

Pole Dance Ireland

Dance Poles • Hen Parties • lessons • Event Hire

Pole Dance Ireland Princess 2026

Entry Requirements

- The competition is open to male and female competitors
- Entrants must be at least 18 on the day of the competition..
- Entry opens on 1st June 9am sharp.
- You must be available for the competition on Saturday 16th November 2026
- Solo competitors may enter one Solo category only. All competitors may enter a Solo category and the Doubles category. You do not have to enter a Solo category to enter the Doubles category.

• The categories are as follows,

POLE: Intermediate, Advanced, Professional & Doubles . HOOP: Intermediate, Adv/Professional & Doubles for Aerial Hoop.

- Entry will be granted on a first come first served basis for each category and will be limited to 8 per section. For doubles only 5 places.
- Entry will be confirmed no later than 48 hours after receipt of all elements of the application via email. We will then request payment to secure your place.
- In the event that we receive an excess of applications for one category and less in another category the competitor numbers per category will be altered to reflect this.
- Once a category is full you may still submit your form to be held on a reserve list. If someone pulls out then their space will be offered to the first reserve and so on.
- There is an entry fee of 25 euro payable at the time of entry. This fee is non-refundable. No other fees or charges will be requested from competitors.
- For your entry to be confirmed you must fill out application form online: - Completed entry form (please wait for confirmation of place) then follow on with Entry fee of 25 euro

Amateur categories-, Intermediate and Advanced.

- Competitors in these categories must not use/have used pole dancing or aerial hoop as a source of income either by teaching/assisting classes or workshops or performing. This includes payment in kind such as lessons in return for assisting. Anyone found to breach this will be banned from all future PDIP Events
- If you have previously entered and won an amateur competition then you are not allowed to enter that category again you must go to the next level. If in doubt please contact the organiser at info@poledanceireland.com
- Music length- 3.00 minutes max.

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Intermediate pole category moves compliance list

Inverts

The only methods of inverting are:

- Basic Invert
- Basic Shoulder Mount (eg, straight to the pole. Straddle, JackKnife and Planche poses are not permitted)

Any other method of inverting (including Aerial Shoulder Mount) is not permitted.

Only inverted tricks with three points of contact or more are permitted

Exceptions: ● Thigh Hold ● Cross Ankle Release/Cross Knee Release

- Straddle
- Plank

Example of moves NOT Permitted:

- Arms only tricks (e.g Aysha, Straight Edge) in any grip (e.g. elbow grip, twisted grip, etc). Extended Butterfly is permitted as it is not “arms only” and has three points of contact.
- Shoulder Rolls
- Brass Monkey or similar (as most entries to Brass Monkey are considered advanced)
- Moves excluded by criteria in the Flexibility section.
- One handed handstand where one hand is on the pole and one hand is on the floor.
- Elbow grip laybacks (e.g. Elbow Grip Bow & Arrow or similar).
- One handed or no handed laybacks taken off the thigh grip (e.g. one-handed Bow & Arrow, Dangerous Brian or similar).
- Iguana Planche poses and repeat Iguana lifts.

Static Poses

All static poses are permitted in this category, excluding no handed knee holds (e.g. closed or open Knee Hold, Cupid, Genie etc) and those excluded by the Flexibility and Invert section below.

Climbs

All climbs are permitted in this category.

Drops

Drops are not permitted in this category.

Spins

All spins are permitted in this category, including spins into basic invert or straddle. Spins onto any other type of invert are not permitted (e.g. spins into Shoulder Mount, Butterfly, poses, or similar). Aerial spins are not permitted (e.g. Aerial Cradle

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Flexibility

The only splits poses permitted in this category are those with either legs, feet, or ankles on the pole (e.g. Diva splits, Inverted Splits, Split Heel). Splits poses that do not meet this criterion are not permitted (e.g. Jade Splits, Chopsticks, Oona Splits, etc). Splits poses (either front or side splits) on the floor are permitted.

Extreme flexibility versions of basic moves are not permitted (e.g. Extreme Scorpio, Cocoon etc). Extreme flexibility moves are not permitted (e.g. Spatchcock, Eagle, etc). No “behind the back” holds e.g. dragon tail even if they do conform to the 3-point minimum contact rule. Any illegal moves in the Intermediate categories will incur a 2-point deduction.

If you wish to check on the legality of a move please email the organiser at info@poledanceireland.com with a picture/video of the move in question. Should you include a move that is clearly more advanced than your chosen category but is not covered in the above disallowed move sections then you will still be penalised.

Therefore, if you are unsure about a move that you are including please make sure that you check with the organiser before putting it into your routine.

Advanced

You will be judged on your technical ability as well as your overall performance.

- Music length- 3.00 minutes max.
- All moves allowed

Professional

A professional is defined as someone who uses pole dancing as a source of income either by teaching/assisting or performing. If you have completed a pole instructor Training programme then you will also have to enter this category.

You will be judged on your technical ability as well as your overall performance.

- Music length- 3.00 minutes max.
- All moves allowed.

Doubles

You will be judged on your technical ability as well as your overall performance. This category is open to all doubles teams regardless of the amateur/professional status of the individuals e.g. teams may be made up of 2 amateurs, 2 professionals or 1 amateur and 1 professional. You may not enter this category if you have placed first in any national Doubles competitions.

- Music length- 3.00 minutes

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AERIAL HOOP SECTION

Intermediate : Category for less experienced, amateur aerialist. No instructors allowed. No use of top bar or straps. No drops permitted. Elbow hangs permitted under bottom bar but no foot hangs.

Permitted moves: Beginner Stag, Seat Secretary, Seat Scissor, Seat Pike, Seat Man in the Moon, Full layback, seat Pike/Straddle, Side Mount/Dismount, Delilah, Open Delilah, Hocks Hang, Candlestick, Owl Pike/Splits Away, Pencil position, Stag under the Bar, Side Straddle under the Bar, Crab under the bar, Splits under the bar, Birdie, Side Star, Single Leg Cradle, Iron Fanny, Mini-millwheel, Single Leg Hocks, Delilah Roll Crescent Moon, Elbow Delilah, Star on the Bar, Birds Nest, Coffin, Gazelle (Bent leg) Mermaid, Angel, Reverse Angel, Arabesque, Inside Cobra, Cobra Inside Peter Pan Outside Peter Pan, High Angel, Double elbow hang , Amazon (front), Amazon (side) Flag Half, Back Balance, Pike Back Balance, Wineglass Split, Gazelle ,Optical splits Cradle rolls, Reverse Splits Away, Crucifix ,Yogini ,Side Stand, Straddle in hoop, Poisson ,Popsicle, Bomb , Straddle Half Hip Hold, Splits out the hoop, Single Armpit hang Skin the Cat (bottom bar) Single Elbow hang Front balance Front balance...And All other intermediate moves that are not mentioned..... please consult your instructor.

Moves not allowed for intermediate hoop are as follows

if unsure ask your teacher to tell you what is deemed as advanced moves

Please check out <http://thecircusdictionary.com/>

No Using straps

Front Balance Mexican

Front Balance Split

Neck Hang

Side Planche

Meat Hook

Back Circles

Crucifix Apple to Hox

Waist Balance Pull Foot to One Hox

Bird's Nest on Top

Horizontal Split

Mill Wheels

Inverted Split

Pin Split in Rope & Russian Splits

ADVANCED PROFESSIONAL: ALL MOVES PERMITTED

DOUBLES ALL DOUBLE MOVES PERMITTED – OPEN LEVEL

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Costume Requirements

- Strictly no nudity.
- Minimum for men is shorts.
- Footwear- All footwear or bare feet permitted
- Items of clothing may be removed providing there is something underneath.
- No items are permitted that may result in damage to the poles or competitor e.g. spikes, large buckles.
- Should any costume malfunctions occur that are deemed to be dangerous or result in the exposure of sensitive areas the performance will be stopped immediately. The competitor will be allowed to correct the problem and perform again at the end of the category should they so wish.
- No large, promotional logos should be displayed on costumes.

Props-

- The use of props is permitted.
- Should you need it you will have 1 minute prior to your performance to set up your props. The stage will need to be cleared at the end of your performance.
- Strictly no substances to be used that may leave the stage a danger to other competitors. This includes but is not limited to water, oil, pyrotechnics.
- You may use backing dancers for your performance. They may join you on stage for your performance. They must not touch the pole/hoop.

Grip Aids

- You are permitted to use gloves and/ or grip aids.
- Grip aids such as Mighty Grip, Dry Hands, Itac or equivalent are acceptable.
- Please note that Stickum spray or liquid chalk is not allowed and anyone found to be using it will be asked to wash it off before being allowed to perform.
- You may only apply grip aids to your skin.

Music

- Music must be maximum 3 mins. It is acceptable to use edited music or music mixes. 2 point deductions will be made if your routine exceeds the stated times for your category.
- Timing of your performance shall be noted at rehearsal's for performance
- All competitors must notify the organiser with their music choice at the latest 2 months prior to the competition. Music will be approved on a first come first served basis as we will not permit a song to be used more than once during the competition.
- Music for the Final must be submitted to the organiser by 1st Sep 2026 in MP3 format. PDI takes no responsibility for music that doesn't play due to incorrect format. This may be emailed to info@poledanceireland.com



- **Please bring your music with you on a usb as a backup**

Pole / Hoop

- The competition will take place on an Xstage light 45mm pole fully weighted down , you can choose either static or spinning to perform.
- The pole will be cleaned with an alcohol based cleaning fluid and microfiber cloths between each performance.
- Competitors may clean the poles themselves or designate this task to their instructor or friend. Please let PDI know on the day if you wish to do this.
- Competitors are allowed to use their own cleaning fluid if they prefer.
- Aerial hoop competitors will compete taped tables hoop with a swivel located at the top. Competitors can choose from 100cm, 95cm,90cm

Hoop from floor dimensions:

90cm Hoop -1.5 meters strop no tab - Height to bottom of bar 140cm

95cm Hoop - 1.5 meters strop no tab - Height to bottom of bar 150cm

100cm Hoop - 1.5 meters strop no tab - Height to bottom of bar 160cm

Photography and Video

- By entering this competition you agree to being filmed and/or photographed during your performance.
- All material remains the property of PDI and it may be used for marketing and promotion of future events.
- Performers have no rights to compensation for any film or photographs taken on the day.

Cancellations

Contestants are required to give at least 3 weeks notice if they wish to cancel their application. Any cancellation after this period will be liable for a cancellation charge of €75.

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General Rules and Regulations

- All competitors should arrive at least 2 hours prior to the start of the competition. There will be an opportunity to try out the stage and poles with rehearsal times being released closer the time.
- All competitors must be in good health on the day of the competition.
- No lotions or moisturisers to be worn by competitors.
- All competitors are responsible for their own health and safety before, during and after the competition. Should you experience any symptoms of ill health you must inform the organiser immediately and not continue with your participation in the competition.
- Strictly no alcohol or other intoxicating substances to be consumed prior to performance on the day of the competition. You will not be permitted on stage for the awards ceremony if you are visibly intoxicated. All competitors should conduct themselves appropriately throughout the day.
- No competitor should heckle any other performer.
- Competitors must warm up fully before performing.
- Competitors must stay in the changing room until they perform.
- Competitors must not attempt to speak with the judges regarding any judging matter before or during the competition.
- Any breaches to these rules may result in disqualification.
- Full feedback and individual judges' scores will be available within 10 days of the competition to receive yours please contact us on our instagram after the show to request these. It is your responsibility to contact PDI for this
- All belongings are left in the changing rooms at your own risk.
- The organiser accepts no liability for any loss, damage or injury sustained during this competition.

Legal

- 1 Pole Dance Ireland is not liable for injury or damage resulting from participation in the Pole Dance Ireland Princess Competition. The Organization reserves the right to change the rules contained herein.
- 2 All decisions not addressed in these regulations will be made by Pole Dance Ireland
- 3 A decision made by the Pole Dance Ireland Princess is binding.

By signing this you agree to all of the above:

SIGNATURE

PRINTED NAME

DATE