right to exclude from the current competition and future events any participant who violates the rules.

The organization reserves the right to modify this regulation at any time. Any changes will be promptly communicated on the official website and through our social media channels, and will be directly notified to the participants.

CONTACTS

Visit the [FAQ section](#) of our website for more information and curiosities about this unique event.

For any other doubts, clarifications, or reports, do not hesitate to contact us at info@cosplaypolekontest.com.

If you have needs that differ from those outlined in the regulations, contact us, and we will be happy to find a solution together!



Italia Pole & Aerial has granted official patronage to **CPK**.

Stay updated on our social media for all the event news!

