## Who is kick ass Curves for?

Kick Ass Curves is a pole competition for polers that are are a UK size 16 or above.

Except for our 14-16 Intermediate Category, please enter the appropriate category for your true size at the time of application.

This platform is a friendly, fair and inclusive place for plus size polers to compete. If you apply you must be available to attend the final at Saturday 11th April 2026 at The Grand Pavilion, Matlock Bath, Derbyshire, arriving at 11 am, the competition will start at 2 pm. Competitors must be age 18 by the date of the final.

You CAN use a previous Kick Ass Curves or other competition routine, as long as reflects the approximate current level of which you are at.

The poles in the final will be 45 mm chrome X Poles, at a maximum useable height of 3 metres. As looking at the poles from the judges/audience the left pole will be STATIC and right pole SPINNING.

Places will be awarded to 1st & 2nd place for each category. Along with an overall winner. Successful entrants will be informed of their place by mid January 2026 by email and social media. Reserves will be announced via email. Feedback will be given to all entrants.

Kick Ass Curves Pole Competition

Entries open 1st October and close 12th December 2025.

Completed entry pack must be sent via email to kickasscurvesuk@yahoo.com

All parts of the application along with the fee of £27 GBP must be be submitted by the deadline of 12th December 2025 to be judged for the final.

Payments must be made via bank transfer with your name & category as the reference to...

Karrie’s Pole Ltd

40-30-24

64066960

## Video entries

Beginner/Beginner Classique-2:30 minute maximum video using spin & static pole.

Intermediate/Intermediate Classique/Size 14-16 Intermediate - 3 minute maximum video using spin & static pole.

Advanced/Instructor/ProClassique-3:30 maximum video using spin & static pole.

All videos that exceed the time limit for your category, will stop being judged at the end of the relevant time frame. Previous performances can be used, and should reflect your current level of training/performing.

## Level of entry

Beginner

Song for final no longer than 3 minutes. Spins, climbs, sits all permitted.

No lay backs, inverts, shoulder mounts or tricks where the head and shoulders are lower than hips. Competition experience is allowed, cannot have won 1st place in any competition, cannot have competed above beginner level. Can wear pole shoes (not boots). Cannot be an instructor or performer. Handstands are allowed in all categories.

Intermediate

Song to be a maximum 3:30. Inverts and laybacks are allowed. Must have 3 points of contact with the pole in inverts/while up the pole eg. extended butterfly IS allowed, Ayesha/handspring is NOT. Shoulder mounts from the floor ARE allowed, aerial shoulder mounts are NOT allowed. No instructors or performers paid or unpaid. Can have competed before, but not won 1st place any Intermediate level competition. Or have competed above intermediate level in any other competition. Can wear pole shoes (not boots).

Advanced/Instructor

Song length minimum 3:30 maximum 4:30. Can be a qualified instructor paid or unpaid, and can be a performer. All moves are allowed. Can wear pole shoes (not boots).

Classique Beginner

All footwear is allowed including boots (no studs or anything that may scratch poles). Thongs & pasties are the minimum amount of clothing allowed, no nipples or genitals on show. Sexy, Classique, strip style gestures are allowed and encouraged. Song maximum 3 minutes. Tricks up to beginner level, no inverts. Cannot have competed above beginner level or won 1st place at Beginner level in any competition. Cannot be an instructor paid or unpaid. Cannot be a performer.

Classique intermediate

All footwear is allowed including boots (no studs or anything that may scratch poles). Thongs & pasties are the minimum amount of clothing required, no nipples or genitals on show. Sexy, Classique, strip dancing is allowed and encouraged. Song maximum 4 minutes. Cannot be an instructor or performer, no advanced tricks such as Ayesha or deadlifts. Inverts allowed but no aerial inverts.

Classique pro

All footwear is allowed including boots (no studs or anything that may scratch poles). Thongs & pasties are the minimum amount of clothing required, no nipples or genitals on show. Sexy, Classique, strip dancing is allowed and encouraged. Song maximum 4:30 minutes. Can be an instructor or performer, no restriction on trick level.

Name

Stage name (used in announcements/social media if preferred)

Level you are entering

D.O.B

Address

Email address

Phone number (mobile)

Instagram user name

Pole school you attend

You must submit a video, and your application form, here’s how...

All forms must be TYPED and emailed to [kickasscurvesuk@yahoo.com](mailto:kickasscurvesuk@yahoo.com)

The video entry must be uploaded to a video platform such as YouTube or Vimeo.

It can be set to unlisted but NOT private, you must email the link WITH YOUR ENTRY FORM so that we are easily able to find and forward to our judges.

The video must be clear to see, one continuous piece (not multiple clips spliced together), using both spin and static pole. You can use previous competition routines, if they are longer than the maximum length, please try to cut the start or the end as appropriate, if not it will be stopped from marking at the cut off point.