

Rules & Regulations NZAPP 2025

NZ Amateur Pole Performer 2025 Rules & Regulations

This competition is here for those who want to start their journey into the pole competition world and express themselves however they like on stage. Our goal is to create a safe, encouraging platform for those who aren't experienced with being in the spotlight but want their time to shine. Forget about big, fancy tricks, we want to see fun themes and beautiful stories. We want to celebrate anyone who is ready to step up and do something for themselves.

Who Must Enter Open?

While this competition is aimed at amateur pole performers and dancers, we still embrace those who have more experience in the performing world, whether that be performing on stage or teaching. However, to keep in line with our goal of creating a welcoming space for beginner polers, facing the stage for their first few times, we have a category for those with more experience.

You will need to enter Open category if you:

- Teach a pole, aerials or circus-specific class
 - More than 1 hour a week
 - For more than 6 months in the last 12 months
- Are a paid performer for any sort of dancing, circus, pole, aerials or equivalent
 - More than 1 hour a week
 - For more than 6 months in the last 12 months

Who is ineligible to enter NZAPP?

If any of the following apply to you, you are **ineligible** to enter NZAPP:

- If you have won first place in a professional competition (but congrats on your win!)
- If you have **competed** as a solo competitor in competitions above an amateur level e.g., Pole Legends, Miss Pole Dance NZ, Pole Inferno (with the exception of Floor and Base), Semi-Pro Rapture Pole Competition, Semi-Pro+ Dynasty Pole Competition or other national/international competitions above an amateur level **in the last 4 years**.
- With the exception of Expert/Open NZAPP winners who were invited to compete in Rising Legends, Pole Legends or any competitions above amateur but did not place or win.

If you have any queries regarding which level you should enter please contact us and we will be happy to discuss and make sure you get into the right level for you.

Competition Info:

Competitors at all heats will perform on a single, 45mm, x-stage lite pole. It is up to the competitor whether they have the pole on static or spin. Details of stage size and performance room will be released along with venues as soon as they can be confirmed.

Competitors going through to the finals will perform on two poles, one on static and one on spin. The poles will be set as stage right static and stage left spin. Competitors can choose to only use one pole. Details of stage size and performance room will be released along with venues as soon as they can be confirmed.

No grip product can be applied to the pole before performances. Pole will be cleaned between every competitor with meth. Grip may be applied to the body only.

NZAPP will require a \$39 entry fee from each contestant entering a category. Any no-shows or anyone who enters and drops out will not be refunded. Only one heat may be entered in a single year.

Details for where the entry fee can be paid will be found on the specific heats submission page online.

Judging:

Beginner

Beginner level is all about having a blast. On stage, having fun and taking your moment to shine! Judges will take into account the whole routine composition; costume, theme, musicality, entertainment, crowd interaction and fun factor.

See our Moves Guideline for illegal moves

Time limit: Between 2.30mins – 3mins.

Intermediate

At this level, we want to see some tricks, but not all tricks! Think about how well you do things, not necessarily how much you do. We still want to see things like smooth transitions, original movements, themes, fun and entertainment.

See our Moves Guideline for illegal moves

Time limit: Between 3mins – 3.30mins

Expert

Feel free to put in all your favourite tricks now, but remember that judges and audiences still like to see things done well! Theme is still important, as is control of movement and originality of movement. Get your dance on and bring that energy!

Time limit: Between 3.30mins – 4mins

Open

See our guidelines above for whether you need to be in this category.

While there are no limits on what skills you can put into this category, this level is more about theme and musicality than tricks. We want to see a great quality of movement, a bit more confidence and really owning that stage. Entertain that crowd and show us what you got!

Time limit: Between 3.30mins – 4mins

!NOTE!:

Beginner and Intermediate levels have illegal moves that are deemed above that level. Please download our moves guidelines for a listing of illegal moves. If you are in any doubt about the moves permitted in each category, or whether a move you want to include is allowed, please email your heat organisers (with a picture or video if necessary) for guidance. Please note, this guidance and opinion only, on the night things may be seen differently due to timing issues, variance of speed, and overall competitor level, therefore judge's decision on the night is final and may be different than what you were told by us.

RULES AND REGULATIONS

Please note: Each heat can alter these rules to a certain degree but will generally follow these guidelines. They will inform you of any alterations to your heat.

Live Heats and Final

- Each heat will send 6 competitors through to the finals. One from each category and a Wild Card from each mini-heat.
- A wild card can be given to a competitor who has not placed the judges feel deserves a place.
- Competitors will be judged on the same criteria in all live heats and Grand Final.
- The winner of the Open Category at the Finals will be invited to compete in Rising Legends the following year.
- Judges decision is final.

General

- All applicants must be over 18 on the date of their heat.
- This competition is open to all genders who will compete against each other.
- Competitors must arrive at the venue at the given time before the start of the event. Failure to arrive within the given time period may result in disqualification.
- Competitors must conduct themselves appropriately at all times.
- Competitors must comply with the rules and regulations at all times. Failure to comply may result in disqualification.
- Competitors may be required to appear on TV, radio, film, or print media, for the purposes of publicity and promotion.
- Competitors must not be under the influence of drugs or alcohol.
- Competitors must be in good physical health.

- You must let NZAPP know if you have any medical conditions or allergies that we must be aware of.
- The NZAPP reserves the right to prevent a competitor from performing if they are judged to not be physically fit.
- Competitors must warm up properly before performing.
- Entrants must not heckle or jeer during other competitors' performances.
- Competitors will be held responsible for their guests, if any person is deemed to be rude or unsupportive they will be ejected and banned from the competition.
- Competitors may not communicate with the judges at any time during the Heats and the Grand Final.
- Judges decision is final.
- Any breaking of rules that is brought to the organisers' attention after the results have been announced on the night of the event, will not change the results and will be discarded.

Routine

- Timing of the routine will begin from the start of the music, or from when the competitor begins moving, whichever occurs first.
- Should the routine exceed the maximum time the music will be stopped at the limit stated above.
- The routine performed at the Grand Final can be the same or different as in the heats
- We will do our best to ensure your music is not duplicated at your heat, but if you make it through to the finals you will be informed if there is a double-up of songs. Neither finalist will be required to change your song.
- The use of backing dancers is permitted. Back-up dancers can be up on stage for as long as you like but can not touch the pole at any point during the routine.
- Removal of clothing is permitted, provided that the competitor still adheres to the minimum clothing requirement; g-string and nipple pasties.
- No full nudity is permitted.
- Props are permitted, provided that discarding them will not be potentially hazardous for subsequent competitors (e.g. where water or other liquids will be left on the floor). If you are unsure, please contact your respective NZAPP coordinator before the event.
- Any props must be possible to set up on stage within a minute.
- Grip aids are permitted, however, competitors may NOT apply grip aids to the pole.
- Advise heat organisers if you are using grips that may leave residue on the pole.
- The use of gloves is permitted.
- The poles provided for all live heats will be a 45mm X-Pole Light Stage.

Photography & Filming

- Competitors agree to be photographed and filmed.
- Photography and filming are not permitted within the competitor changing areas without other's consent.

- All photography and footage remain the property of NZAPP. Competitors have no right to compensation for photography and footage made as part of the competition.
- Competitors agree that all photography and footage can be used by NZAPP for promotional, advertising, and commercial purposes.

TERMS AND CONDITIONS

Please note: NZAPP refers to NZ Pole Ventures, N&D Events and anyone licensed to run an NZAPP heat.

- The application fee is non-refundable.
- NZAPP is not liable for any injury or damage incurred by any applicant during any stage of the competition.
- NZAPP reserves the right to prevent a competitor from performing if they are judged to not be physically fit or under the influence of drugs or alcohol.
- NZAPP reserves the right to disqualify any competitor who breaches the rules and regulations of the competition.
- NZAPP reserves the right to move competitors into a different category if it is found that the competitor does not meet the criteria for the original category entered.
- NZAPP reserves the right to stop a competitor's performance at any time due to safety concerns or a breach of the rules and regulations.
- NZAPP reserves the right to make modifications to the rules, regulations, terms and conditions of the competition. Competitors will be given advance notice in writing of any changes. Changes will take effect from the date of notification.
- Any failure to comply with the rules and regulations may result in disqualification.
- NZAPP reserves the right to pursue damages should the title be used in any manner deemed to be damaging to the NZAPP.
- NZAPP are committed to the highest standards of health and safety at all stages of the competition. Part of our commitment to health and safety will be to ensure that all equipment used (namely but not limited to the poles used) is used according to manufacturers' guidelines. NZAPP will be using a removable dance pole for the duration of the competition and cannot be responsible for any damage to property, or injury to persons or third parties during the use of this product.
- Any issues not already addressed within this document and associated NZAPP material will be made by NZAPP in due course.
- If any provision of these terms and conditions shall be invalid, void, illegal or unenforceable the validity, existence, legality and enforceability of the remaining provisions shall not be affected, prejudiced or impaired.
- NZAPP will not be liable for any expenses incurred by the competitor's participation in the competition.
- NZAPP will not be liable to any competitor for any loss or expense whether direct or indirect suffered by the competitor resulting from a breach of NZAPP terms and conditions.

- In the event of a breach of contract by NZAPP the remedies of the competitor shall be limited to damages not exceeding the price of the application fee.
- NZAPP may license or sub-contract all or any part of its rights and obligations without the competitors' consent.
- The failure by NZAPP to enforce any provision of these terms and conditions shall not be treated as a waiver of that provision, nor shall it affect NZAPP's right to subsequently enforce that provision.