



Step Up Competitor Rules

Eligibility

1. Entry is open to anyone aged over 18 years,
2. Entry is open to all male and female competitors, and
3. Entry is open to Amateurs and Semi Professionals.

Entry

Applicants are selected based on the video submitted.

Props, costume, etc

1. Performers are permitted to use any props, sets, costuming, additional performers, sound effects, performance apparatus or footwear, provided that:
 - a. the space allows for it physically;
 - b. it is of a size that can be easily transported on a plane (so that international competitors are not disadvantaged); and
 - c. it can be set up and completely removed in under 1.5 minutes.
2. If any props are to be used, performers must advise us by email.
3. Competitors are allowed to remove items of costume, however, G-strings and pasties are not permitted.

Competitors and performance

1. Competitors must arrive at the venue at their allocated time on the day for rehearsals
2. Competitors must ensure they have warmed up and stretched properly prior to performing.
3. Competitors must not consume alcohol or any prohibited substance prior to performing.
4. Performances must be between 3mins and 3mins 30secs long. All performances that exceed 3 minutes and 30 seconds will have their music cut on the night.
5. Poles will be brass competition-grade X-Poles. The default setting is both poles on spin. If you would like one of the poles on static, the back pole can be set to static and front on spin, this must be requested in advance and Pole Monkeys informed on the evening.

Criteria and judging

1. There will be 3 judges.
2. Competitors will be judged on the following criteria:
 - Pole tricks (skillful execution and difficulty): 10 points
 - Floor work and dance: 10 points
 - Costume: 10 points
 - "X Factor" (stage presence, creativity, engagement with audience, entertainment and originality): 10 points

Waiver of liability

1. The competitors acknowledge and accept that Pole Dance Academy, its owners, staff (the Organisers) and The (Venue) staff and owners ("Venue Related Parties") are not responsible for injury or damage resulting from participation in the competition, including the competitors' arrival and departure from the competition.
2. The competitors acknowledge that pole dance is a dangerous activity and as such the competitors voluntarily accept the risks associated in participating in the competition.
3. The competitors waive to the full extent permitted by law all legal rights of action against and fully releases the Venue and Venue Related Parties and the Organisers and Related Parties for the loss, damages, or injury howsoever arising out of or in relation to the participation by the competitors in the activities conducted or organised by the Organisers and Related Parties including without limitation, liability for any negligent or tortious act or omission, breach of duty, breach of contract or breach of statutory duty on the part of the Organisers or Related Parties.

Photos/videos

1. Competitors are aware that they will be photographed or videoed during their performance
2. The competitor acknowledges that photos or video may be published by the Organisers.
3. The competitor releases all rights or claims over any photos or videos, and acknowledges that such material is the property of and can be used by the Organisers for promotional or other uses, without compensation to the competitor.
4. Competitors may film their own performances. Competitors may post their full performances publicly 8 weeks after the event is over, but not before.

Acceptance of Terms and Conditions

I accept and agree to be bound by the Terms & Conditions contained in this document.

Signed: Date: