



- 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:

1ST December 2023 – Video entries open

3RD March 2024– Video entries close at 11.59pm sharp

8TH March 2024 - Successful applicants notified & announced

18TH May 2024– 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 \$30 (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 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
PHONE: 0411 147 340
www.studiopole.com.au

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HARDCORE POLE DANCING CHAMPIONSHIPS 2024 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 2023 (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 8th^t January 2024. Email 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 2023 (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 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 18th May 2024.

This will be a ticketed event held in the Showroom. Tickets go on sale on 1st March 2024.

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

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We will have
photographer, special
cash prizes to be won.

professional judges, a
guest performances and

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