



Shining stars amateur pole championships rules, regulations & judging criteria

Performance:

Competition will be held at Pole Time Studio - 26 Icon Drive, Delacombe on March 21st 2026

Music: Music must be between 2.5-3 minutes and no longer. Music choices may be subject to approval with restrictions on profanity, slanderous or derogatory lyrics. If more than one competitor has the same song, the competitor who submitted their music first, will get first preference and the other competitor must choose a different song.

Music must be submitted to the organiser no later than February 21st 2026.

Props: Props are allowed but will need to be pre approved with the event organiser no later than February 21st. Props must be easily manageable. Human props are accepted.

Costumes: Costumes must be modest with no nudity, partial nudity and no G-strings.

Footwear: Footwear is optional. Heels, boots or bare feet accepted.

Other regulations:

Age restrictions: Competitors must be 18+ or have parental consent if under 18.

Grip aids: Competitors are responsible for providing their own grip. Grip aids are allowed to be put on the pole by the pole kittens and the competitors body. Grip aids not allowed to be put directly on the pole include Itac and dancing dust.

Competitors will be asked on the day how they would like their poles cleaned and gripped.

Entry regulations: Competitors must not have competed in any semi pro or pro competitions. (In house competitions excluded) This competition is for people who are new to competing and want to gain experience and feedback on their performance.

Pole set up: Poles are brass pussy cat poles at 4.2m high 38mm in diameter and spaced 3m apart. The pole on the left (if on stage facing audience) will be on spin and the right on static. Doubles pole & dance may choose their configuration.

Entry Fee: All competitors must pay an entry fee of \$30 that must be paid upon submitting their entry form.

Pole Time Studio

BSB: 062000 Account number: 20315786

Section criteria: Please ensure you are entering the correct division suited to your level. If you are a beginner student you should not be doing intermediate level tricks like Ayesha, superman, pike etc. Competitors that are not current students of Pole Time Studio must submit an entry video so we can ensure you are entering the correct level.

Beginner section: Basic pole work, all static spins, pole sits (ball, layouts) Allowed 2 inverted tricks off the floor and no more.

Intermediate section: Allowed aerial inverts, shoulder mounts from the floor, caterpillars and upside down climbs, elbow grips.

Advanced section: Aerial shoulder mounts, handsprings, drops, tumbles, small flips (butterfly, hanglider) and dynamic skills. Must not be performing sault flips or fonjis or skills of an extreme level etc.

Doubles section: 2 people at any skill level from beginners to advanced (Must never have competed at any state or national heats)

Dance section: Open to beginners to advance levels. (Also must not have competed in any state or national heats) No inverts or aerial pole tricks allowed. This section is for movements using the pole and floor work.

Judging criteria:

Solo division:

Sections will be scored out of 10 (With the total score being out of 70)

Technical difficulty- The complexity and execution of tricks including transitions and movements.

Strength- Physical control, power and endurance required to execute moves cleanly.

Lines and extensions- The visual flow and aesthetic of your body during movements including fully extended limbs, pointed toes, and straight lines.

Musicality: The interpretation and synchronisation with the music. Moves align with beats, accents or changes in music. Body expresses the mood or story of the song.

Costume: Overall appearance and appropriateness of performance. Cohesion with routine theme/music.

Stage presence: The competitors charisma. Confidence and ability to engage with the audience including eye contact and connection with the audience. Energy and expressiveness that elevates the performance.

Flexibility- The range of motion in joints and muscles demonstrated through splits, backbends, leg extensions and contortions.

Doubles division:**Sections will be scored out of 10 (With the total score being out of 60)**

Synchronization- How well the two performers move together. Timing of tricks and transitions, matching body lines & extensions. No jerky or mismatched movements.

Musicality- The duo's interpretation and synchronisation with the music. Moves align with beats, accents or changes in music. Body expresses the mood or story of the song.

Costume- Overall appearance and appropriateness of performance. Cohesion with routine theme/music.

Technical difficulty- The complexity and execution of tricks including transitions and movements.

Stage presence- The competitors charisma. Confidence and ability to engage with the audience including eye contact and connection with the audience. Energy and expressiveness that elevates the performance.

Lines and extensions- The visual flow and aesthetic of your body during movements including fully extended limbs, pointed toes, and straight lines

Dance division:**Sections will be scored out of 10 (With the total score being out of 60)**

Choreography & creativity- The structure, originality and flow of the routine. Interesting and cohesive sequence of moves. Variety in movements including floor work, turns, kips). Creativity in integrating the music.

Musicality- The interpretation and synchronisation with the music. Moves align with beats, accents or changes in music. Body expresses the mood or story of the song.

Technique and control- Controlled flow and body movements, postures and alignments

Lines and extensions- The visual flow and aesthetic of your body during movements including fully extended limbs, pointed toes, and straight lines.

Costume- Overall appearance and appropriateness of performance. Cohesion with routine theme/music.

Stage presence- The competitors charisma. Confidence and ability to engage with the audience including eye contact and connection with the audience. Energy and expressiveness that elevates the performance.