

Hardcore Pole Dancing Championships 2026

Competition Routine + Judging Criteria

Your Competition Routine

- *Amateur Solo*: Your performance must be two and half (2.5) to three (3) minutes
- *Semi Professional Solo*: Your performance must be three (3) to three and half (3.5) minutes
- *Professional Solo*: Your performance must be three and half minutes (3.5)
- 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!
- Nudity or G-strings are NOT accepted

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 23rd May 2026
- This will be a ticketed event held in the Showroom
- 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