



## HARDCORE UP AND COMING 2024 RULES

Hardcore Up and Coming is open to female and male, Australia wide and internationally.

Must be over 18 years of age.

### Amateur Division Rules

**NOT ELIGIBLE** if you have COMPETED in the following competitions: -

- Hardcore Pole Dancing Championships (all divisions)
- Australia Pole Championships (APC) (all divisions)
- Miss Pole Dance Australia as well as ALL state heats
- Pole Art (all divisions)
- Sexy's Back Semi Pro division
- Flaunt It Semi Pro/Pro division
- Pole Theatre Semi Pro/Pro division
- Podium Goddess Semi Pro
- Mr Pole Dance Worlds
- Exotic Generation Professional (all categories)

**CANNOT** have WON the following competitions: -

- Mr Pole Amateur
- Flaunt It Amateur
- Miss Pole Amateur/MX
- Podium Goddess Amateur
- Pole Theatre Amateur
- Dance Filthy Amateur

**Can have competed but not placed** in the following competitions: -

- Australian Pole Championships (APC)- State Heats

### Dance Division Rules

STUDIO POLE PTY LTD  
5/5 Sefton Road  
THORNLEIGH NSW 2120

EMAIL: [hcupandcoming@outlook.com](mailto:hcupandcoming@outlook.com)

[www.studiopole.com.au](http://www.studiopole.com.au)

DANCE • STRENGTHEN • STRETCH • TONE



**NOT ELIGIBLE** if you have competed as a professional in ANY competitions (state heats and finals inclusive)

**NOT ELIGIBLE** if you have PLACED in a Semi Pro state or National competition (as listed above)

**NOT ELIGIBLE** if you have competed in the following competitions: -

-Exotic Generation (all divisions EXCLUDING NEW FACE)

-Floor play Semi Pro/Pro all states

**CANNOT** have won the following competition: -

Exotic Generation New Face (all divisions)

*if you are unsure about your entry or eligibility, please email us before applying.*

**STUDIO POLE PTY LTD**  
5/5 Sefton Road  
THORNLEIGH NSW 2120

EMAIL: [hcupandcoming@outlook.com](mailto:hcupandcoming@outlook.com)

[www.studiopole.com.au](http://www.studiopole.com.au)

DANCE • STRENGTHEN • STRETCH • TONE