



Rules and Regulations

Divisions and Eligibility

Flaunt It Pole Championships will run the following divisions:

- Junior
- Debutant
- Masters
- Amateur
- Semi-Pro
- Doubles

Both men and women are eligible to enter any of the above divisions. All entrants must be over 18 at the time of competition for all divisions excluding Juniors which will be open to children 12y/o – 17 y/o.

Competitors are eligible to enter both solo and doubles divisions.

Junior

Junior division competitors are eligible;

- If you are between the age of 12 years old and 17 years old at the time of competition.

Debutant

Debutant division competitors are eligible;

- If you have not competed in an Australian or International pole competition, this includes ungraded competitions, graded competitions and any form of competition held outside a studio setting.
- If you have not been paid as a performer in the Entertainment, pole or aerial community.
- No extreme flex or strength moves will be allowed in this division.

Masters

Masters division competitors are eligible;

- If you are over the age of 40 at the time of the competition.
- If you have not competed at a Professional level.

Amateur

Amateur division competitors are eligible;

- If you have not won a graded Amateur competition or competed at a Semi-Professional or Professional level in a pole competition.



Semi - Professional

Semi - Professional division competitors are eligible;

- If you have competed as a Semi-Professional in a pole competition.
- If you have not competed at a Professional level in a pole competition.
- If you have won Flaunt it Amateur or another graded Amateur competition.

Doubles

All skill levels are eligible for the Doubles division;

Flaunt It Pole Championships organisers reserve the right to adjust a competitor's division if it is found out that a competitor has entered the incorrect division (prior to the competition). Any competitor who is found to have competed in a division lower than they should be competing at will be disqualified and subsequently stripped of their title and any prizes they may have received.

Video Entries

All entrants must submit a video, entry form and entry fee by the specified date. Videos received after the cut-off date will not be accepted. Video entries do not need to be the same routine as your proposed routine for the competition but will be judged based on the Flaunt It Pole Championships judging criteria.

Video entries must adhere to the **time limits** specified for the division of entry. Videos that go over the specified time limit will only be watched to the maximum time limit.

Registration Fees are non transferable or refundable. All finalists will be required to pay a Finalist fee of \$25 by the due date specified by the organisers in the finalist email.

All video entries should be filmed in one take and edited/mash up video submission will not be accepted.

Competition Venue and Rehearsals

Flaunt It Pole Championships 2024 will be held at Central Coast Leagues Club, Dane Drive Gosford NSW 2250. It is the responsibility of all competitors to arrange their own travel to and from the venue.

Competitors are expected to be at the venue and check in with competition staff no later than 30 minutes before their scheduled rehearsal time. Rehearsal times will be allocated to each competitor, so please do not be late otherwise you will forfeit your time slot. All competitors must be at the venue for competitor briefing at the time allocated by the competition organisers.



Stage and Pole Specifications

Diagram of stage and pole setup can be found on our website

Height: approx. 3.5m high Pole type 40mm Brass X-Pole

For all **solo divisions** the poles will be set to the national standard; Stage Right - Static and Stage Left - Spin.

For the **doubles division** the competitors can choose one of the three following configurations

1. Both Spin
2. Standard - Stage Right - Static and Stage Left - Spin
3. Both Static

This must be specified to the organisers not later than 3 weeks prior to the event.

Grip products can be used on the body, griptinite/better grip is allowed to be applied to the poles.

Music

The following maximum time limits apply for each division:

Amateur, Debutant, Junior	2 mins and 30 seconds
Semi-Pro, Masters	3 minutes
Doubles	3 minutes and 30 seconds

Competitors music can be shorter than the above-mentioned time limits but no longer than 5 sec more.

Music choice can be submitted on entry, first in best dressed, there will be no doubling up of songs so be sure to submit your song choice early.

Music file must be submitted no later than 1 month prior to the competition, failure to do so may result in disqualification.

Please note – music for all Junior competitors must be age appropriate and not include any profanities.

Competitors are required to bring a backup copy of their music on a USB.



Props

Props are permitted in Flaunt It Pole Championships provided they have been approved no later than 1 month prior to the competition. Use of any unapproved props will result in disqualification.

Human props are permitted in Flaunt It Pole Championships provided they sign a liability waiver and have been approved no later than 1 month prior to the competition. Use of unapproved human props will result in disqualification.

Human props must not make physical contact with the poles before, during or after the performance. Human props are required to purchase a ticket for the event and will not be able to stay backstage for the duration of the event due to space restrictions.

All props must be able to be set up and packed down by 2 people within a 1-minute time frame.

The following items/substances are prohibited from being used as props: Liquids, glitter, powders, confetti, fire/pyrotechnics.

Costuming

Any type of footwear is allowed including bare feet, shoes, heels or boots. Competitors are allowed to remove items of clothing during their performance however, no nudity or G-strings are permitted. Gloves and knee pads are allowed.

Costuming - Junior Division

All junior division routines in our Flaunt It: ASPIRE Junior division must adhere to PG standards. Costumes should be designed to appropriately cover the bum and chest areas, ensuring a family-friendly atmosphere. We encourage creativity and expression within these guidelines to maintain a respectful and inclusive environment for all participants and audience members.

Photography and Videography

Flaunt It Pole Championships will have a professional photographer and videographer at the event capturing all performances. All professional photos and videos taken will remain the intellectual property of the photography company and Flaunt It Pole Championships and may be used for future marketing and promotions. Competitors have no rights to compensation for photos or video footage taken at any time during the event. Photos will be released by the event photographer via social media; however



Competitors are not to crop or remove watermarks off the images or videos without the express permission of the competition organiser and photographer.

Judging

All judges' decisions are final. Competitors must not communicate with the judges at any time before or during the competition. Prizes are not negotiable or transferable for cash. Feedback will be passed on to all competitors within 1 week of the competition.

Behaviour

Flaunt It Pole Championships aim to create a relaxed, friendly environment for all competitors. Competitors must always conduct themselves in a professional and proper manner, before, during and after the competition.

Competitors are expected to be courteous to all other competitors, spectators, and event staff. Bullying and harassment will result in immediate disqualification and removal from the event.

Competitors are not permitted to drink alcohol or take drugs before or during their performance. Any competitor found to be intoxicated or under the influence of an illegal substance will be immediately disqualified and removed from the event.

Competitors must follow the instructions given by the organisers, event staff and venue staff. Competitors and all human props must be present for the competitor briefing prior to the commencement of the competition.

Competitors will be given adequate space for warm up and it is the responsibility of the competitors to ensure that they warm up and stretch properly before their scheduled rehearsal and performance.

Waiver of Liability

The competitor acknowledges and accepts that Flaunt It Pole Championships, its owners, and staff, as well as the venue's (Central Coast Leagues Club) owners and staff are not responsible for injury or damage resulting from participation in the competition, including the competitor's arrival and departure from the venue.

The competitor acknowledges that pole dance is a dangerous activity and as such the competitor/s voluntarily accepts the risks associated in participating in the competition. By entering and participating in Flaunt it Pole Championships the competitor acknowledges that they do not suffer from any physical limitations, medical ailments, physical or mental disabilities that would limit or prevent them from safely participating in the competition. If required, the competitor will obtain a medical examination and clearance.



I, My Heirs or legal representatives fully understand that I may injure myself as a result of my attendance and subsequent participation in Flaunt It Pole Championships and I, My heirs or legal representatives forever release The Organisers, G- Force Pole & Aerials, Unit 8/284 Manns Rd, West Gosford Australia 2250 and its agents, sponsors and judges associated with Flaunt It Pole Championships from any claims, demands, and causes of action as a result of my voluntary participation and from any liability (including liability for their negligence and the negligence of others) now or in the future for any conditions that I may obtain.