

Hardcore Pole Dancing Championships Rules

Hardcore Pole Dancing Championships is an Australian National Competition for Amateur, Semi-Pro, and Professional divisions. Open to all genders, Australia-wide, and internationally. Participants must be 18 years or older.

Amateur Division – Eligibility Rules

To compete in the **Amateur Division**, you must:

- **NOT** have competed at a Semi-Pro or Professional level (see competition list below).
- **NOT** have won any State or National competitions at the Amateur level.

Competitions considered:

- 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

New to competing?

Check out our sister competition: **Hardcore Up and Coming**, designed for first-time Amateurs. Email: hcupandcoming@outlook.com for details.

Semi-Pro Division – Eligibility Rules

To compete in the **Semi-Pro Division**, you must:

- **NOT** have competed, placed, or won at a Professional level in any National Pole Competition, including:
 - Australian Pole Championships
 - Miss Pole Dance Australia
 - Pole Theatre
 - Pole Art
 - Mr Pole Dance Worlds
- **NOT** have won any State or National competitions at the Semi-Pro level.

Competitions considered:

- 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

Professional Division – Eligibility Rules

- Must be at a **Professional level**.

If you are unsure about your eligibility, please email us at hardcore@studiopole.com.au before applying.