



- Video entries should be a minimum of 2.5 minutes long and no longer than 3.5 minutes.
- All videos MUST be a routine and not an edited video of several performances/routines.
  - Competition rules can be found at the bottom of this application form.
  - Solo videos only. No group or doubles routines to be submitted.

**KEY DATES:**

**8<sup>th</sup> December 2024** – Video entries open

**2<sup>nd</sup> March 2025**– Video entries close at 11.59pm sharp

**7<sup>th</sup> March 2025** - Successful applicants notified & announced

**17<sup>th</sup> May 2025**– Competition held at the Hornsby RSL Club, 4 High Street, Hornsby, NSW

|   |  |               |    |
|---|--|---------------|----|
| Competitor Name   |  |               |    |
| Stage Name  |  |               |    |
| Name of Studio you are representing   |  |               |    |
| Email Address   |  |               |    |
| Phone Number and State  |  |               |    |
| Application fee of \$40<br><br>(please email a copy of your payment receipt with your entry form) | Application fee paid (please circle)                 | YES           | NO |
|   | Studio Pole Pty Ltd                                  |               |    |
|   | BSB: 062 225    Account: 1030 0779    REF: Your name |               |    |
| Division (please circle one)  | Amateur Solo   | Semi Pro Solo |    |

All entry forms must be emailed to [hardcore@studiopole.com.au](mailto:hardcore@studiopole.com.au) with a copy of your video via a Youtube link. If you have any further questions, please feel free to call Miss Dani on 0411 147 340.

*Please note: As we are not having heats for this competition, video entries will be classed as heats due to limited places for the finals of Hardcore Pole Dancing Championships.*

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

EMAIL: [hardcore@studiopole.com.au](mailto:hardcore@studiopole.com.au)  
PHONE: 0411 147 340  
[www.studiopole.com.au](http://www.studiopole.com.au)

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## HARDCORE POLE DANCING CHAMPIONSHIPS 2025 RULES

Hardcore Pole Dancing Championships is an Amateur & Semi-Pro Australian National Competition. Open to female and male, Australia wide and internationally. Must be over 18 years of age.

### Amateur Division Rules

To be eligible to compete at Hardcore Pole Dancing Championships Amateur Division: -

Must NOT have competed at a Semi Pro or Professional level (See competition list below)

Must NOT have won any State or National competitions at an Amateur level

Competitions include:

Hardcore Pole Dancing Championships, Australian Pole Championships (APC) and State heats (all divisions), Miss Pole Dance Australia and State Heats, Pole Theatre Semi Pro/Pro, Pole Art (all divisions), Flaunt it Semi Pro/Pro division, Podium Goddess Semi Pro/Pro Division, Mr Pole Dance Worlds

**We now have a new sister Competition called "Hardcore Up and Coming" which is more suited to new or first time Amateurs. Entries open early 2025. Email [hcupandcoming@outlook.com](mailto:hcupandcoming@outlook.com) for more details.**

### Semi Professional Rules

To be eligible to compete at Hardcore Pole Dancing Championships Semi Pro Division:-

Must NOT have competed, placed or won at a Professional level in any National Pole Competition:- Australian Pole Championships, Miss Pole Dance Australia, Pole Theatre, Pole Art and Mr Pole Dance Worlds.

Must NOT have won any State or National competitions at a Semi Pro level

Hardcore Pole Dancing Championships, Australian Pole Championships and state heats (Pro division) Miss Pole Dance Australia and State Heats, Pole Theatre Semi Pro/Pro, Pole Art (all divisions), Mr Pole Dance Worlds.

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

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### **Your Competition Routine - Amateur Solo & Semi Pro Solo**

Your performance must be **two and half (2.5) to three (3) minutes for Amateurs** and **three (3) to three and half (3.5) minutes for Semi Professional**. (Nothing over the maximum time or under the minimum time).

#### **Competition Grade X-Pole Brass 40mm – x1 Spin & x1 Static.**

- Any type of footwear is acceptable including barefoot, heels or boots.
- Props can be used but will need to be approved prior to the event. **Human props are NOT permitted** (Contact Dani [hardcore@studiopole.com.au](mailto:hardcore@studiopole.com.au) or 0411 147 340).
- Please bring your music on a USB and clearly labelled with your stage name, studio & track number as a backup only.
- Prior to the event, you will need to advise us if you are starting ON or OFF stage
- NO nudity or G-strings will be acceptable.

#### **Judging Criteria - Total score is out of 65**

- (5) Presentation (music, costume, theme & props)
- (10) Stage Presence (engage the audience, character, usage of stage & both poles, overall performance & x factor)
- (20) Dance (choreography, musicality, floorwork, transitions between poles & on and off poles)
- (30) Pole Tricks (strength, flexibility, execution/lines, dynamic, technique and difficulty)

#### **The Event**

Hardcore Pole Dancing Championships will be held at Hornsby RSL Club, 4 High Street, Hornsby NSW 2077 on Saturday 17<sup>th</sup> May 2025.

This will be a ticketed event held in the Showroom. Tickets go on sale on 1<sup>st</sup> March 2025.

Further information about the competition, venue, and stage etc will be emailed to the successful applicants along with additional forms.

We will have professional judges, a photographer, special guest performances and cash prizes to be won.

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