



Rules & Regulations, Code of Points, Appendix 2026

With this first part of the appendix (the second part will address the new Pole Sport elements to be included in the Code of Points), POSA wishes to highlight specific new rules that will take effect immediately upon the issuance of this appendix (except for the ELIGIBILITY RULE, which will take effect on November 1, 2026).

The purpose of this official Appendix is to clarify certain specifics of the current Rules & Regulations:

- A. Expand athlete eligibility for participation
- B. Amend the rule regarding grips (expanding it in a clearer, more specific, and more scientific manner)
- C. Highlight certain improvements made to the “Head Judge Penalties” section in Aerial & Pole Art.





REGULATIONS FOR THE APPLICATION AND IMPLEMENTATION OF ELIGIBILITY RULE (ALL DISCIPLINES, ALL CATEGORIES)



General Information

This new rule, which contains all the necessary specifications, will take effect on **November 1, 2026**, and will be included in the 2027 Rules & Regulations as Article 19: "Special section on eligibility"

If you have any questions, please contact the International Federation at contact@posaworld.org

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Abbreviations:

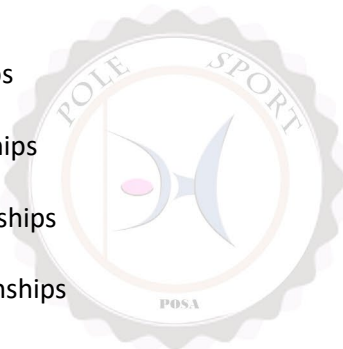
WPAC: World Pole Art Championships

PSWC: Pole Sport World Championships

WASC: World Aerial Sport Championships

EPSC: European Pole Sport Championships

WAAC: World Aerial Art Championships



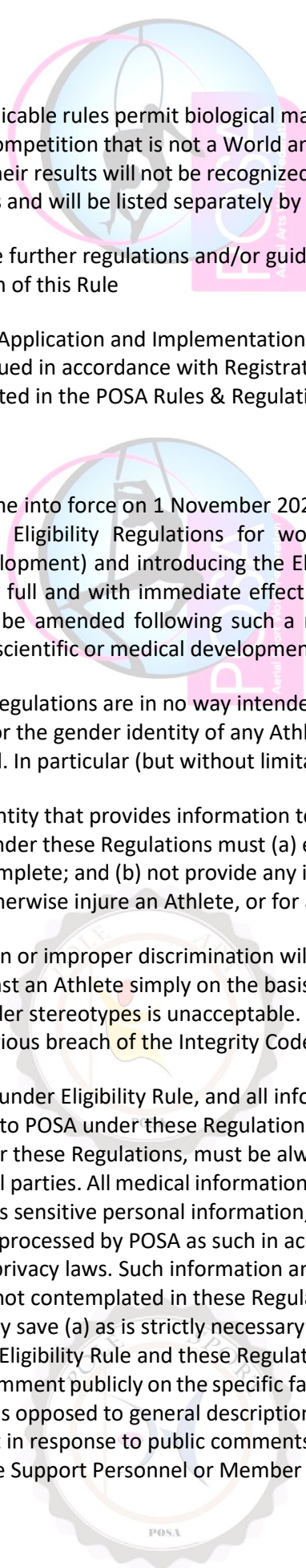
1. INTRODUCTION

1.1 Eligibility Rule (Male and Female Categories) states:

1. In these Rules, 'biological male' means someone with a Y chromosome and 'biological female' means someone with no Y chromosome, irrespective of their legal sex and/or gender identity.
2. Only the following Athletes may compete in the female category:
 - a. Biological females.
 - b. Biological females who have used testosterone as part of male gender-affirming treatment further to a Therapeutic Use Exemption granted in accordance with POSA Anti-Doping Rules may not compete in the female category until the passing of a period of time after their last use of testosterone (the period of time will be not shorter than four years and will be determined by POSA on a case-by-case basis taking into consideration all relevant factors including the timing, duration, dosages, and effects of the male gender-affirming treatment).¹
 - c. Biological males who have Complete Androgen Insensitivity Syndrome (or another rare disorder of gonadal development) and therefore have not gone through male sexual development including any type of male puberty.
 - d. Biological males with a difference of sex development who satisfy the transitional provisions issued by POSA.
3. Only the following Athletes may compete in the male category:
 - a. Biological males.
 - b. Biological females who have used testosterone as part of male gender-affirming treatment further to a Therapeutic Use Exemption granted in accordance with POSA' Anti-Doping Rules.²
4. An Athlete must demonstrate their eligibility to compete in the female category by means of SRY testing (sex-determining region Y gene analysis) of an Athlete's buccal cells (i.e., cheek swab testing) or blood sample.
 - a. If the SRY test is negative, the Athlete will be permitted to compete in the female category.
 - b. If the SRY test is positive, the Athlete will not be permitted to compete in the female category pending further medical assessment by POSA.
 - c. An Athlete who fails to undergo SRY testing as requested by POSA will not be eligible to compete in the female category.

¹ See further the WADA Transgender Athletes TUE Physician Guidelines, available at www.wada-ama.org.

² See further the WADA Transgender Athletes TUE Physician Guidelines, available at www.wada-ama.org

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5. Where the applicable rules permit biological males to compete in the female category at a competition that is not a World and Continental Rankings Competition, their results will not be recognized for the purposes of Continental & World Rankings and will be listed separately by POSA.
 6. POSA may issue further regulations and/or guidance on the practical implementation of this Rule
- 1.2 These Regulations for the Application and Implementation of Eligibility Rule (Male and Female Categories) are issued in accordance with Registration Process Rule & Medical and Antidoping regulations (listed in the POSA Rules & Regulations)
- 2. GENERAL**
- 2.1 These Regulations will come into force on 1 November 2026 (and will be updated on 1 January 2027), implementing the Eligibility Regulations for women's classification (athletes with differences in sexual development) and introducing the Eligibility Regulations for transgender athletes, and will apply in full and with immediate effect in all cases. They will be subject to periodic review and may be amended following such a review to take account of any new evidence and/or relevant scientific or medical developments.
- 2.2 Eligibility Rule and these Regulations are in no way intended as any kind of judgment on or disputing of the legal sex or the gender identity of any Athlete. All forms of abuse and/or harassment are prohibited. In particular (but without limitation):
- 2.2.1 Any person or entity that provides information to the Medical Manager for consideration under these Regulations must (a) ensure that the information is accurate and complete; and (b) not provide any information in bad faith, to harass, stigmatize or otherwise injure an Athlete, or for any other improper purpose.
 - 2.2.2 No stigmatization or improper discrimination will be tolerated. Persecution of our campaigns against an Athlete simply on the basis that their appearance does not conform to gender stereotypes is unacceptable. Any such conduct will be considered a serious breach of the Integrity Code of Conduct.
 - 2.2.3 All cases arising under Eligibility Rule, and all information relating to an Athlete that is provided to POSA under these Regulations, and all results of assessments conducted under these Regulations, must be always maintained in strict confidence by all parties. All medical information and data relating to an Athlete will be treated as sensitive personal information, and the Medical Manager will ensure that it is processed by POSA as such in accordance with applicable data protection and privacy laws. Such information and data must not be used for any purpose that is not contemplated in these Regulations and must not be disclosed to any third party save (a) as is strictly necessary for the effective application and enforcement of Eligibility Rule and these Regulations; or (b) as is required by law. POSA will not comment publicly on the specific facts of a case arising under Eligibility Rule (as opposed to general descriptions of the process and science involved) except in response to public comments made by the Athlete or the Athlete's Athlete Support Personnel or Member Federation.

2.3 The eligibility conditions set out in Eligibility Rule operate without prejudice to the other eligibility requirements that are applicable to all Athletes under the Rules and Regulations of POSA. Those other eligibility requirements must also be satisfied at all relevant times. In particular, nothing in Eligibility Rule or these Regulations permits, excuses, or justifies non-compliance with any of the requirements of the World Anti-Doping Code, of the WADA International Standards (including the International Standard for Therapeutic Use Exemptions), or of the POSA Anti-Doping Rules, including in particular the requirement for an Athlete to obtain a therapeutic use exemption for the use of substances on the WADA Prohibited List.³

2.4 In Eligibility Rule and/or these Regulations, (1) the phrase 'Medical Manager' means a medically qualified person who is authorized by POSA to act on its behalf in matters arising under these Regulations, (2) the phrase 'SRY testing' and 'SRY test' means genetic analysis of a buccal smear (i.e., a cheek swab) or blood sample provided by the Athlete to identify the presence or absence of the SRY gene (or such other testing for the SRY gene as POSA specifies), and (3) the phrase 'Complete Androgen Insensitivity Syndrome' means the genetic condition (ORPHA99429; ICD10-E34.5) that renders the subject's androgen receptors completely unresponsive to androgens. The other words and phrases that are used in these Regulations as defined terms (denoted by initial capital letters) have the meaning given to them in the Generally Applicable Definitions section of the POSA Eligibility Rule, or elsewhere in the Rules or Regulations.

2.5 All cases arising under Eligibility Rule will be dealt with by the Medical Manager with the support of the POSA Health and Science Department. The Member Federation of the Athlete concerned (or by any other body), may be asked for their assistance in relation to a particular case by the Medical Manager, to cooperate with the Medical Manager's request for assistance.

2.6 In the event that an issue arises that is not foreseen in Eligibility Rule or in these Regulations, it will be addressed by POSA, acting by its President (or their nominee), in a manner that safeguards and promotes its objectives as the international governing body of the sport of Pole & Aerial.

3. SCOPE OF APPLICATION

3.1 Any Athlete who wishes to compete in the female category at a Continental & World Rankings Competition, or who wishes to have a performance in the female category at a competition other than a Continental & World Rankings Competition recognized as a international competition must, on request by POSA, demonstrate their eligibility to compete in the female category. The Athlete must submit on demand to and must cooperate in full of SRY testing conducted by or on behalf of POSA or recognized by POSA. This includes providing a buccal smear (i.e., a cheek swab) or a blood sample at the time and place and in the manner required by POSA, and/or satisfying any other requirements of POSA in respect of that testing. It also includes consenting to the reporting of the results of that testing directly by the testing laboratory or indirectly by the Athlete herself (and/or the Athlete's Member Federation) to the Medical Manager. Any Athlete who fails to cooperate in full of such testing will not be eligible to compete in the female category at a Continental & World Rankings Competition,

³ See further the WADA Transgender Athletes TUE Physician Guidelines, available at www.wada-ama.org.

or to have a performance in the female category at a competition other than a Continental & World Rankings Competition recognized as a ranking place.

- 3.2 If an SRY test is negative for the presence of a Y chromosome, the Athlete (a) may compete in the female category at a Continental/World Rankings Competition, and (b) may have their performance in the female category in a competition that is not a Continental/World Rankings Competition recognized as a ranking placement.
- 3.3 If an SRY test is positive for the presence of a Y chromosome, the Medical Manager will notify the Athlete and, if the Medical Manager deems it appropriate in all circumstances, the Athlete's Member Federation. In such circumstances, it will be for the Athlete to demonstrate to the satisfaction of the Medical Manager that the Athlete has Complete Androgen Insensitivity Syndrome (or another rare disorder of gonadal development that prevents any type of male puberty) and therefore is eligible to compete in the female category at World Rankings Competitions. Unless and until the Medical Manager is so satisfied, the Athlete must not compete in the female category at any Continental/World Rankings Competition. As part of the assessment, the Athlete must provide a comprehensive medical history to the Medical Manager. The Medical Manager will communicate with the Athlete and/or the Athlete's physicians to remedy any obvious deficiencies in the file. The Medical Manager may make such enquiries or investigations as they consider necessary to determine accurately and effectively whether or not the Athlete has Complete Androgen Insensitivity Syndrome (or another rare disorder of gonadal development that prevents any type of male puberty), including requesting further information from the Athlete and/or the Athlete's physician and/or obtaining additional expert opinion(s).
- 3.4 The Medical Manager may investigate any other case by such means as they deem necessary, including commissioning an SRY test for an Athlete if such a test has not already been reliably performed.
- 3.5 An Athlete who wishes to be eligible to compete in the female category at a Continental/World Rankings Competition, and/or to have any performance in the female category in a competition that is not a Continental/World Rankings Competition recognized as a ranking placement, agrees:
 - 3.5.1 to cooperate promptly and in good faith with the Medical Manager in the implementation of Eligibility Rule and these Regulations, including:
 - 3.5.1.1 providing all the information and evidence requested by the Medical Manager to determine whether they satisfy the eligibility conditions;
 - 3.5.1.2 ensuring that all information and evidence provided by them or on their behalf to the Medical Manager is accurate and complete, and that nothing relevant is withheld; and
 - 3.5.1.3 consenting to and ensuring the disclosure by their physician(s) to the Medical Manager of any information or evidence that the Medical Manager deems necessary for the assessment of their case;
 - 3.5.2 (to the fullest extent permitted and not contrary to applicable laws) to the collection, processing, disclosure and use of information (including their sensitive personal information) as required to implement and apply Eligibility Rule and these Regulations effectively and efficiently;

- 3.5.3 to provide written confirmation of their agreement with Rules & Regulations upon request by POSA. However, their agreement to these Regulations will be assumed as an automatic consequence of their participation in Pole & Aerial Sports and is effective and binding upon them whether confirmed in writing.
- 3.6 At the request of an Athlete whose case is being assessed under these Regulations:
- 3.6.1 POSA will propose and appoint an independent advisor, who is acceptable to the Athlete, to help the Athlete to understand and address the requirements of Eligibility Rule and the Regulations and the athlete will pay the costs charged by the independent advisor for providing such assistance.
- 3.6.2 POSA will provide professional advice or other support services that the medical officer deems appropriate in the circumstances, and, if it's the case, will bear half of the costs charged by the adviser or other service provider for the provision of such support.
- 3.7 An Athlete may revoke at any time, without having to give reasons, the consent that they have granted further to Regulation. In that case, the Athlete will be deemed to have withdrawn any claim to be eligible to compete in the female category at a Continental/World Rankings Competition, and/or to be eligible to have any performance in the female category in a competition that is not a Continental/World Rankings Competition recognized as a ranking placement.
- 3.8 Member Federation:
- 3.8.1 must cooperate promptly and in good faith with POSA promptly and fully in the application and enforcement of Eligibility Rule and these Regulations (including assisting upon request in respect of SRY testing and assessments conducted under these Regulations);
- 3.8.2 must observe strictly the obligations set out in Regulation 2.2 above;
- 3.8.3 may adopt its own regulations to determine the eligibility of athletes to compete in the female category in competitions taking place under its own jurisdiction that are not Continental/World Rankings Competitions, if nothing in those regulations will affect the eligibility of Athletes under Eligibility Rule and these Regulations.

4. PHASED IMPLEMENTATION OF PRE-COMPETITION SRY TESTING

- 4.1 While Eligibility Rule and these Regulations are into force on 1 November 2026 and applied in full (i.e., to all Continental/World Rankings Competitions) and with immediate effect from that date, Athletes must only demonstrate compliance with the eligibility criteria if and when requested to do so by POSA (see Regulations 2.1 and 3.1, above).
- 4.2 Given the size of the Athlete population, the SRY testing required, and the associated administrative challenges, POSA will formally request that Athletes demonstrate their eligibility to compete in the female category on a phased basis, starting with the most elite athletics competitions. Accordingly, in the forthcoming years POSA will formally request that the Athletes who intend to compete in specified Continental/World Rankings Competitions demonstrate their eligibility to compete in the female category before competing in those competitions. POSA will coordinate with Member Federations and Athletes to facilitate the necessary SRY testing.

- 4.3 For the avoidance of doubt, nothing in this Regulation 4: (a) permits, excuses, or justifies non-compliance with the eligibility criteria in Eligibility Rule, or (b) restricts the ability of POSA to request at any time that an Athlete demonstrates their eligibility to compete in the female category and/or to investigate at any time any case in accordance with Regulations 3.1 and 3.4.

5. ENFORCEMENT AND DISPUTES

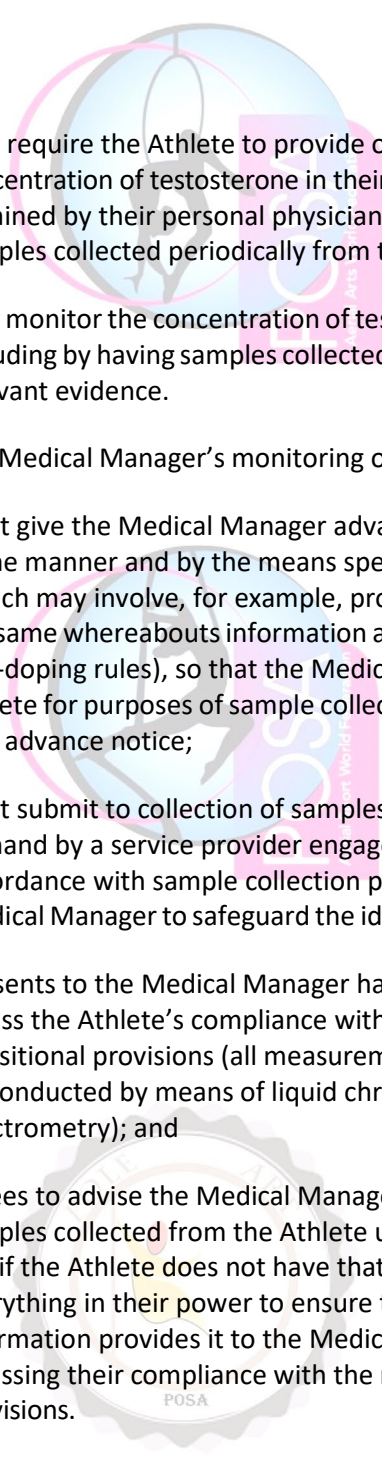
- 5.1 Any breach of Eligibility Rule and/or these Regulations (including where an Athlete competes in a Continental/World Rankings Competition in a sex category for which they have not satisfied the eligibility conditions set out in these Regulations) may amount to a breach of the Code of Conduct and may accordingly be subject to investigation by the Ethic Panel (Disciplinary Commission). The consequences imposed for competing while ineligible shall include disqualification of any of the results achieved by an Athlete while ineligible, with all resulting consequences, including forfeiture of any medals, ranking points, prize money, and/or other items awarded to the Athlete based on those results. Athletes acknowledge that a consequence of disqualification of results in such circumstances may be that the reason for disqualification becomes public knowledge (or may be the subject of public speculation).
- 5.2 The validity, legality, and/or proper interpretation and application of Eligibility Rule and/or these Regulations may only be challenged by an Athlete who but for Eligibility Rule would have met all of the requirements for and would have been entered into a Continental/World Rankings Competition or would have had a performance in a competition that is not a Continental/World Rankings Competition recognized as a ranking placement. Any decision made further by the Eligibility Rule and/or these Regulations (other than a disciplinary decision made as set out in Regulation 5.1) may only be challenged by the Athlete who is the subject of that decision. In each case, the Athlete's Member Federation may support the Athlete's challenge, including being named as co-claimant if it so wishes. The CAS has sole and exclusive jurisdiction to hear and resolve such a challenge. The Request for Arbitration must be filed with the CAS and with POSA (as the respondent) within thirty days of the date of the Athlete's receipt of the written reasons for the decision. The CAS proceedings will be conducted in the English language and will be governed by the Constitution, Eligibility Rule and these Regulations, and the other applicable rules and regulations of POSA, with the laws of Switzerland applying subsidiarily. The CAS will hear and determine the challenge definitively in accordance with the CAS Code of Sports-Related Arbitration, save that in the event of any conflict between the aforementioned governing instruments and laws on the one hand and the CAS Code of Sports-Related Arbitration on the other hand, the governing instruments and laws will take precedence. Decisions made by the CAS in the proceedings may not be challenged in any forum or on any ground except as set out in Chapter 12 of Switzerland's Federal Code on Private International Law.

6. LIMITATION OF LIABILITY

- 6.1 In no circumstances will POSA or any of POSA's employees, officers, representatives, or experts be liable in any way to any person in relation to acts done (or omitted to be done) in good faith in connection with Eligibility Rule and these Regulations.
- 6.2 Each case will be addressed as quickly as is reasonably practicable in all circumstances. However, in no circumstance will POSA or the Medical Manager be liable for any detriment allegedly suffered by the Athlete in question or anyone else because of the length of time taken to complete the investigation and/or assessment of their case.

7. TRANSITIONAL PROVISIONS FOR CERTAIN BIOLOGICAL MALE ATHLETES WITH A DIFFERENCE OF SEX DEVELOPMENT

- 7.1 If under the Eligibility Regulations for the Female Classification (Athletes with Differences of Sex Development) ('DSD Regulations') an Athlete is declared eligible to compete in the female category at Continental/World Rankings Competitions, the Athlete may continue to compete in the female category at Continental/World Rankings Competitions (and to have any performance in the female category in a competition that is not a Continental/World Rankings Competition recognized as a ranking placement) for so long as she (1) continues to maintain the concentration of testosterone in their serum below 2.5 nmol/L at all times (i.e., whether the Athlete is in or out of competition), and b(2) cooperates fully with POSA's efforts to monitor the concentration of testosterone in her serum.
- 7.1.1 Under these transitional provisions:
- 7.1.1.1 an Athlete who has always maintained the concentration of testosterone in their serum below 2.5 nmol/L for a continuous period of between six and 24 months will be eligible to compete in the female category in Previously Unrestricted Events (as defined in the DSD Regulations); and
- 7.1.1.2 an Athlete who has always maintained the concentration of testosterone in their serum below 2.5 nmol/L for a continuous period of at least 24 months will be eligible to compete in the female category in all events.
- 7.1.2 Such Athlete will be solely responsible for maintaining the concentration of testosterone in their serum below 2.5 nmol/L for as long as the Athlete wishes to remain eligible to compete in the female category at Continental/World Rankings Competitions and/or to have any performance in the female category in a competition that is not a Continental/World Rankings Competition recognized as a ranking placement.
- 7.1.3 The Athlete must produce, on request, evidence satisfactory to the Medical Manager of such continuing compliance. Except where the Athlete can prove to the satisfaction of the Medical Manager that the Athlete has had a procedure that will have necessarily and permanently suppressed her testosterone below 2.5 nmol/L, the Medical Manager:

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- 7.1.3.1 may require the Athlete to provide ongoing evidence of the concentration of testosterone in their serum, such as laboratory reports obtained by their personal physician of the results of analysis of samples collected periodically from the Athlete; and
- 7.1.3.2 may monitor the concentration of testosterone in the Athlete's system, including by having samples collected from the Athlete and analyzed for relevant evidence.
- 7.1.4 To facilitate the Medical Manager's monitoring of compliance, the Athlete:
- 7.1.4.1 must give the Medical Manager advance notice of their whereabouts, in the manner and by the means specified by the Medical Manager (which may involve, for example, providing the Medical Manager with the same whereabouts information as the Athlete files under applicable anti-doping rules), so that the Medical Manager is able to locate the Athlete for purposes of sample collection at any time without having to give advance notice;
- 7.1.4.2 must submit to collection of samples of their serum and/or urine on demand by a service provider engaged by the Medical Manager, in accordance with sample collection procedures prescribed by the Medical Manager to safeguard the identity and integrity of the samples;
- 7.1.4.3 consents to the Medical Manager having those samples analyzed to assess the Athlete's compliance with the requirements of these transitional provisions (all measurements of serum testosterone must be conducted by means of liquid chromatography coupled with mass spectrometry); and
- 7.1.4.4 agrees to advise the Medical Manager of the results of analysis of samples collected from the Athlete under applicable anti-doping rules (or, if the Athlete does not have that information, agrees to do everything in their power to ensure that the person holding that information provides it to the Medical Manager) for purposes of assessing their compliance with the requirements of these transitional provisions.
- 7.1.5 If an Athlete refuses or fails without compelling justification to comply with any of the requirements of Regulation 7.1, or is found (whether by sample analysis or otherwise) to have failed to maintain the concentration of testosterone in their serum below 2.5 nmol/L:
- 7.1.5.1 The Athlete will no longer be eligible to compete in the female category at Continental/World Rankings Competitions or to have any performance in the female category in a competition that is not a Continental/World Rankings Competition recognized as a ranking placement.
- 7.1.5.2 Where POSA President (or their nominee) considers it necessary to do so to maintain the integrity of competition results, they may disqualify the individual results obtained by the Athlete in the

female category at Continental/World Rankings Competitions and/or other competitions, with all resulting consequences, including forfeiture of any medals, ranking points, prize money, and other

APPENDIX 1

WORLD/CONTINENTAL RANKINGS COMPETITIONS: TIMETABLE OF PHASED IMPLEMENTATION OF PRE-COMPETITION SRY TESTING

The competitions encompassed by the definition of Continental/World Rankings Competitions are categorized by levels in accordance with the Continental/World Rankings criteria and definitions.

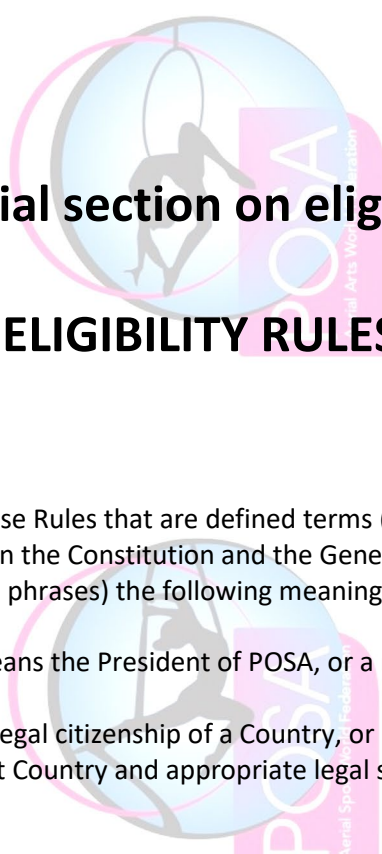
The timetable in Table 1, below, explains when POSA will formally request that Athletes demonstrate via pre-competition SRY testing their eligibility to compete in the female category for categories of Continental/World Rankings Competitions.

This phased implementation of pre-competition SRY testing will ensure compliance with the eligibility criteria, starting with the most elite Pole & Aerial competitions. Publication of this timetable is intended to assist Member Federations and Athletes, and POSA reserves the right to amend this timetable at any time. For the avoidance of doubt, subject to Regulation 3.4, an Athlete who has already undergone SRY testing in one year will not need to do so in subsequent years.

Table 1 - Timetable of phased implementation of pre-competition SRY testing which is subject to an annual review.

Phase	Year	Categories of Continental/World Rankings Competition that pre-competition SRY testing will be implemented for (the additional categories for that year are underlined)
1	2026	<u>WPAC</u> , <u>PSWC</u> , <u>WASC</u>
2	2027*	<u>EPSC</u> , <u>WPAC</u> , <u>WASC</u> , <u>WAAC</u>
3	2028*	<u>EPSC</u> , <u>WPAC</u> , <u>WASC</u> , <u>WAAC</u>
4	2029*	<u>EPSC</u> , <u>WPAC</u> , <u>WASC</u> , <u>WAAC</u>
5	2030*	<u>EPSC</u> , <u>WPAC</u> , <u>WASC</u> , <u>WAAC</u>

*** The Continental/World Ranking Categories for 2027, 2028, 2029 and 2030 are indicative only and will be finalized by the POSA Council and published on 01 December in the preceding year after the annual review has been conducted.**



Special section on eligibility

ELIGIBILITY RULES

Specific Definitions

The words and phrases used in these Rules that are defined terms (denoted by initial capital letters) shall have the meanings specified in the Constitution and the Generally Applicable Definitions, or (in respect of the following words and phrases) the following meanings:

"President (or their nominee)" means the President of POSA, or a nominee appointed by them.

"Citizenship" and "Citizen" mean legal citizenship of a Country, or in the case of a Territory, legal citizenship of the Territory's parent Country and appropriate legal status in the Territory under applicable laws.

"Competition Rules" means the POSA Competition Rules & Regulations as amended from time to time.

"Country" has the meaning defined in the Generally Applicable Definitions.

"Eligibility Rules" and "these Rules" means these POSA Eligibility Rules as amended from time to time.

"National Representative Competitions" means the competitions listed in paragraphs 2 and 3 of the POSA Rules & Regulations definition that are contested by teams of Athletes who are entered by Members to represent their respective Countries or Territories or as otherwise stated by POSA.

"Nationality Review Panel" means the Panel established by the Council from time to time pursuant to the Regulations on Eligibility to Represent a Member in National Representative Competitions.

"Neutral Athletes" means as specified in Rule 3.1.2 of these Eligibility Rules, an Athlete who is granted special eligibility by the Council to compete in one or more Continental/World Rankings Competitions in an individual capacity and who satisfies at all relevant times any conditions to such eligibility specified by the Council. All provisions in the Rules and Regulations that are applicable to Athletes shall apply equally to Neutral Athletes, unless expressly stated otherwise; and any coach, trainer, manager, Athlete Representative, agent, team staff, official, medical or para-medical personnel, parent or any other Person employed by or working with a Neutral Athlete participating in Continental/World Rankings Competitions shall be an Athlete Support Personnel for purposes of these Rules.

"Member" refers to the affiliated national federations and/or the national POSA representative committees (also known as Local Organising Committees)



"Other Relevant Competition" means any competition that is not a National Representative Competition but that is contested by teams of Athletes who are entered by bodies authorised to submit entries to that competition to represent a Country or Territory of a Member in the Pole & Aerial programme of the competition or games. For the avoidance of doubt, representation in an Other Relevant Competition counts as 'representation' for purposes of Rule 4 where:

- I. the Country or Territory represented is the same as a Country or Territory of a Member POSA as set out in the Constitution and expressly requires Citizenship of a Member

and does not count as 'representation' for the purposes of Rule 4 where;

- I. if the territory in which an athlete lives does not have a national POSA Committee (Association/Federation) but shares the same nationality as another Member which does have a POSA Committee, the athlete may compete for their 'home' country (obviously with the consent of the national federation) without this affecting their eligibility to compete for the Member representing that territory in national representative competitions;
- II. the team represented is not a Country or Territory of a Member;
- III. the regulations governing the entries to, and conduct of, that competition allow the participation of athletes and teams who do not expressly require Citizenship of the participating Member.

"Residence" means the place or location in which the Athlete is registered with the relevant authorities as having their primary and permanent home and/or where they ordinarily live, excluding trips away to train or compete; and the word 'Reside' is to be interpreted accordingly;



1. Definition of Eligible Athlete

An Athlete is eligible to compete provided they agree to abide by the Rules and Regulations and have not been declared ineligible.

2. Stateless athletes and athletes awaiting residence and/or citizenship

Stateless athletes, or those awaiting residence in a country other than their country of origin, or who have renounced the right to represent their country of origin, may compete, if they so request, under the neutral flag of the International Federation (POSA). A request to compete as a neutral athlete must be made expressly to the International Federation, specifying the reasons for such a request. The status of a neutral athlete, competing under the auspices of POSA, may also be extended to entire national teams which, for various reasons, are unable to represent their country.

3. Restriction of Competition to Eligible Athletes

- 3.1 Competition under the Rules is restricted to:
- 3.2 Athletes who are under the jurisdiction of a member and who are eligible to compete under the Rules; and
- 3.3 Neutral Athletes who satisfy the conditions of eligibility specified by the point 2, including signing agreements on terms acceptable to POSA, in which they agree (among other things) to be bound by the Rules and Regulations (as amended from time to time) and to submit all disputes they may have with POSA or a Member to arbitration only in accordance with these Rules, accepting not to refer any such disputes to any Court or authority which is not provided for in these Rules.
- 3.4 The eligibility of an Athlete competing under these Rules must always be guaranteed by the association to which the Athlete is affiliated. The burden of proving that an Athlete is eligible in accordance with this Rule rests with the Member and the Athlete concerned. The Member must provide POSA or the Area Association (as applicable) upon demand with valid, authentic, accurate and complete documentation demonstrating the Athlete's eligibility and such other evidence as may be necessary to prove the Athlete's eligibility on a definitive basis in any squad or team nominated or entered by the Member in a National Representative Competition or Other Relevant Competition. If required by POSA or the Area Association (as applicable), a Member shall provide a copy (certified by a public notary or other similar officer or witness) of all documentation on which it seeks to rely in demonstrating the Athlete's eligibility under this Rule.
- 3.5 Rule 3.4 does not apply to Neutral Athletes.
- 3.6 An Athlete shall only be eligible to compete in an age group competition as described in Rule 3 of the Technical Rules if they are within the age range specified in the relevant age group classification. In addition to the requirements set out at Rule 3.4 above, an Athlete must provide proof of their age through presentation of a valid passport or other form of evidence as permitted by the applicable regulations for the competition in which they want to compete and/or in accordance with any specific requirements that the POSA may impose from time to time for proof of an Athlete's eligibility to compete for a Member in an age group competition. An Athlete who fails or refuses to provide the requisite proof of age in accordance with this Rule shall not be eligible to compete.

4. Male and Female Categories

- 4.1 In these Rules, 'biological male' means someone with a Y chromosome and 'biological female' means someone with no Y chromosome, irrespective of their legal sex and/or gender identity.
- 4.2 Only the following Athletes may compete in the female category:
- A) Biological females.
 - B) Biological females who have used testosterone as part of male gender-affirming treatment further to a Therapeutic Use Exemption granted in accordance with World Athletics' Anti-Doping Rules may not compete in the female category until the passing of a period of time after their last use of testosterone (the period of time will be not shorter than four years and will be determined by POSA on a case-by-case basis taking into consideration all relevant factors including the timing, duration, dosages, and effects of the male gender-affirming treatment). [1]
 - C) Biological males who have Complete Androgen Insensitivity Syndrome (or another rare disorder of gonadal development) and therefore have not gone through male sexual development including any type of male puberty.
 - D) Biological males with a difference of sex development who satisfy the transitional provisions issued by POSA.
- 4.3 Only the following Athletes may compete in the male category:
- A) Biological males
 - B) Biological females who have used testosterone as part of male gender-affirming treatment further to a Therapeutic Use Exemption granted in accordance with World Athletics' Anti-Doping Rules.[2]
- 4.4 An Athlete must demonstrate their eligibility to compete in the female category by means of SRY testing (sex-determining region Y gene analysis) of an Athlete's buccal cells (i.e., cheek swab testing) or blood sample.
- A) If the SRY test is negative, the Athlete will be permitted to compete in the female category.
 - B) If the SRY test is positive, the Athlete will not be permitted to compete in the female category pending further medical assessment by POSA.
 - C) An Athlete who fails to undergo SRY testing as requested by POSA will not be eligible to compete in the female category.
- 4.5 Where the applicable rules permit biological males to compete in the female category at a competition that is not a Continental/World Rankings Competition, their results will not be recognised for the purposes of Continental/World Rankings and will be listed separately by POSA.
- 4.6 POSA may issue further regulations and/or guidance on the practical implementation of this Rule 4.

[1] See further the WADA Transgender Athletes TUE Physician Guidelines, available at www.wada-ama.org.

[2] See footnote 1 above.

5. Eligibility to Represent a Member Federation

- 5.1 In National/International Representative Competitions and Other Relevant Competition, teams shall be represented only by Athletes who comply with the eligibility requirements of these Eligibility Rules.
- 5.2 An Athlete who has never been entered to compete or competed on behalf of a Country or Territory in a National Representative Competition or in any Other Relevant Competition shall be eligible to represent a Member in a National Representative Competition if they are a Citizen of the Country or Territory that the Member represents:
- 5.2.1 by having been born, or having a parent or grandparent who was born, in the Country or Territory (as applicable); or
 - 5.2.2 by having Resided in the Country or Territory (as applicable) for at least one year; or
 - 5.2.3 by marriage, or Residence for a period less than one year, or any other means of naturalisation not otherwise set out in Rule 5.2, but only in these specific circumstances if the approval of POSA is granted, which approval shall be conditional upon:
 - A) an athlete who observes a one-year waiting period from the date of submission of the application for approval to POSA (during which the athlete may, however, represent POSA and compete as a neutral athlete in national and international competitions at representative level);
 - B) the Athlete demonstrating that they have a genuine, close, credible and established link to that Country or Territory (as applicable) and/or will have such a link by the end of the waiting period;
 - C) such other conditions to be met by the Athlete and/or Member as POSA reasonably believes appropriate in the circumstances. Where POSA sets a condition as part of its approval it shall state whether that condition is to be met by the end of the waiting period or a specific date.
- 5.3 If an Athlete is eligible to represent more than one federation/country under Rules 5.2.1 to 5.2.3, they may choose which Member to represent, by representing that Member in a National or International Competition or by competing on behalf of the Country or Territory of that Member in the Pole & Aerial programme of any Other Relevant Competition. In accordance with Rule 3.4, a member may, at any time, be requested to provide assistance, co-operate with, respond to any questions or queries and/or provide any further information or documentation to POSA or the Ethic Panel to establish or prove the Athlete's eligibility under Rules 5.2.1 to 5.2.3.
- 5.4 An Athlete who has been entered to compete or competed on behalf of the Country or Territory of a Member in a National Representative Competition or in any Other Relevant Competition ("**the First Member**") shall not be eligible to represent another Member in a National Representative Competition ("**the Second Member**"), except as follows:
- A) if the Country or Territory (as applicable) of the First Member is subsequently incorporated in another Country that is or subsequently becomes a new Member, they may represent the new Member with immediate effect; or
 - B) if the Country or Territory (as applicable) of the first Member ceases to exist and the Athlete becomes a Citizen as of right of a newly formed Country ratified by treaty or otherwise recognised at international level that subsequently becomes a new Member, they may represent the new Member with immediate effect.
- 5.5 Athletes with refugee or asylum status with official permission to Reside in a Country or Territory of the Member (or in the parent Country of the Territory of the Member, where applicable) who by virtue of their status cannot meet the Citizenship requirements stated

in Rules 3.4, 3.6, 5.2.3 or 5.4 or reasonably be expected to do so within the waiting period, then the Ethic Panel has the discretion to waive or vary any of the requirements of Rule 3.4, 3.6 or 4 in circumstances that are deemed exceptional and in accordance with the Rules & Regulations provided always the Ethic Panel consults and obtains the input of the POSA.

6. Requirements to Compete in Continental/World Rankings Competitions

- 6.1 Rule 6 applies to Continental/World Rankings Competitions where an Athlete is not representing their Member Federation but rather is competing (POSA Flag). No Athlete may take part in Continental/World Rankings Competitions unless they:
- 6.1.1 are a member of a Club or a region affiliated to a member; or
 - 6.1.2 are themselves affiliated to a member; or
 - 6.1.3 have otherwise agreed to abide by the rules of a member; or
 - 6.1.4 have been granted special eligibility by the POSA to compete in that Continental/World Rankings Competitions as a Neutral Athlete, and have satisfied any conditions to such eligibility specified by the POSA; and
 - 6.1.5 for Continental/World Rankings Competitions at which POSA/WHEA is responsible for doping control, have signed an agreement in a form set by POSA by which they agree to be bound by the Rules and Regulations (as amended from time to time) and to submit all disputes they may have with POSA or a Member to arbitration only in accordance with these Rules, accepting not to refer any such disputes to any Court or authority which is not provided for in these Rules.
- 6.2 Members may require that no Athlete or Club affiliated to the Member may take part in a Continental/World Rankings Competitions in a foreign Country or Territory without the Member's written approval (Open categories). In such a case, no Member hosting a competition shall allow any foreign Athlete or Club of the Member in question to take part without evidence of such permit certifying that the Athlete or Club is eligible and permitted to compete in the Country or Territory concerned. Members shall notify POSA of all such permit requirements. To facilitate compliance with this Rule, POSA shall maintain on its website a list of Members with such requirements. This Rule does not apply to Neutral Athletes.
- 6.3 No Athlete affiliated to a Member Federation may be affiliated to another Member without previous authorisation from their Member Federation of origin, if the rules of that Federation require such authorisation. Even then, the Member Federation of the Country or Territory in which the Athlete is residing cannot enter any Athlete's name for competitions in another Country or Territory without previous authorisation from the Member Federation of origin. In all cases under this Rule, the Member Federation of the Country or Territory in which the Athlete is residing shall send a written request to the Athlete's Member Federation of origin, and the Member Federation of origin shall send a written reply to that request within 30 days. Both communications shall be by a means that generates an acknowledgement of receipt. E-mail that includes a receipt function is acceptable for this purpose. If the response of the Athlete's Member Federation of origin is not received within the 30-day period, the authorisation shall be deemed to have been given.
- 6.4 In the event of a negative response to a request for authorisation under Rule 6.3, which response must be supported by reasons, the Athlete or the Member Federation of the Country or Territory in which the Athlete is residing may appeal against any such decision to the POSA President .
- 6.5 Rule 6.3 only concerns Athletes aged 18 or over as of the 31st of December of the year in

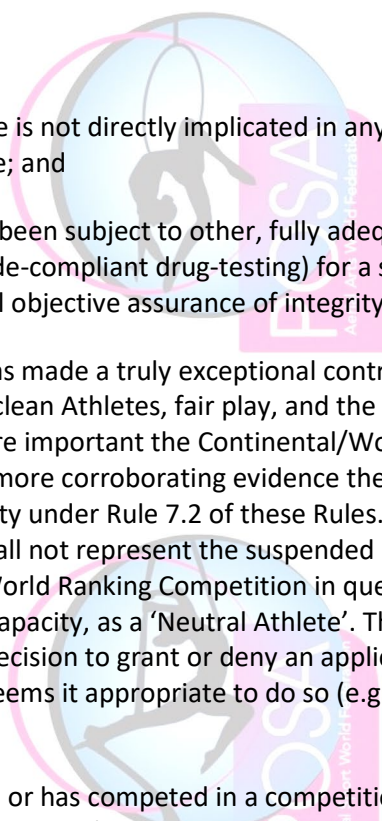
question. Rule 6.3 does not apply to Athletes who are not Citizens of a Country or Territory or to refugees'/asylum seekers or to Neutral Athletes.

7. Ineligibility for Continental/World Rankings Competitions

7.1 The following people shall be ineligible for Continental/World Rankings Competitions, whether held under these Rules or the rules of an Area Association (Club) or a Member:

Any Athlete, Athlete Support Personnel or other person:

- 7.1.1 whose Member Federation is currently suspended by POSA. This does not apply to national competitions organised by the currently suspended Member for the Citizens of that Country or Territory;
 - 7.1.2 who has been provisionally suspended or declared ineligible under the rules of their Member Federation from competing in competitions under the jurisdiction of that Member Federation, in so far as such suspension or ineligibility is consistent with these Rules;
 - 7.1.3 who is currently serving a period of provisional suspension from competition under the Rules & Regulations, or Ethic Panel's amendment or ruling ;
 - 7.1.4 who does not meet the eligibility requirements set out in these Eligibility Rules or the Regulations for the Implementation of Eligibility Rule 4 (Male and Female Categories);
 - 7.1.5 who competes whilst the subject of a transfer of allegiance application or waiting period issued pursuant to the Application Process Rule 5, letter J & rule 6 (Registration process), letter D of the Rules & Regulations;
 - 7.1.6 who has been declared ineligible because of a breach of the Anti-Doping Rules;
 - 7.1.7 who has been suspended, disqualified, banned or otherwise declared ineligible by the Disciplinary Tribunal for a violation of the Code of Conduct including the violation of any Rule deemed to be part of or incorporated into the Code of Conduct;
 - 7.1.8 who has been declared ineligible because of conduct specified in Rule 8 below.
- 7.2 Notwithstanding Rule 7.1.1, upon application, the President (or his delegate(s)) may exceptionally grant eligibility for some or all Continental/World Rankings Competitions, under conditions defined by the President (or his delegate(s)), to an Athlete whose Member Federation is currently suspended by POSA, if (and only if) the Athlete is able to demonstrate to the comfortable satisfaction of the POSA that:
- 7.2.1 the suspension of the Member Federation was not due in any way to its failure to protect and promote clean Athletes, fair play, and the integrity and authenticity of the sport;
 - 7.2.2 if the suspension of the Member Federation was due in any way to its failure to put in place adequate systems to protect and promote clean Athletes, fair play, and the integrity and authenticity of the sport:

- 
- A) the Athlete is not directly implicated in any way (knowingly or unknowingly) by that failure; and
 - B) they have been subject to other, fully adequate, systems (including fully WADA Code-compliant drug-testing) for a sufficiently long period to provide substantial objective assurance of integrity; or

7.2.3 the Athlete has made a truly exceptional contribution to the protection and promotion of clean Athletes, fair play, and the integrity and authenticity of the sport. The more important the Continental/World Ranking Competition in question, the more corroborating evidence the Athlete must provide to be granted special eligibility under Rule 7.2 of these Rules. Where such eligibility is granted, the Athlete shall not represent the suspended Member Federation in the Continental/World Ranking Competition in question, but rather shall compete in an individual capacity, as a 'Neutral Athlete'. The President (or his delegate(s)) may reconsider a decision to grant or deny an application for eligibility under this Rule 7.2 where it deems it appropriate to do so (e.g., if new facts or new evidence emerge).

7.3 If an Athlete competes or has competed in a competition when not eligible to do so under Rule 5 of the Eligibility Rule or/and the Rule 4, letter H (Selection Process) of the Rules & Regulations thereunder or any previous version of the Rules in force at the relevant time (or any Regulations thereunder), without prejudice to any other disciplinary action that may be taken under the Rules, the Athlete and any team for which the Athlete competed may be disqualified from the competition with all resulting consequences for the Athlete and the team, including the forfeiture of all titles, awards, medals, points and prize and appearance money.

7.4 If an Athlete competes (or an Athlete Support Personnel or other person participates) in a competition, whether held under these Rules or the rules of an Area Association or Member, whilst Ineligible (as defined in the Anti-Doping Rules) to do so under the Anti-Doping Rules, the consequences set out in the Rules therein shall apply.

7.5 If an Athlete competes (or an Athlete Support Personnel or other person participates) in a competition, whether held under these Rules or the rules of an Area Association or Member, whilst ineligible to do so under any other Rule, the period of their ineligibility shall recommence from the time they last competed as though no part of a period of ineligibility had been served.



8. Individuals subject to a declaration of ineligibility

8.1 Any Athlete, Athlete Support Personnel or other person:

- 8.1.1 who takes part or has taken part in a Pole & Aerial competition or event in which any of the competitors were, to their knowledge, suspended from participation or ineligible to compete under these Rules or any previous version of the Rules or any Regulations thereunder, or which takes place in a Country or Territory of a suspended Member;
- 8.1.2 who takes part or has taken part in any Pole & Aerial competition which is or was not authorised in accordance with Rule 2 of the Rules & Regulations;
- 8.1.3 who contravenes or has contravened these Eligibility Rules or the Transfer of Allegiance Regulations or the Neutral Athletes Regulations, or any previous version of those Rules or any Regulations thereunder;
- 8.1.4 who commits or has committed a breach of any other Rule in force at the relevant time or any Regulation thereunder;

may be declared ineligible under Rules 8.2 to 8.6 of these Rules:

8.2 In addition to any declaration of ineligibility or annulment of results, or if at any time it is found that either an Athlete or their representatives and/or Member Federation has been acting or, has acted against the letter or spirit of these Rules (including any Rules or Regulations prior to these Rules coming into force), then the POSA Executive Committee (or their nominee) reserves the right to apply a range of sanctions including but not limited to:

- 8.2.1 annulling any results obtained when the Athlete was not eligible to compete and making appropriate amendments to competition and other records to reflect the annulment(s);
- 8.2.2 issuing a warning to the Athlete and/or Member Federation;
- 8.2.3 imposing a fine on the Athlete and/or their Member Federation;
- 8.2.4 to suspend the affiliated Federation's right to apply pursuant to Article 5(J) and Article (D) of the Rules & Regulations for a specified period;
- 8.2.5 disqualifying the Athlete and declaring the Athlete's performance as invalid for non-compliance with these Rules with all resulting consequences for the Athlete, including the forfeiture of all titles, awards, medals, points and prize and appearance money.

8.3 The POSA Committee (or their nominee) may, if it considers it appropriate, announce, publish or otherwise communicate the reasons for any sanction applied pursuant to this Rule 8.

8.4 The POSA Committee (or their nominee) will in addition to acting under these Rules refer any potential breach of these Rules, by Applicable Persons, to the Ethic Panel.

8.5 Any potential breach of these Regulations by the Persons Concerned may constitute a breach of the Code of Conduct and, in addition to the measures taken under these Regulations, may be subject to investigation and disciplinary proceedings by the Ethics Committee in accordance with the Regulations on reporting, investigation and disciplinary proceedings (non-anti-doping) of the Disciplinary Code, the Code of Ethics and the Code of Conduct, as well as any proceedings under the Regulations of the Disciplinary Tribunal.

8.6 Any potential breach of these Rules (or any previous version of the Rules or Regulations) may also be referred to the relevant Member Federation and the Member Federation may be required by Pole Sport & Arts World Federation (POSA) to investigate and prosecute the matter as appropriate. If a Member Federation fails to investigate or prosecute such a referral or to deal with the matter in a way that is satisfactory to POSA, the International Federation may take appropriate action itself for the potential breach of these Rules.





Grip Products Appendix (Specific for Pole Sport & Pole Art)

Premise

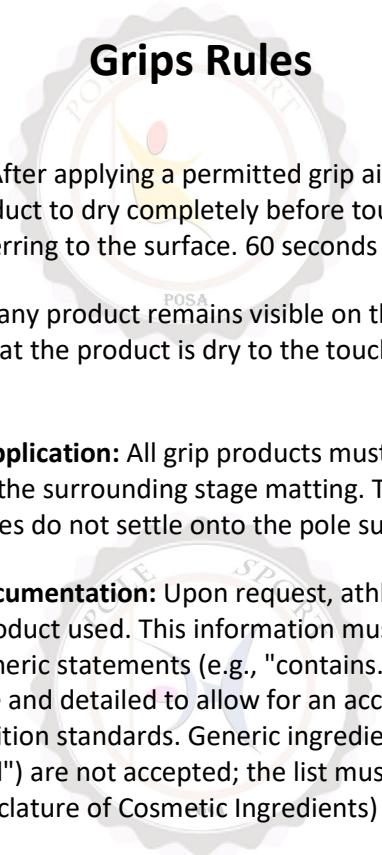
This new section will (partly) replace Section 11 of the Rules & Regulations, effectively changing the approach to the use of grips.

The rule stating that grips must not be applied to the pole, but only to the athlete's body, remains firmly in place and confirmed.

The clause 'All resin-based grips are prohibited' is **no longer applicable**, as these new findings have shown that it is the combination with other products that causes the pole to become saturated with material, making it almost impossible to clean in time for the next performance.

Athlete safety and competitive fairness are the pillars of the Pole Sports & Arts World Federation. To maintain these standards, all products used during competition must be compatible with 90° denatured alcohol for ease of removal. Because the pole surface is a high-contact interface, any lingering residues from previous applications can create unpredictable surface textures, potentially jeopardizing an athlete's grip and safety. Strict adherence to this removal protocol ensures that the pole is returned to its neutral, clean state before each performance.

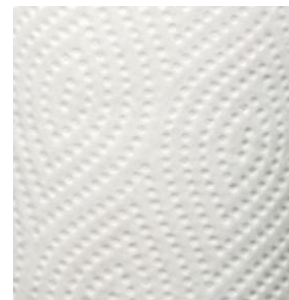
All grip products must be applied to the hands or body in moderate, controlled amounts, with the athlete taking full responsibility to ensure no residue is transferred to the equipment.



Grips Rules

- 1. Mandatory Drying Time:** After applying a permitted grip aid to the skin, athletes must allow sufficient time for the product to dry completely before touching the pole. This prevents "wet" residue from transferring to the surface. 60 seconds is the minimum drying time.
- 2. Verification of Dryness:** If any product remains visible on the skin, event staff reserve the right to request a verification that the product is dry to the touch before the athlete approaches the pole.
- 3. Mandatory "Off-Stage" Application:** All grip products must be applied away from the competition stage and off the surrounding stage matting. This ensures that any accidental overspray or excess particles do not settle onto the pole surface or the competition floor.
- 4. Mandatory Ingredient Documentation:** Upon request, athletes must provide the full list of ingredients for any grip product used. This information must be clearly indicated directly on the product container. Generic statements (e.g., "contains...") are not considered sufficient; the list must be exhaustive and detailed to allow for an accurate assessment of the product's compatibility with competition standards. Generic ingredient names (e.g., "thickener," "solvent," or "vegetable oil") are not accepted; the list must provide the specific chemical or INCI (International Nomenclature of Cosmetic Ingredients) name (e.g. "hydroxyethylcellulose")

5. **Impartial Cleaning:** Pole cleaners are provided by the Federation to ensure an impartial cleaning process. Cleaners are strictly mandated to use only 90° denatured alcohol and must ensure no external products are applied to the pole during the cleaning process.
6. **Venue-Specific Cleaning Exceptions:** In venues where the use of alcohol is prohibited due to fire safety regulations, cleaners are authorized to use only approved, non-flammable cleaning products specifically designed for professional pole equipment. The Federation will verify that these alternatives meet the same residue-free performance standards required for fair competition.
7. **Cleaning Material Standards:** The standard cleaning material is embossed paper towel. However, the athlete may request the use of a high-density microfiber cloth to achieve a deeper clean. To prevent cross-contamination from other products, all cloths must be purchased directly from the Pole Sports & Arts World Federation and must be handled exclusively by the appointed pole cleaner, the athlete, or their coach while on stage.
8. **Athlete Inspection:** Athletes are permitted to inspect the pole prior to their performance. Should any residues be identified, the athlete may request a second cleaning pass. The location of any noted residues will be recorded by officials to ensure the athlete does not incur unnecessary penalties.



Embossed paper towels



High density microfiber

Prohibited ingredients

Due to the high **safety risks** associated with surface contamination, some ingredients that have proven difficult to remove are strictly banned.

This list is subject to change at the Federation's discretion; it is **the athlete's and/or coach's responsibility to regularly verify the compliance** of any products used in competition.

Please note that this appendix overrides any other rule regarding grip, serving as the only valid guidelines on the subject, and therefore the rest must not be taken into consideration, as the content is subject to update.

- Acrylates
- Acrylates crosspolymer
- Beeswax
- c10-c30 acrylates
- Cera alba
- Cros polymer acrylates
- Crospolymer
- Isoparaffin
- Microcrystalline wax
- Paraffin
- Paraffin Wax
- Pine Gum Resin
- Pine Tar
- Styrene
- Vinyl Acetate
- Vinyl Copolymer

The organising authority may inform the Head Judge directly if an athlete is found in possession of such a product, or if such a product is found to be among the ingredients of the grip being used (or if the pole is found to be soiled with such a product), and the Head Judge will apply the disqualification.

Improvements made to the “Head Judge Penalties” section in Aerial & Pole Art.

The following penalties imposed by the Head Judge have been included in both Aerial Art and Pole Art:

- Interruption of performance for 2-10 seconds – 2 points maximum deduction
- Stop of performance more than 10 seconds -3 points maximum deduction (each time)
- 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 (Pole Art only)

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

- Using fire during the performance

The following penalties imposed by the Head Judge have been included in Aerial Art only:

Apparatus swinging

If an athlete intentionally swings hoop, silk or hammock She/he gets head judge penalty -5 points deduction each time, both the forward and backward oscillations (there and back) are considered. Swinging can lead to falling beyond the bounds of mats.

If the athlete lands outside the mat, an additional penalty of -3 points will be applied (in addition to those for swaying).

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.