

**Allegra Showtime rules and regulations**  
- version 2019



Allegra

# Rules and regulations Allegra Show Time

Allegra Showtime: May 26, 2019

## Content

|                               |   |
|-------------------------------|---|
| 1. Categories .....           | 3 |
| 2. Prizes.....                | 4 |
| 3. Rules and regulations..... | 4 |
| 4. General remarks.....       | 5 |

## 1. Categories

In our little contest, we distinguish 3 categories which are based on duration, the possibility of independent training and the possibility to do certain moves:

| Category               | Independent training? | Duration of the act          | Moves that are <b>not</b> allowed  |
|------------------------|-----------------------|------------------------------|--|
| Beginner               | No <sup>1)</sup>      | Between 2 and 4 min.         | Handspring, deadlifts (except basic inverts), shouldermount, drops, iron-x, Russian split, flips, planks, regrips. |
| Intermediate           | Yes                   | Between 2 and 4 min.         | Deadlifts (except basic inverts and shouldermount), drops, iron-x, Russian split, flips, planks, regrips.          |
| Advanced <sup>2)</sup> | Yes                   | At least 3 min. (5 min. max) | (all techniques are allowed, as long as it is practiced and performed safely).                                     |

1) If you are not allowed to train independently at the moment of subscription, but you are allowed later in the year, you do not have to change categories.

2) We will have both a spinning and a static pole, and whereas in the beginner and intermediate categories the participants are free to divide their time on the poles to their wishes (they could also use only the static or only the spinning pole), the participants in the advanced category have to incorporate both poles in their performance.

If you are not sure in what category you should join, or what moves are or are not allowed in certain categories, please contact the board or the activity committee. Moreover, we reserve our right to put participants in different categories if we do not agree with the one that has been chosen. This will always be mentioned prior to the show and open for negotiation (if possible), or, if your performance is too difficult, or you do tricks from a more advanced category, the judges can score you according to that more advanced category.

In addition, we would like to encourage people to join in duos, for a duo act. They will follow the same rules as the advanced category. More information about the duo-category, will follow after signing up.

## 2. Prizes

Prizes will be awarded for the best performance per category.

In addition, there will be three prizes that are category-independent:

- strongest;
- most flexible;
- most creative.

## 3. Rules and regulations

### General rules

1. You can only participate if you are a (hammock) member or friend (old member) of Allegra.
2. If you want to participate, you have to register before the 31<sup>th</sup> of March. After the 31<sup>th</sup> of March, you cannot drop out, unless you have a good reason (in which case we decide whether we return your money or not) or you find someone that wants to replace your act.
3. The participation fee will probably be **5** euro for members and **7.50** for friends of Allegra. This will be certain before the end of March (when the budget estimate is finalized). This money has to be transferred before the 21<sup>th</sup> of April, will not be recovered (or, see #2).
4. Allegra is not responsible for loss of or damage to your possessions.
5. The jury has the right to stop a performance when the participant is not following the rules.
6. The jury has the right to disqualify a participant if he/she violates these rules and regulations.
7. Only participants in the advanced or duo category are allowed to do drops, he/she (they) is only allowed to practice this when Sabrina is around. Hence, during the member hour or the courses on Tuesday.
8. When we don't have at least 15 participants after our final registration date, the organization can decide to cancel the contest.

### Behavioural regulations

1. Participants have to be present at Sportcentre The Bongerd at least half an hour before the start of their performance.
2. A participant can, with permission of the jury, restart or repeat his/her performance.
3. The participants are expected to have a fair attitude against other participants and the jury.
4. The participants are expected to be present during the award of prizes.

### Clothing and attributes

1. The appearance of the participant is expected to fit with his/her performance.

2. The appearance and performance of the participant has to be ‘family-proof’. This means that the appearance/performance cannot be too sexy. It should be appropriate for parents, grandparents as well as little brothers and sisters.
3. Special ‘pole-dance’ shoes are allowed.
4. Small, easy attributes are allowed. This means easy to assemble, easy to clean, etc. Please let us know what attributes you want to use, so we won’t have any misunderstanding.
5. Body paint is not allowed.
6. Jewellery is not allowed as this can damage the poles

### Music

1. Participants are expected choose music with a duration according to rules of their category (see below for a recap).
2. The music can be a song, a musical piece, a combination of different pieces and so on.
3. The participant has to send in the music he/she uses before the 1<sup>th</sup> of May, in mp3 format.

| Category     | Duration of the act          |
|--------------|------------------------------|
| Beginner     | Between 2 and 4 min.         |
| Intermediate | Between 2 and 4 min.         |
| Advanced     | At least 3 min. (5 min. max) |

### 4. General remarks

1. We are looking for a photographer to be present during the Showtime to take some photos of every performance, if you know someone who can do that please let us know!
2. The doors will open around 13:00, which is also when the first performers should begin warming up. The exact time schedule will be shared through email and Facebook, at least before 1<sup>th</sup> of May.
3. There will be 2 poles available: a ground-mounted static pole (42 mm) and an X-stage lite on spinning mode (45 mm). In the categories beginner and intermediate, you are free to choose how you divide your time between the poles (you can also only use one), as earlier mentioned, in the advanced category it is obligatory to include both poles in the performance.
4. Floorwork is encouraged! We will make sure that there is ample space in front of the poles for floorwork
5. In the next half year (leading to the Showtime), we would like to incorporate time during the memberhours and the mentor trainings to make the performance and help each other or get some help from Sabrina.
6. **The organization has the right to change in the rules and regulations if necessary, the participants will be notified if this happens.**

Good luck with training!



# Allegra

With love,  
The Allegra Showtime Organization  
Carlien, Tessa, Emma, Frederique, Lianne, Marije, and Dewi.