

# Pole Sports & Arts World Federation

## Rules and Regulations



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# Rules and Regulations

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### **2- Definitions**

Athlete shall refer to the person invited to participate in the competition.

Category shall refer to the age groups and gender in each division.

Competition shall refer to all POSA approved competitions. Division shall refer to the level of difficulty of the competition. Document shall refer to this entire document.

POSA shall refer to the Pole Sports & Arts World Federation.

Organizer shall refer to the organizer of an POSA endorsed competition.

Routine shall refer to the athlete's programmed from the start to the finish and is to include spins, transitions, inverts, holds, poses, tricks, lifts, acrobatics, gymnastics, slides, climbs, catches, drops, splits and floor work.

PSWC shall refer to the Pole Sports World Championships

### **3- PSWC Rules**

#### **Categories**

- Junior A
- Junior B
- Seniors Women
- Seniors Men
- Masters Women
- Masters Men
- Doubles Senior
- Doubles Junior A
- Doubles Junior B
- Doubles Junior Mix

## Age Eligibility

Age eligibility for each category is determined by the athlete's age of the competitive year. **Everything is written and specify in POSA- Code of Points.**

- Junior A (Doubles also) – Ages 10-14
- Junior B (Doubles also) – Ages 15-17
- Seniors – Ages 18-49
- Masters 40+ – Age 40+
- Masters 50+ – Age 50+
- Doubles Senior – open age categories (18+, 40+, 50+)
- Double Junior Mix- one athlete must be Junior A (10-14), the other one must be Junior B (15-17)

## 4- Selection process

- A- Athlete's participation is by qualification.
- B- Athletes who have placed top 3 (three) in the Competitive category in an POSA endorsed national competition will automatically qualify, POSA may also invite by a special Wild Card, to compete, those athletes with a very high level but without the choice to compete in a national or international POSA competition, (Reserve athletes must apply under the same conditions to the PSWC by the given deadlines.)
- C- If one of the top 3 in each category, (or all), will not be able to take part in the PSWC, the national federation (organization), may contact the next ranked athlete (skipping down in the ranking). It is the task of the national federation (organization), to communicate with its qualified athletes and to promptly notify any changes to the POSA. This rule may be applied to the POSA Pole Art.
- D- If in one or more category of POSA national competition, the athletes are less than 3 (or there are no athletes in that category), the National Federation may decide to add (officially) the athletes who are missing to reach the number provided by the Work Plan, admitting athletes who did not take part in the competition, or who have a good technical level. In any case, the number cannot exceed that specified in the Work Plan. Any other information will however be specified in the Work Plan. This rule is valid only in the categories with less than 3 athletes. This rule may be applied to the POSA Pole Art.
- E- According to the organization, the number of participants for each category will be clearly specified in the Work Plan that each federation / athlete will receive
- F- Athletes from countries that do not have national competition will be allowed to participate at an open competition to qualify for the PSWC. The athlete with the highest score for their country will qualify to the PSWC and the athlete with the second and third highest score for their country will also receive a place at the PSWC.
- G- If the athlete cannot participate in any Open Competition, he or she will be able to apply it via video entry.
- H- Athletes must be in the correct age category (if the athlete enrolls in the wrong category, he/she will be disqualified by Head Judge).
- I- Doubles category: In case of injury or renunciation of one of the two qualified Doubles members, it is possible for them to replace the resigning athlete with a different athlete (all this must be communicated via email to the organization). POSA wants to give the opportunity to the Doubles athlete who has remained without a partner (but who is qualified by law), to compete in any case. If this is not possible, athletes must communicate as soon as possible, their renunciation to compete, to give way to Doubles number 4 in their national ranking, to be able to compete at the

World Championship. If no announcement is received by athletes or the National Federation within the established deadline, the National Team will no longer have the right to enter any other Doubles in the competition, replacing the renouncing Doubles. Deadline for all these communications will be specify in the Workplan.

- J- The athlete's starting order will be determined by a draw.
- K- All eligible athletes must compete in the preliminaries to win a place in the finals.
- L- Athletes are allowed one (1) performance in the preliminaries to win a place in the finals.
- M- The top athletes with the highest scores in each category will go through to the finals.
- N- The title of Pole Sports World Champion in all categories will be a lifetime title, unless a sanction has been placed on the athlete.

## **5- Application process**

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

All qualified athletes must:

- A- Fill in the application form (on line or Word doc). The link or the Word doc, will be provided in the application pack sent to each qualified athlete.
- B- Pay the application fee; which is nonrefundable. Application fees and payment details can be found on the application form.
- C- Send their music in mp3 format to the email address advised in the application pack by the given deadline.
- D- Send their Difficulty sheet at least 14 days prior to the PSWC. (Athletes may change their Difficulty sheets after the preliminaries and before the finals. The new form must be submitted directly to Chair of Judging Panel in the conclusion of the preliminaries. Please note: Handwritten forms will not be accepted.)
- E- Provide information about their legal gender. A copy of their birth certificate must be submitted upon request.
- F- All applications must be completed in English, not other languages are accepted.
- G- All athletes should be fit, healthy and not knowingly pregnant. Upon request the athlete may be required to produce documentation from a doctor as confirmation of good health and fitness level. All information will be held confidentially.
- H- All athletes wishing to use grip gloves are required to produce a written letter from their doctor confirming that the athlete suffers from hyperhidrosis (sweaty hands) or similar.
- I- All athletes must disclose if they have been previously disqualified from any POSA competition.
- J- Athletes may only compete in a National competition if they have citizenship and or permanent residency (minimum of 90 days of residency) in that country. In the case of dual citizenship, the athlete may only represent one country in the PSWC. Athletes wishing to change their country of representation must allow for one competitive year before the changeover.
- K- Applicants under the age of 18 may only apply for the competition by way of written permission signed by a parent or by a legal guardian. Documentation must be provided upon application
- L- Applications will not be fully processed without meeting all the above requirements by the given deadlines.
- M- The athlete who renounces to compete within 20 days before the competition, must provide within the date of the competition, the medical certificate certifying the injury suffered. Failure to send this document will result in disqualification of one (1) year from all POSA national and international competitions of Pole Sport & Pole Art.

## 6- Registration process

In the case of an athlete not presenting themselves to registration without a legitimate reason, the athlete will be banned from all POSA recognized competitions (including POSA- Pole Arts) all over the world for a period of one year. Names of banned athletes will be published on [www.posaworld.org](http://www.posaworld.org). Athletes may only cancel participation a maximum of 15 working days prior to the competition. Exceptions being medical reasons and emergencies in which medical documentation and proof of travel ticket must be provided to the Organizer for confirmation a minimum of one day prior to the competition. Athletes not showing on the day of registration due to an emergency will have a maximum of seven days after the competition has ended to provide necessary proof of documentation. No exceptions will be made, and the Organizer's decision can only be challenged by the POSA.

- A- All athletes must arrive and register at the time the organizer unless written permission is received.
- B- All athletes must purchase personal insurance (if there's no written the opposite in the official Work Plan) that covers them for the duration of the competition. This should start the day of the PSWC rehearsals and be valid during whole competition. If in the country of athlete's origin both a passport and an identity card are used, both should be brought with them.
- C- All athletes must bring their passport with one (1) photocopy of it to provide at registration (as it is written in the Work Plan).
- D- All athletes including doubles must provide proof of citizenship or residency of the country they are competing in (or representing in the case of an Open Championship) Athletes must be a citizen or resident of the country they are representing for a minimum of ninety (90) days prior to the preliminaries. Proof must be in the accepted form of the country, e.g. green card, passport, ID card, residency papers, etc.
- E- All athletes must sign a confirmation of the following at the time of registration:
  - I. Rules and Regulations were read and accepted.
  - II. The POSA Code of Ethics was read, accepted and the athlete agrees to behave in a manner befitting a professional sports person.
  - III. All expenses incurred by the athlete are the responsibility of the athlete and not the organizer.
  - IV. Waive all image rights and agreement that the images can be used for promotion of pole sports around the world. Athletes will not receive any compensation for photos and videos taken during the event.
  - V. To be interviewed, filmed and or photographed by the media.
  - VI. To take part in antidoping testing in accordance to the WADA Code.
  - VII. To enter the PSWC at their own risk. Any injuries or accidents that may occur are the responsibility of the athlete and not the organizer.
  - VIII. To respect and follow rehearsal and performance times.
  - IX. To wear their national tracksuit always except for during their performance.
  - X. To be present at the medal ceremony unless a medical emergency has occurred.

## 7- Costume and tracksuit

Costumes must be appropriate for competitive athletic sports. **Everything is written and specify in the POSA-Code of Points.**

Costumes must not include:

- Underwear.
- Swimwear or bikinis.
- Transparent clothing that does not cover the breast, pelvis and buttocks.
- Leather, latex, PVC or rubber.
- Jewelry or piercings of any kind ex.
- Anything that interferes with the performance or can be considered a health and safety issue.
- Body paint or oil on any part of the body. Make up and embellishment may be worn on the face.
- Props such as hats and canes and anything that is not considered attached to the costume, except for cuffs/wristbands.

It is expressly forbidden to perform in anything other than sporting attire and costumes must not be intentionally removed. Failure to adhere to these rules may result in disqualification.

**National flags** must be worn while competing.

They can be a maximum size of 2 cm x 4 cm. They must be sewn on the left or right side of the costume at the hip or on the top of the costume (chest or shoulder).

You can see below some examples:



*Hips flag*



*Shoulder flag*



*Chest flag*

All athletes should have tracksuits according to the following requirements:

- Tracksuits must include: matching trousers (leggings are allowed on stage), t-shirt/ tank top and a jacket.
- Tracksuits must have the name and/or logo flag of nation represented by the athlete. The name of the country must be written on the tracksuit and t-shirt/tank top.
- One individual sponsor's logo might be worn on the jacket and up to ten (10) sponsor logos may be worn on the t-shirt/tank top. The size of the logos cannot be more than 10x10cm.
- National teams must ensure all athletes have the same matching tracksuits. National federation logos can be worn. The size of the logo cannot be more than 10x10cm.

You can see below some examples:



## 8- Grips

Any grip product can be used except for the banned list below. Please be advised that NO products are to be applied to the pole. Grip aids may only be applied to the athlete's body. The following grip aids are prohibited:

- Stickum.
- Rosin.
- Dance pitch.
- Gorilla Grip.
- Any form of spray.

Athletes can use **magnesium** with extreme caution, but they must be careful not to leave it on the stage, because it could be dangerous for the next athlete.

Athletes may clean the poles themselves if they prefer but must use the cleaning products provided by the organizer.

**Grip gloves may only be used with medical documentation.**

## 9- Prizes

- At the PSWC the athlete(s) compete for the title of Pole Sports World Champion 20XX.
  - A- The winner from each category will receive a gold medal.
  - B- The first and second runner up will receive a silver and bronze medal respectively.
  - C- All other athletes will receive a certificate of participation.

**Cash or other gifts may be given by way of endorsements or sponsorships. Warning: Cash may be given to any athlete (top 3) for placing in an POSA competition, only if the organization is able to do that, and first, after a special Executive Committee decision. Endorsements or sponsorships cannot be given to one specific age or gender category; they must be given to the entire competitive category or not at all. E. g. all first-place winners of each Competitive category could receive a sponsorship prize. All sponsorship agreements offered in relation to athletes must be announced by the Organizer before the competition, as soon as possible after the agreement has been made and before the finals of the competition begin.**

## 10- Rights and Responsibilities of the Athletes

- A- All athletes must read the rules, regulations and any updates (Work Plan).
- B- All athletes must conduct themselves in accordance with the POSA rules & regulations and Code of Points and Code of Ethics.
- C- Athletes under the age of 18 should have an approved chaperone (parent/authorized legal representative/coach) with signatory authority.
- D- All athletes are obligated to carry health insurance and identification documents to the competition.
- E- Each athlete must compete with the same gender except in the case of doubles and if a category is mixed.
- F- Athletes must be backstage two athletes prior to competing.
- G- Athletes must start off stage and wait to be announced before walking out on to the stage.
- H- All athletes are fully responsible for their personal health condition and ability to compete. To avoid injury, all athletes must not undertake elements they are not fully confident and secure in.
- I- All athletes enter the PSWC at their own risk and understand that any injuries or accidents that may occur are the responsibility of the athlete(s).
- J- Use of alcohol or banned or controlled substances before or during the competition is strictly prohibited.



- K- All athletes must agree to take part in antidoping testing in accordance to the WADA Code. All athletes must sign the POSA/WHEA anti-doping program at least 3 months before the competition. Without the agreement signed, they can't take part to the competition. For signed the agreement, please use this link: <https://www.posaworld.org/anti-doping/>. For a list of prohibited substances please see [www.wada.com](http://www.wada.com). Failure to supply a sample when requested will result in the athlete being disqualified from the competition, a loss of any title won and the possibility of a ban from further POSA competitions.
- L- All expenses incurred by the athlete are the responsibility of the athlete and not the Organizer. Confirmation of this will require a signature at the time of registration.
- M- All athletes are required to purchase the relevant visa for entry into the country where the PSWC is being held. If the athlete requires assistance, please contact: [contact@posaworld.org](mailto:contact@posaworld.org).
- N- All athletes have the right to receive all available public information regarding the scoring system or to the competition in general which can be found on the POSA website; [www.posaworld.org](http://www.posaworld.org).

## **11- Rights and Responsibilities of the Organizer**

The POSA reserves the right to the following:

- A- To alter the rules and regulations of the competition or its attachments at any time. Any change will be announced immediately on [www.posaworld.org](http://www.posaworld.org).
- B- To refer to the Head Judge any athlete in breach of the rules and regulations or Code of Ethics for the consideration of penalties or disqualification.
- C- To refer to the Head Judge any judge in breach of the rules and regulations or code of ethics for the consideration of disqualification.
- D- To decide on any decisions not already addressed in the rules and regulations and code(s) of ethics prior to or during the PSWC.
- E- The POSA will provide basic first aid in the case of an incident or accident and medical assistance in the event of a more serious injury. The medical representative has the final decision on whether the athlete's injury should prevent them from entering or continuing the competition.
- F- POSA cannot be held responsible for loss or damage to athletes' or officials' items.
  - a. The POSA is obligated to:
    - G- Publish all competition criteria stated in chapter 2 of rules and regulations.
    - H- Announce all changes regarding the competition on the website.
    - I- Provide rooms for athletes to change and warm up in with toilet facilities which are separate from those being used by judges and spectators
    - J- Provide a separate area for youth athletes to change in or a fixed time slot for the changing rooms to be for their sole use.
    - K- Check the installation of the poles and test them.
    - L- Give athletes a chance to practice with the poles before the start of the competition.
    - M- Arrange the cleaning of the poles before each performance.
    - N- Provide the judges with all necessary information concerning the competition.
    - O- Provide interim first aid in the case of an incident or accident.
    - P- Provide anti-doping testing in accordance to the WADA Code ([www.wada.com](http://www.wada.com)).

## **12- Medical and Doping Regulations**

### *Sanctions with Doping:*

In the case of a positive result or the refusal of doping control, the following penalties shall apply as final:

- A- An athlete with a positive out of competition test is automatically suspended for the rest of the championships and no replacement for him/her is allowed.
- B- The points of a team obtained with a doped athlete are not valid.
- C- An athlete with a positive test shall be suspended from all POSA competitions for a period outlined in the WADA Code.
- D- A positive result for anabolic steroids will result in suspension from all POSA competitions for a period of four years. A doped athlete shall not be awarded a medal.
- E- In all positive doping cases, the recommendations of WADA shall have precedence over any disciplinary action by the POSA.
- F- Athletes with a positive doping test may have previously won titles removed from them

## **13- Judging**

- A- Judges are forbidden to alter the scores after the score sheets are collected.
- B- For appeals and complaints procedures see chapter 13.
- C- Once judging has finished and all immediate appeals and complaints have been processed, no scores or discussions can be made to alter the final ranking results. See chapter 13 on system of complaints and appeals.
- D- Scores from preliminaries and finals are not added together.
- E- Score sheets are to be collected after each athlete's routine.
- F- Judges must not talk to each other or confer during an athlete's routine. The judges may converse when the routine is over, however it should not be about judging.
- G- Only the D-Judges can talk to each other in the end of the routine for a comparison of the scores
- H- Judges requiring assistance must raise their hand. They may only talk to the head judge in between routines.
- I- Judges must be separated from the athletes and spectators always.
- J- Judges and athletes will be disqualified if they are found discussing any matters together at any time during the competition.
- K- Judges must not leave their seat at any time unless with the permission of the head judge or if they should fall ill, in which case the reserve judge would be required to take the position.
- L- Judges must be seated in a position with the best viewpoint and at a distance from the audience.

## **14- System of complaints and appeals**

- A- Athletes may lodge an appeal regarding their scores within 5 minutes (if it is not specifying differently in Work Plan) of the athletes' personal scores being announced in accordance with the POSA scoring appeals procedure.
- B- In each competition, the organization will send to each athlete, the Work Plan, with all the information about the Appeals System.
- C- Further complaints must be made within 7 working days.
- D- For more information please contact [contact@posaworld.org](mailto:contact@posaworld.org).