Rules and Regulations

Divisions and Eligibility

General Eligibility

- **Open to all genders** – men and women may enter any division.
- All competitors (except Juniors) must be **18 years or older** at the time of the competition.
- The **Junior Division** is open to competitors aged **12 to 17 years**.
- Competitors may enter **both a solo and a doubles division** if eligible.

Divisions & Eligibility

Division	Eligibility Criteria
Junior	- Aged **12–17 years** at the time of competition.
Debutant	- Never competed in any Australian or International pole competition (graded, ungraded, or outside a studio setting). - Not paid as a performer in pole/aerial/entertainment industries. - **Extreme flexibility or strength moves are not permitted**.
Masters	- **Over 40 years** of age at the time of competition. - Must **not have competed at the Professional level**.
Amateur	- Not won a graded Amateur competition. - Not competed at **Semi-Pro or Professional level**.
Semi-Pro	- Previously competed in a **Semi-Professional** division. - Not competed at **Professional level**. - Won Flaunt It Amateur or another **graded Amateur competition**.
Professional	- Previously competed at **Professional** level. - Won Flaunt It Semi-Pro or another **graded Semi-Professional competition**.
Doubles	- **Open to all skill levels**. - Both competitors must meet the eligibility for their individual divisions if also entering solos.

Division Integrity and Enforcement

The organisers of Flaunt It Pole Championships **reserve the right to adjust a competitor's division** if it is discovered they have entered incorrectly **prior to the competition**.

- Any competitor found to have knowingly entered a **lower division than appropriate** will be:
    - **Disqualified**
    - **Stripped of any titles and prizes awarded**

Video Entry Guidelines

To enter the Flaunt It Pole Championships, all competitors must adhere to the following **video entry requirements**:

Submission Requirements

- All entrants must submit:
  - A **video entry**
  - A **completed entry form**
  - The **entry fee**
- **Submission must be received by the specified deadline**.
  - **Late entries will not be accepted.**

Video Guidelines

- The video **does not need to be the same routine** as your planned competition performance.
- However, it **will be judged** based on the **Flaunt It Pole Championships Judging Criteria**.
- Videos **must adhere to the maximum time limit** for your division.
  - Any footage beyond the time limit **will not be viewed** or considered by the judges.
- All videos must be:
  - **Filmed in one continuous take**
  - **Unedited** — No video mash-ups or edited clips will be accepted.

Fees and Payments

- **Registration fees are non-transferable and non-refundable** under any circumstances.
- All selected finalists are required to pay a **Finalist Fee of $25** by the deadline provided in the official finalist notification email.

Competition Venue and Rehearsals

The **Flaunt It Pole Championships 2026** will be held at:

Central Coast Leagues Club
Dane Drive, Gosford NSW 2250

- **Travel Arrangements:**
  It is the responsibility of all competitors to arrange their **own travel** to and from the venue.
- **Rehearsals:**
  - Each competitor will be assigned a **specific rehearsal time**.
  - Competitors must **check in with competition staff no later than 30 minutes before their allocated rehearsal time**.
  - Late arrival may result in **forfeiture of your rehearsal slot**.
- **Competitor Briefing:**
  All competitors must be present for the **mandatory competitor briefing** at the time specified by the competition organisers.
  - Attendance is **compulsory**.

Stage and Pole Specifications

- A **diagram of the stage and pole setup** can be found on our website.
- **Pole Height:** Approximately 3.5 meters
- **Pole Type:** 40mm Brass X-Pole

Pole Configuration:

- For all **solo divisions**, the poles will be set to the **national standard**:
  - **Stage Right – Static**
  - **Stage Left – Spin**

- For the **Doubles Division**, competitors may choose from the following configurations:
  1. **Both Spin**
  2. **Standard:** Stage Right – Static, Stage Left – Spin
  3. **Both Static**

- The preferred pole configuration for doubles must be submitted to the organisers **no later than three (3) weeks prior to the event**.

Grip Products:

- Competitors may use grip products **on the body**.
- **Griptinite and Better Grip** may be applied **directly to the poles**.

Music Guidelines

Maximum Performance Times by Division:

- **Amateur, Debutant, Junior:** 2 minutes 30 seconds
- **Semi-Pro, Masters:** 3 minutes
- **Professional & Doubles:** 3 minutes 30 seconds

- Music may be shorter than the maximum time limit, but must not exceed it by more than **5 seconds**.
- **Song Selection:**
  - Song choice is submitted upon entry and allocated on a **first come, first served basis**.
  - **No duplicate songs** will be permitted—submit your music early to secure your choice.
- **Music Submission Requirements:**
  - Music files must be submitted **no later than one (1) month prior to the competition**.
  - Failure to submit music on time **may result in disqualification**.
  - Competitors must bring a **backup copy on USB** on the day of the event.
- **Special Note for Junior Division:**
  - Music must be **age-appropriate**.
  - **Profanity or explicit content is strictly prohibited**.

Prop Policy

- **Props** are permitted, but **must be approved no later than one (1) month prior to the competition**.
  - Use of **unapproved props** will result in **disqualification**.
- **Human props** are allowed under the following conditions:
  - They must be **approved at least one (1) month before the competition**.
  - Use of **unapproved human props** will result in **disqualification**.
  - **Human props are not permitted to make physical contact with the poles** before, during, or after the performance.
  - Human props must **purchase a ticket** for the event.
  - Due to space restrictions, **human props will not be allowed backstage for the duration of the event**.
- **Setup and Pack Down Requirements:**
  - All props must be able to be set up and packed down by a maximum of **two (2) people within one (1) minute**.
- **Prohibited Items/Substances:**
  The following are not allowed as props under any circumstances:
  - Liquids, Glitter, Powders, Confetti, Fire or pyrotechnics

Costume Policy

- All types of footwear are permitted, including bare feet, shoes, heels, or boots.
- **Exception:** In the Junior Division, heels are not allowed.
- Competitors may remove items of clothing during their performance; however, **nudity and G-strings are strictly prohibited**.
- Gloves and knee pads are allowed.

Costuming – Junior Division

All routines in the **Flaunt It: ASPIRE Junior Division** must adhere to **PG standards**. Costumes should be designed to:

- Appropriately cover the **bum and chest areas**
- Maintain a **family-friendly** presentation

We encourage **creativity and individual expression**, provided it aligns with these guidelines to ensure a respectful and inclusive environment for all participants and audience members.

Photography and Videography

- A **professional photographer and videographer** will be present at the event to capture all performances.
- All photos and videos remain the **intellectual property** of both the photography company and **Flaunt It Pole Championships**.
- Media may be used for **future marketing and promotional purposes**.
- Competitors acknowledge that they have **no rights to compensation** for any photography or videography taken during the event.
- Official photos will be released via social media.
- Competitors **must not crop, edit, or remove watermarks** from photos or videos without express written permission from the competition organisers and photographer.

Judging

- **All judging decisions are final.**
- Competitors **must not communicate with judges** at any time **before or during** the competition.
- **Prizes are not negotiable or redeemable for cash.**
- **Judging feedback** will be provided to all competitors **within one (1) week** following the event.

Competitor Behaviour

The Flaunt It Pole Championships aims to create a **friendly, respectful, and professional atmosphere** for all.

- Competitors are expected to behave **professionally** at all times — **before, during, and after** the event.
- All participants must be **courteous to fellow competitors, spectators, and staff**.
- **Bullying, harassment, or aggressive behaviour** will result in **immediate disqualification** and **removal from the venue**.
- The consumption of **alcohol or drugs** prior to or during performances is **strictly prohibited**.
    - Any competitor found **intoxicated or under the influence of illegal substances** will be **disqualified immediately**.

Additional Behavioural Expectations:

- All competitors must **follow directions** from event organisers, staff, and venue personnel.
- Competitors (and human props, if applicable) must be present for the **mandatory competitor briefing** prior to the event.
- Adequate **warm-up space will be provided**, but it is each competitor's **personal responsibility** to ensure they **warm up and stretch properly** prior to rehearsals and performances.

Waiver of Liability

By entering and participating in Flaunt It Pole Championships, the competitor agrees to the following:

- **Assumption of Risk:**
  The competitor understands that **pole dance is a physically demanding and potentially dangerous activity**, and voluntarily accepts **all risks associated** with participation, including travel to and from the venue.
- **Medical Fitness:**
  The competitor affirms that they **do not suffer from any physical or mental conditions** that would limit or prevent their safe participation.
  If needed, the competitor agrees to obtain **medical clearance** before the event.
- **Release of Liability:**
  The competitor, their heirs, and legal representatives **forever release** Flaunt It Pole Championships, G-Force Pole & Aerials (Unit 8/284 Manns Rd, West Gosford, NSW 2250), event staff, venue staff, agents, sponsors, and judges from **any claims, demands, or causes of action** that may arise due to participation—including **negligence** by any party.