POSA-POLE ART RULES

& REGULATIONS

Pole Sport & Arts World Federation

These regulations are implemented by officials POSA- Rules & Regulations

Version 2025

Table of Contents

1. INTRODUCTION TO JUDGING 3

2. ETHICAL CONSIDERATIONS FOR JUDGES 3

3. STANDARDS OF JUDGING CONDUCT 4

4. EXECUTION DEDUCTIONS.....5

5. TECHNICAL PRESENTATION.....6

6. ARTISTIC PRESENTATION.....9

7. HEAD JUDGES ROLE.....13

8. WPAC REGULATIONS.....14

1. Introduction to POSA Judging

The POSA believes the duty of Judges is to act impartially in Pole Art competitions. We believe this duty carries with it an obligation to perform with accuracy, fairness, and objectivity through an overriding sense of integrity.

It is vital every official approach each assignment in a professional manner. Because of their authority and autonomy, officials must have a high degree of commitment and expertise.

Judges who are "professionals" voluntarily observe a high level of conduct, not because of fear of penalty, but rather out of personal character. They accept responsibility for their actions. This conduct has as its foundation a deep sense of moral values and use of reason which substantiates the belief a given conduct is proper, simply because it is.

2. Ethical Considerations for Judges

Judges must be free of obligation to any interest other than the impartial and fair judging of Pole Arts competitions. Any decisions, which are slanted by personal bias, are dishonest and unacceptable.

Anything, which may lead to a conflict of interest, either real or apparent, must be avoided. Gifts, favors, special treatment, privileges, employment, or a personal relationship with a team, school or individual, which can compromise the perceived impartiality of officiating, must be avoided.

Judges have a responsibility to continuously seek self-improvement through study of the sport, rules, mechanics, and the techniques of pole fitness management. They have a responsibility to accurately represent their qualifications and abilities when requesting or accepting officiating assignments. Judges have an obligation to treat other officials with professional dignity and courtesy and recognize that it is inappropriate to criticize other officials publicly. Whilst officiating, judges should protect the public (fans, administrators, coaches, players, et al.) from inappropriate conduct and shall attempt to eliminate from the officiating avocation/profession, all practices which bring discredit to it.

3. Standards of Judging Conduct

To apply honestly, impartially, and objectively all the rules governing competitions. To safeguard the interests of all competitors on equal terms.

To cooperate in providing the best possible conditions for the benefit of the competitors, other officials, and administrators.

To respect the feelings and competitive drive of the Pole Sports athletes, and to make reasonable allowances for their heightened emotions in the heat of competition.

To follow the Constitution and Bylaws, Rules and Regulations, and Ethical Code of Conduct and the requirements of an effective administration and to cooperate willingly and promptly with the officially elected or appointed administrators and other officials in the carrying out of their duties and responsibilities.

To cooperate with the organizers of the competitions by rendering decisions clearly and promptly, and in accordance with the requirements of the competition or judging procedures.

To refrain from attempting to influence the decisions of other judges or officials, and to respect their individual opinions and decisions.

To refrain from discussing any part of the judging process from training to selection of athlete with any one not part of the judging panel.

To refrain from giving any feedback personal or publicly to an athlete or replying to questions or statements that have been made regarding judging.

To honor the special trust conferred upon them in their selection as judges and to adhere to the standards of personal conduct expected of a sports official.

To cooperate with the Pole (Arts) athletes, other officials, and administrators in the development of high standards, both moral and physical, for the sport of Pole and in the progressive furtherance of the objects of the POSA.

4. Execution Deductions

A maximum of 75 points are awarded (by deduction) in the Execution section. This section is to the execution and the transitions in and out of the pole tricks, the floor work, etc. This section is broken down into the following areas:

Judging Criteria	Maximum Score	Score	Comments
Singular deductions	**Per time**		
Poor execution and Incorrect lines	**- 0.5**		
Poor transitions (floor & pole)	**- 1**		
Lack of synchronicity (Doubles Only)	**- 1**		
Bad angle of the move	**- 1**		
A slip or loss of balance	**- 2**		
Drying hands on costume, body, pole or floor and or fidgeting with hair or costume	**- 2**		
A Fall	**-5**		
One-time deductions	**One time**		
Not using both poles equally	**- 3**		
Using less than 70% of the pole	**- 3**		
Lack of synchronicity (Doubles only)	**- 5**		
TOTAL	**75-**		**Final Total=**

5. Technical Presentation

A maximum of 65 points are awarded in the technical section. This section is to judge pole tricks, the combination of pole tricks and level of difficulty, the execution, and the transitions in and out of the pole tricks. The judges will look for tricks performed with ease and grace. This section is broken down into the following areas:

Originality

Originality refers to the originality of the overall performance of the transitions, entrances, and exits out of tricks and combinations, original movement on and off the pole and the originality of chorography, and the overall performance. To achieve the highest point allocation, the athlete should create original combinations of tricks, create new transitions in and out of tricks, and create new themes and chorography. Higher points should not be awarded for just one or two unique tricks; the judges are looking for overall originality in all components of the routine.

Tricks Execution

Execution of pole tricks must have the following:

Clean lines – The legs and arms should be in a correct position; toes should be pointed, and fingers should not show tension by performing moves with clenched fist flexed feet.

Extension – Legs, arms, and torso should be fully lengthened. The shoulders and/or back should not be rounded and the head should be high showing no strain.

Posture – correct body alignment should be used on and off the pole

Body placement (Posture) – The body should be in the correct position for the trick and in relation to the pole.

Transitions

Transitions refers to the transitions in and out of moves, from the floor to the pole and from the pole to the floor. To display the highest level of difficulty the athlete must display flowing movement and good body placement. The athlete must perform transitions with precision and ease.

Maximum Level of Execution

Maximum Level of execution and difficulty is referring to the tricks and combinations of tricks. This level can be broken down into flexibility, strength, and dynamic movement.

Flexibility

Flexibility refers to the flexibility of the legs, back, and shoulders. To display the highest LOE (level of execution) to the judges, the athlete should perform tricks, combinations, and transitions with full extension and mobility, which are flowing and balanced within the routine.

Strength

Strength refers to strength of the arms, core, and legs. To display the highest LOE to the judges, the athlete should perform both upper body and core strength tricks and combinations.

Holding and controlling a strength trick such as a Flag for two (2) seconds or more will display a higher LOE.

Dynamic Movements

Dynamic movement refers to the body in motion or the powerful control of momentum. To display the highest LOE to the judges, the athlete must demonstrate powerful momentum that allows the body to leave the pole. E.g., dynamic movement can be drops, catches, leg switches (higher points would be given to a combination of leg and body switches), controlling force, e.g., jade drop. The highest LOE of dynamic movement can be measured in the length of time the body leaves the pole.

Originality Bonus Trick (Singles only)

Originality Bonus Trick refers to originality of the trick: If the athlete (Single only) performs an original trick, never seen, with a great technical performance, he/she will be assessed up to a maximum value of 5.

Synchronization of tricks and combinations (Doubles Only)

Synchronization refers to the performance of a trick or combination simultaneously. This can either be both athletes on one pole or on two separate poles performing a mirror image of the trick or combination. To display the highest LOE to the judges, the athletes must be in unison in timing, execution, and range of movement (Max. 5).

Technical Score Sheet

Judges Name:

Score is out of 65 points in total. You may use single points (1) or half points (0.5)

Judging Criteria	Maximum Score	Score	Comments
Originality	**10**		
Execution of tricks, combinations, and movements	**10**		
Transitions level	**10**		
Level of difficulty of flexibility movements	**10**		
Level of execution and difficulty of Strength movements	**10**		
Level of execution and difficulty of dynamic movements	**10**		
Originality Bonus Trick (Singles Only)	**5**		
Synchronization of tricks and combinations (Doubles Only)	**5**		
	FINAL TOTAL:		

6. Artistic Presentation

A maximum of 100 points are awarded in the Artistic section. This section is to judge the athlete's artistic presentation and interpretation. This is the way in which the athlete expresses and presents his or herself to the judges and captivates them in their performance. The judges will assess the athlete's ability to convey emotion and expression through movement. They should be confident, engaging, and entertaining, in each element of their performance. The costume, music, and performance should be reflective of each other. The athlete should create an original performance and display a unique style making sure to use both the spinning and static pole equally. Props are allowed in each POSA Pole Arts and in WPAC as well. The overall performance should flow seamlessly and effortlessly ensuring that highs and lows (shades) are demonstrated. This section is broken down into the following areas:

MUSICALITY: it refers to the ability of the athletes to follow the music they are using in the entire performance and to be in line with the music not only with the movements of their body, but also with the story telling and interpretation.

OVERALL PRESENTATION: it refers to the entirety of the athlete's presentation such as music choice, its use in the choreography, costume and make up choice, dance movements (floorwork), pole movements, originality, and uniqueness of the entire performance.

CONFIDENCE: Confidence refers to the athlete's level of confidence in his or her performance. To achieve the highest point allocation, the athlete should not show nerves, carry themselves with confidence, be engaging, command the stage and the audience attention and make their performance look believable.

ORIGINALITY: in this section athletes are scored for their ability to create original and unique routines: originality refers to the music choice, the way to interpret that music, the choice of movements both on the pole and on the floor, and the movement research.

FACIAL EXPRESSION: it refers to the ability of the athletes to capture judges and audience's attention with their charisma and storytelling skills. The highest score will be awarded to those athletes who are able to communicate feelings and emotions through their faces while dancing their routines.

Overall Presentation

This section (part of Artistic) is to judge the athlete's stage performance. This can be defined by all moves perform around the pole, stage area, or stage surface, entire poles length, etc. The judges will assess the athlete's ability to perform dance and gymnastic chorography that is performed with imagination, flow, and flair.

This section is broken down into the following areas:

POLE WORK (LEVEL OF THE TRICKS AND TRANSITION): in this section athletes are scored for their ability to choose the highest possible level of execution of a trick, according to their pole level. E.g., if an athlete chooses to perform a jade, he/she can execute a classic "Jade" or try to find variations to make it more interesting and fresher. The second option is what judges are looking for to assign the highest score.

FLOORWORK: Floor work refers to the combinations of movements created on the surface of the stage. To achieve the highest point allocation, the athlete should create movements that work with the beat and phrase of the music, are reflective of the music, use flexibility and strength and are engaging and entertaining. They should be creative and flowing when moving around the stage.

FLOW: Flow refers to the athlete's ability to create a seamless and effortless performance. To achieve the highest point allocation, the athlete should flow off the pole, between poles, from floor to pole, and from floor to standing or from standing to floor. The sequences, tricks, transitions, chorography and/or gymnastics and acrobatic movements should flow seamless, smooth, natural, flawless, and in a graceful way. Movement in and out of tricks should continue to the next move faultlessly.

The routine should not look disjointed in any way. An athlete should be marked down if they perform tricks and wait for applause.

BALANCED ROUTINE: Balanced routine refers to the athlete's ability to create a performance that has equal elements. To achieve the highest LOE, the athlete(s) should create a balanced routine of tricks, transitions, chorography stage performance, artistic content, and the use of both spinning and static poles equally.

QUALITY OF MOVEMENT: this section refers to the way each athlete moves on stage: sometimes the way of moving is influenced by the athlete's background in dance or gymnastic. Therefore, every athlete can make a very good work in movement research and find their personal and unique way to express themselves and this is what judges are called to award both on the pole and on the floor.

Artistic Presentation Score Sheet

Judges Name:

Score is out of 100 points in total. You may use single points (1) or half points (0.5)

Judging Criteria	Maximum Score	Score	Comments
MUSICALITY	**10**		
OVERALL PRESENTATION	**10**		
CONFIDENCE	**10**		
ORIGINALITY	**10**		
FACIAL EXPRESSION	**10**		
POLE WORK (LEVEL OF THE TRICKS AND TRANSITION)	**10**		
FLOORWORK	**10**		
FLOW	**10**		
BALANCED ROUTINE	**10**		
QUALITY OF MOVEMENT	**10**		
	FINAL TOTAL:		

7. Head Judge's Role

The role of the Head Judge is very important, not just because he/she must check the work of the jury, but also because the Head Judge, must give some specific penalties to the athletes.

List of Head Judge penalties:

Costume malfunction – 10 Point Maximum Deduction

The definition of a costume malfunction is when a part of the costume accidentally falls, falls off, unravels, or is distracting to the athlete's performance. This should not be confused with the willful removal of clothing (revealing breast or genitals), which is a direct violation of the POSA rule of non-removal of underwear clothing during a Pole Art Competition, and which can result in instant **disqualification** from the competition.

Explicit Sexual Contents – 5 points maximum deduction

A definition of explicit sexual contents occurs when the athlete within the routine executes clear gestures of a sexual nature, for example: touching the genitals, twerk, etc. Obviously, in a competition of Pole Art, in which it can wear shoes with heels, the Head Judge must check carefully that the gesture is genuinely erotic and not just part of an Exotic choreography.

Failing to appear on the stage within 20 seconds- 3 points maximum deduction

A definition of failing to appear on the stage within 20 seconds occurs when the athlete, despite having been announced, comes on stage after 20 seconds.

Interruption of performance for 2-10 seconds – 2 points maximum deduction

Stop of performance more than 10 seconds -3 points maximum deduction

Themes in contravention of the Olympic Charter and the Code of Ethics -10 points maximum deduction

Music is more/less than 3 seconds -3 points maximum deduction

Music is more/less than 5 seconds -5 points maximum deduction

Music is more/less than 10 seconds -10 points maximum deduction

Stepping outside the competition area during the performance -5 points maximum deduction

Touching the judges' table during the performance -5 points maximum deduction

Drinking water (or any other type of liquid) and then spitting it out during the performance (even if this is part of the choreography) -10 points maximum deduction

Trio/Group category & Head Judge's penalty

For safety reasons, during trio choreography, the number of athletes on a single pole during a lift and/or a difficulty move, may not exceed two (in full support or suspension), the third athlete must necessarily be, in some way, in contact with the floor.

Whenever this rule is breached (i.e. there are three or more athletes on the pole), the Head Judge will impose a penalty of -5 each time.

This rule applies to all Trio/Group age categories, except for the Junior Varsity category.

Disqualification by Head Judge

The athlete will be automatically disqualified from the event for the following:

1) Intentionally removing intimate clothing.

2) For disrespectful behavior towards the judging panel and Head Judge.

3) For unacceptable choreographic contents against religion, race, sex, politics, etc.

4) Walk over (getting onto the stage after one minute (60 seconds) from announcement of the speaker).

5) Any other breach listed in the POSA Rules & Regulations, Code of Conduct & Code of discipline

6) Interrupting the performance for reasons other than extraordinary circumstance

7) Using fire during the performance

For any other situation not covered here, the Head Judge shall refer to the penalties set out in the Code of Points under the section: Head Judge's Penalties'.

Extraordinary circumstances

Extraordinary circumstances include, but are not limited to, the following situations:

a) Incorrect music is cued.

b) Music problems due to the malfunction of the equipment.

c) Disturbances caused by general equipment failure - lighting, stage, venue.

d) The introduction of any foreign object into the performance area by an individual or means other than by the competitor.

e) Extraordinary circumstances causing a walk-over out of the competitor's control.

It is the responsibility of the competitor to stop the routine immediately if an extraordinary circumstance as mentioned above arises. A protest after the completion of a routine will not be accepted. Upon the decision of the Head Judge, the competitor may restart the routine after the problem has been corrected. Any scores previously given will be disregarded. Where situations not stated above may arise, they will be resolved by a review of the circumstances by the Head Judge.

World Pole Art Championship Regulations

1. Definition

1.1) “Competition” shall refer to the World Pole Art Championships (WPAC).

1.2) “Athlete” shall refer to the person invited or qualified to participate in the competition.

1.3) “Document” shall refer to this entire document.

2. Venue

2.1) The following venues are appropriate for hosting a WPAC competition:

- Sports Hall - Gymnasium - Dance auditorium -Conference center - Theatre

2.2) The venue must hold the appropriate insurances and fire precautions.

2.3) The venue should have ample changing and toilet facilities.

2.4) Those with disabilities should be provided for.

2.5) The venue should be secure always.

2.6) The venue should have secure changing facilities for the athletes, and these should be restricted to athletes, coaches, and officials only.

2.7) The venue should have a fully trained medical team on hand when members of the public and athletes are on site.

2.8) The venue must have a warmup room with a minimum of 2 poles.

2.9) The venue must not have restriction on age.

3. Stage

3.1) The podium (stage) should be at least 8 m x 8 m in size and no more than 10 m x 10 m. The competition floor must be in wood or linoleum.

a) If the competition is in a sports arena, the podium on which the competition takes place, can be 80 to 100 cm high and closed off at the rear with a background.

b) If the competition is in an auditorium, theatre, or other suitable structure for the smooth running of the competition, the stage must have the same minimum measurements required for an organized competition in a sports arena.

3.2) The stage or seating should be elevated so spectators and judges have the best view.

3.3) The judges must be seated in the center, in front of the stage with an unobstructed view.

3.4) Judges should preferably not be near the audience. At international level the judges must not be near the audience.

4. Poles

4.1) All national and international competition must have poles 45mm in diameter.

4.2) The pole must be 4 meters. The distance between the poles is three meters. (It cannot be different)

4.3) The pole must be fixed securely.

4.5) If there is a rigging or truss system to secure the poles, this should not be used as part of the performance equipment and should be erected by qualified persons.

4.6) Single and Doubles category in Pole Art competition require one (1) spinning pole and one (1) static pole.

4.7) The spinning pole must be placed on the right-hand-side of the audience view.

4.8) The poles can be stainless steel, chrome, brass, or titanium and professional grade; poles must be nickel free. **No other materials are allowed.**

4.9) Stage poles or pole with only one fixed point are **not** allowed in any POSA Pole Art competition.

4.10) All poles must be cleaned by a minimum of two people per pole who are competent at climbing. They should take turns in cleaning the top of the pole. Poles should be cleaned in their entirety with a grease remover and any spillages of product must be subsequently cleared from the competition area.

5. Selection Process

5.1) Top 3 in each Competitive category qualified in one of the Official recognized POSA Pole Art around the World.

5.2) Athletes participation in the WPAC is via invitation from the POSA only (with a special "Wild Card").

5.3) All eligible athletes must compete in the qualifiers to win a place in the final (If there is a semifinal competition, otherwise they will compete directly in finals).

5.4) The title of Senior male, female and doubles and Junior, World Pole Art Champion, will be a lifetime title.

5.5) Due to the agreements between POSA and the following national federations such as, Italy, France, Hungary, USA, Greece, South Korea, Russia and Israel, athletes from these nations can only qualify for the WPAC, <u>exclusively by participating in the National Pole Art Competition.</u>

This means that if an athlete from these nations participates in a Pole Art POSA in a different nation and reaches the top 3 in his/her category, he/she will still not qualify to the WPAC (unless otherwise notified by his national federation).

The list may be extended during the year if other national federations so request.

It will (also) be the responsibility of the national federation to notify all athletes of this rule.

6. Application Process

Failure to comply with the following may result in disqualification from the competition:

6.1) All invited athletes must complete and sign the POSA application form.

6.2) All athletes must produce a copy of their passport with their application form.

6.3) All athletes must represent the country that issued their residency. Proof of residency of said country must show a minimum of ninety (90) days prior to the commencement of the competition.

6.4) All athletes must read the rules and regulations and sign a copy for confirmation.

6.5) All athletes must disclose medical information which will be held confidentially.

6.6) All athletes must disclose if they have been previously disqualified from any competition.

6.7) All athletes must represent their legal gender. A copy of the birth certificate must be submitted upon request.

6.8) Each athlete must perform with the same gender except in the case of doubles.

6.9) All athletes must conduct themselves in accordance with the POSA - Pole Art Rules and Regulations.

6.10) All athletes must arrive and register at the time designated by the POSA.

6.11) All athletes confirm by taking part in the POSA WPAC that they waive all image rights and will not receive any compensation for photos and videos taken during the event. They agree that the images can be used for commercial use.

6.12) All athletes agree to be interviewed, filmed and or photographed by the media.

6.13) All athletes must be present at the medal ceremony unless a medical emergency has occurred.

6.14) All applications must be completed in English.

6.15) All athletes must have personal insurance that covers them for the duration of the competition. This should start one day prior to the competition to two days after the competition has completed.

6.16) All athletes must produce documentation from a doctor as conformation of good health to compete.

6.17) All athletes may sign POSA/WHEA Antidoping program, athlete must sign the agreement with a three-month deadline before WPAC, if the athlete has not signed the agreement, she / he cannot take part in the competition*.

*It will be the responsibility of the international federation to communicate via the Workplan whether this type of rule will be applied for the current year's Pole Art World Championship.

7. Filming

7.1) The athlete agrees to filming/photography at any event in which they appear before, during or after the competition which is related to the competition – i.e.: workshops, interviews, performances, etc.

7.2) The athlete waives all rights of filming and photography

7.3) All filming, and photography is not permitted in the changing areas unless with express permission of the International Federation and/or the organization.

7.4) All photography and footage remain the property of the POSA.

7.5) All athletes agree that photos and footage can be used by the POSA for advertising, promotional and commercial purposes.

8. Categories

The following categories (Amateurs & Competitive) will be included in the WPAC:

A- Senior Individuals (18-39 age)
B- Masters +40 (40-49 age)
C- Masters +50 (+50 age)
D- Doubles Senior (all mixed are allowed) (18 + age)
E- Double Senior Mix (one athlete must be 18+, the other one between 15-17 age)
F- Junior Varsity (6-9)
G- Junior A (10-14)
H- Junior B (15-17)
I- Doubles Junior A (10-14)
J- Doubles Junior B (15-17)
K- Juniors Double Mix (10-17) *
L- Group Mix 3-6 members (15+ age, male & Female)

*In this category, the partners must necessarily be mixed: one must be Junior A (10-14) and the other Junior B (15-17). The same age range of both partners is not allowed (10-14 or 15-17) they must be mixed.

What defines an Amateur athlete?

POSA has decided that to define and differentiate an Amateur athlete from a Competitive athlete, the POSA Code of Points will be used as an example:

According to the rules of all jury sports such as Pole Sports (Artistic Gymnastics, Diving, Synchronized Swimming, Ice Skating, etc.): An amateur athlete is defined as one who must perform on the pole, only elements that have a value up to 0.5 of the POSA Scoring Code.

However, amateur athletes may perform a maximum of one element with a value higher than 0.5.

<u>Athletes who break this rule will automatically and immediately be placed and evaluated in the Competitive category.</u>

To better understand what defines an Amateur athlete from a Competitive athlete, we report here what is written in the Rules & Regulations (Article 7):

By amateur activity we mean that type of activity practiced by athletes but aimed at achieving and maintaining a person's psycho-physical well-being.

This does not 'impose' any sporting objectives or performance and, above all, does not involve competitive aspects.

By competitive activity, on the other hand, we mean that activity practiced continuously, systematically, and exclusively in forms organized by national and international sports federations, by sports promotion bodies recognized by the respective National Olympic Committees, etc., that involves intense physical effort over time.

Pace, intensity, continuity, number, and duration of training sessions: these are all elements that distinguish the two levels of activity.

A person practicing sport at a competitive level must undergo a medical examination and all the necessary clinical and instrumental diagnostic tests to ensure fitness. On the contrary, a person engaging in physical activity at an amateur level does not require any medical certification. In any case, although there is no obligation, the subject can certainly seek advice from his or her doctor on the activity he or she intends to undertake.

In international POSA competitions, a competitive medical certificate is also required for amateur athletes.

Our goal is to raise the technical level of all athletes from Amateurs to Competitive.

Change from Amateur to Competitive category

National Federations:

a. Each National Federation has the right, within the boundaries of their national jurisdiction, to set a minimum score for the transition from the top 3 Amateur to the Competitive category.

b. The change of category is understood to be from one year to the next

c. An athlete who nevertheless wishes to change from the Amateur category to the Competitive category during the current competition year may do so, but only in national competitions.

Any qualification for international competitions gained through the national championship will remain in the Amateur category.

POSA has established the following regarding international Pole Art competitions:

A. The top 3 athletes in the Amateur category who had a minimum points score of 190, cannot remain in the Amateur category the following year, but must compulsorily compete in the Competitive category.

B. Athletes who have switched to the Competitive category from the Amateur category may not switch back during the current year but must wait at least one year without competing in any competition under the POSA auspices (both in Pole Sport & Pole Art).

9. Qualifiers and Finals

Usually, WPAC is a direct competition without a semifinal, but in case the International Federation decides to also arrange a semifinal, here's how it would be regulated:

9.1) The qualifiers must be on a different day to the finals.

9.2) The top ten (10) competitors with the highest point score in each category will go through to the final.

10. Disqualification by Head Judge/Organization

The athlete will be automatically disqualified from the event (by the organization also) for the following:

10.1) Intentionally removing undergarments (underwear and/or bra).

10.2) For directly contacting the judging panel to discuss the competition or to influence the judging decision directly or indirectly prior to or after the competition.

10.3) For providing false or inaccurate information on the application form.

10.4) Any other breach listed in the POSA Rules & Regulations

11. Performance Time

11.1) The performance must be between:

A) 3- 3.20 minutes long for all Amateurs categories

B) 3.30- 4 minutes long for all Competitive categories.

12. Music Choice

12.1) Any kind of music can be used by the athletes.

12.2) Music with lyrics is allowed.

12.3) Music must be submitted twenty (20) days prior to the competition or entry is revoked.

12.4) Music must be submitted in MP3 format only.

12.5) Music with offensive content is forbidden.

13. Costume & Make Up

13.1) Parts of the costume (not in the intimate areas), depending on the choreography, can be removed, in any case costumes should not be intentionally removed in an erotic manner.

13.2) Female costumes can't include: thong, pasties, garter belts, guepiere, nylon stockings, underwear, swimwear or bikinis, transparent clothing that does not cover the breast or the pelvic area - PVC or rubber, oil, or water.

13.3) The costume must cover the entire pelvic area and at least 3/4 of the buttocks.

13.4) It is expressly forbidden to perform seminude, improperly dressed or in an overtly erotic manner (i.e.: Stroking the body suggestively, fondling the breast, chest, and groin area, performing a gluteal dance and shaking the chest or gluteus in a suggestive manner. Please be advised body rolls are not included in the above).

13.5) The International Federation and the organizers reserve the right to disqualify an athlete for improper dress, removing costume in intimate areas, intentional costume failure or use of oil and fire on the stage.

13.6) POSA-approved grip aids can be used and will be supplied by the federation. Those found to be using non-approved grip aids may be disqualified.

13.7) It is forbidden to apply any grip aid to the pole. Grip aids may only be applied to the athlete's body.

13.8) Props are allowed, human props are allowed.

14. Judges Criteria

14.1) All POSA- Pole Art judges are required to complete the judge's pre-competition training course.

14.2) Judges must declare any personal or business relationship with any athletes.

14.3) Judges must be over the age of 18.

14.4) Judges must represent the country of their passport.

14.5) Judges must speak, read, and write English.

14.6) Judges must be competent at using computers and the Internet.

14.7) Judges must not consume alcohol on the day of judging.

14.8) Judges must not comment publicly about their decision.

14.9) Judges must not discuss judging or results with athlete.

Head Judge will give the "Head Judge Penalties".

15. Judges

15.1) The judge's decision is final.

15.2) All judging is completed via computer.

15.3) Judges may not return to previous performances to update their scoring system.

15.4) Judges must not talk to each other or confer during the performances. The judges may converse when the performance is over but not about judging.

15.5) Judges must always be separated from the athletes and spectators.

15.6) Judges and performers will be disqualified if they confer at any time during the competition.

15.7) Judges must not leave their seat at any time unless with the permission of the Head Judge

15.8) Judges must be seated in a position with the best viewpoint away from the audience.

16. Scoring System

16.1) Allocation of Scores:

The Athlete(s) with the score closet to the highest possible score is the winner. Single points and half points can be given.

-Technical – Maximum of 70 Points

-Artistic presentation – Maximum of 100 Points

-Execution Deduction- Maximum of 75 Points

The Technical score, Artistic, and Execution will be added together to get the total score. From the total score, the deduction of the Head Judge will be deducted (if any), to get the final score.

16.2) All scores will be collated via computer.

16.3) Once judging has finished, no scores or discussions can be made to alter the results.

17. Disqualification by Organizers and/or POSA official members

Reason for Disqualification: An athlete can be disqualified during or after the competition if a breach of the rules has occurred. The International Federation reserves the right to remove the title of an athlete for the following infringements:

17.1) Breach of the POSA Code of Ethics and/or Rules & Regulations

17.2) Falsifying information on the POSA application.

17.3) Unsporting behavior.

17.4) Removal of underwear clothing. *

17.5) Erotic/sexy style choreography (i.e.: Stroking the body suggestively, fondling the breast, chest, and groin area, performing a gluteal dance and shaking the chest or gluteus in a suggestive manner. Please be advised body rolls are not included in the above). *

17.6) Publicly speaking negatively about the judging, judges, athletes, results, or the POSA.

17.7) Breaking the POSA- Pole Art Rules and Regulations.

* Disqualification by Head Judge also.

18. Results

Allocation of Results:

18.1) All results will be generated by computer.

18.2) Results will be collated and given after the last athlete has competed at the end of the heats, semis, and finals.

18.3) All results will be available on the internet immediately after the competition (Federal web site, official Facebook page in social media, etc.).

18.4) The athlete may require the organization to view his/her own Judges Sheets and speak with the Head Judge about his/her own routine.

19. Prize

Allocation of Prizes:

19.1) The athlete(s) compete for the title of World Pole Arts Champion.

19.2) The winner from each category will receive a gold medal.

19.3) The first and second place athlete will receive a silver and bronze medal respectively.

19.4) All other athletes will receive a certificate of participation.

19.5) If the organization has a chance to deliver cash prizes, the athlete will receive them.

19.6) Any other special prize (including cash) delivered by sponsors, Judges, audience etc. is allowed

20. Terms and Conditions

The International Federation reserve the right to the following:

20.1) Alter the POSA- Pole Art Rules and Regulations at any time.

20.2) Disqualify any athlete in breach of the rules, terms, or code of ethics.

20.3) Disqualify any judge in breach of the rules, terms, or code of ethics.

20.4) To decide on any decisions not already addressed in the rules and regulation and code of ethics prior to or during the POSA WPAC.

20.5) All athletes enter the POSA competition at their own risk and understand that any injuries or accident that may occur are the responsibility of the athlete.

20.6) The POSA provides medical assistance in the event of an injury. The medical representative has the final decision on whether the athlete's injury should prevent them from entering or continuing the competition.

20.7) POSA cannot be held responsible for loss or damage to athletes or official items

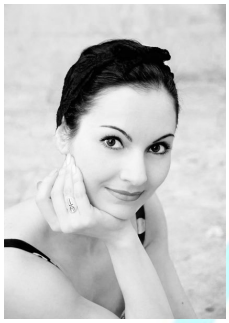
These regulations were created by the Pole Art POSA Committee, which consists of:

Elena Gibson (United Kingdom) Head of the Committee

Natasha Wang (USA) Committee Member

Alessandra Marchetti (Italy) Committee Member

Mariana Baum (France) POSA Vice President



Elena Gibson

Natasha Wang

Mariana Baum

Alessandra Marchetti

OFFICIAL POSA PARTNERS: