



[www.USPSFCompetitions.com](http://www.USPSFCompetitions.com)

**USPSF is proud to present:  
Championship Weekend 2024  
Workplan**

# **USPSF National Championships**

**August 23-25, 2024  
Tucson, Arizona**

# Officials and Organizing Committee

## Official USPSF Contact Information

President	Katrina Wyckoff	<a href="mailto:president@usapolesports.org">president@usapolesports.org</a>
Vice President	Odette Tan	<a href="mailto:vp@usapolesports.org">vp@usapolesports.org</a>
Pole Athlete Chair	Sarah "Gogo" Samuelson	<a href="mailto:athletechair@usapolesports.org">athletechair@usapolesports.org</a>
Aerial Athlete Chair	Susan Stevens	<a href="mailto:aerialathletechair@usapolesports.org">aerialathletechair@usapolesports.org</a>

Official USPSF Webpage: [www.uspsfcompetitions.com](http://www.uspsfcompetitions.com)

POSA Webpage: [www.posaworld.org](http://www.posaworld.org)

Facebook: [US Pole Sports Federation](https://www.facebook.com/USPoleSportsFederation)

Instagram: [@uspolesportsfederation](https://www.instagram.com/uspolesportsfederation)

# Competition Information

## Running Order and Schedule

USPSF will make the running order of the competition after the deadline for athlete applications (July 20) has closed. USPSF reserves the right to change the schedule based on registrations to ensure the best running of the competition.

<b>Thursday, August 22</b>	
Early Afternoon	Registration and Competition Meeting (mandatory for pole competitors)
	Stage Rehearsals for Pole Athletes
<b>Friday, August 23</b>	
8:30 am	Pole Art America Championships
Afternoon	US Pole Sport National Championships
<b>Saturday, August 24</b>	
Early Afternoon	Registration and Competition Meeting (mandatory for aerial competitors)
	Stage Rehearsals for Aerial Athletes
Evening	US Aerial Art National Championships (potential)
<b>Sunday, August 25</b>	
8:30 am	US Aerial Art National Championships
	US Aerial Sport National Championships

## Registration

Athletes must do their registration on the website:

<https://USPoleSportsFederation.as.me/NationalChampionships2024>

### **Registration by July 5, 2024**

\$150 per athlete in an Individual category

\$125 per athlete in a Doubles category

\$100 per athlete in a Group category

\$35 per human prop and coach

**All athlete registration prices increase by \$25 from July 6 – July 20, 2024**

Athletes registered to compete will also receive a pass to watch the competitions. Please come and support the other athletes when possible.

### **Insurance**

POSA Technical Regulations stipulate that all participating athletes must assume all costs concerning medical insurance (illness and accidents). The USPSF will verify the validity of the insurance (policy insurance) during the submission of competition items.

Athletes entering the USPSF CHAMPIONSHIP WEEKEND without valid medical insurance will be disqualified.

### **Rehearsal information**

Rehearsals are on Thursday, August 22 for pole competitors and Saturday, August 24 for aerial competitors. Each athlete will be sent the rehearsal schedule shortly after registration closes. Rehearsals will be located in the warm-up room and at the competition stage. Access to these areas will only be granted to the athletes wearing the Athlete ID card and only during the times reserved for their rehearsal.

Stage rehearsals will be without music playing over speakers. For athletes entering multiple competitions, music may be played to verify the correct music. Each athlete will have between 2 to 5 minutes to rehearse on the stage.

### **Access to the Competition Area**

The competition area encompasses the stage and its immediate surroundings, including the judges' tables, official photographers, and video team. The goal is to minimize disruptions for athletes, judges, photographers, and other officials, ensuring a smooth and safe event.

Registered athletes and coaches will have access to these controlled zones. ID cards, given at registration, must be visibly worn throughout the whole event, are non-transferable, and necessary to access the warm-up and competition area.

The competition area is strictly forbidden to all other people.

The use of any electronic equipment (video, mobile phone, etc.) is strictly prohibited in the competition area. If a mobile phone or any other electronic communication device is used in the competition area during the entire competition, the person in question (athlete and/or coach) will be immediately removed. The athlete will not be scored and is not permitted to compete in the remaining competitions. If a coach violates this rule, all of his or her athletes will be expelled.

Professional photographing and filming of the performances are under written permission from the organizing committee.

### **Pole & Aerial Apparatus**

The pole competition stage will have two 13 ft tall, 45 mm stainless steel X-Poles. There will be several X-Pole 45mm stages available in the warm-up room.

Aerial equipment provided by USPSF:

- The aerial hoop will be a single tab and have an inside diameter of 95 cm. The diameter of the hoop tube is 24 mm.
- The aerial silks will be white with medium elasticity and approximately 24 ft long. There will be an additional 24 ft long black silk option with low stretch.

Aerial athletes may bring their own silk or hoop for the competition provided that they meet the requirements as listed in the Aerial Code of Points. Carabiners and swivels will be provided by the USPSF. The USPSF will not be responsible for the loss or misplacement of their own equipment.

The stage floor is a flat black, tongue and groove; soft wood on hardwood. The stage width is 48 feet, the stage depth is 28 feet, and the truss height is 25 feet.

### **Regulations**

USPSF Championship Weekend will take place under the following regulations:

- The current Codes of Points issued by the POSA
- The current POSA and USPSF Rules & Regulations
- WADA International Regulations
- The POSA Antidoping Rules
- The current POSA General Judges' Rules (Code of Ethics)

Documents, including Difficulty sheets, can be downloaded at the links below:

<https://uspsfcompetitions.com/documents> and <https://www.posaworld.org/documents/>

## Communication and Submission

All group announcements and private correspondence will be by email. Each athlete is responsible for checking his/her email promptly and for providing USPSF with his/her correct email address. Failure to check email is not an excuse for missing deadlines or announcements.

Athletes agree to submit required documents and music on time and with the correct file name. **Failure to submit will result in points deducted from the overall score.**

If you need help, please contact us at [athletechair@usapolesports.org](mailto:athletechair@usapolesports.org) or [aerialathletechair@usapolesports.org](mailto:aerialathletechair@usapolesports.org) **before** submissions are due so we may help with any technical difficulties.

USPSF Competitors 2024 WhatsApp for general communication:



## List of Difficulty Elements

For POLE SPORT and AERIAL SPORT Competitions ONLY: Athletes must submit their Difficulty Sheet by August 5, 2024, to <https://forms.gle/WRwLW5F4RvepZXxN9>

To limit printing problems, we will accept Difficulty Sheets in PDF format only. Each file will have to contain the following information:

- The name of the nation (official abbreviation of the country);

- The first and last name of the competitor(s);
- The category;
- The competition;
- **Example: USA\_Chloe\_Walther\_Masters50Women\_AerialHoop.pdf**

**USPSF requires that any athlete who changes something in the declaration of the elements must bring 8 copies of their new Difficulty Sheets one hour before the Sport competition begins.**

### **Concept**

Optional for ART Competitions: Please send us the theme, concept of your intended routine, and props through the Concept Form. Athletes must send their Concept Form by August 5, 2024, to <https://forms.gle/WRwLW5F4RvepZXxN9>.

### **Music**

We accept music in an MP3 format only. All music used during the USPSF CHAMPIONSHIP WEEKEND 2024 must be submitted online. Athletes must send their music by August 5, 2024, to <https://forms.gle/WRwLW5F4RvepZXxN9>.

Each music file will have to contain the following information:

- The name of the nation (official abbreviation of the country);
- The first and last name of the competitor/s;
- The category;
- The competition;
- The length of the music;
- **Example: USA\_Chloe\_Walther\_Masters50Women\_AerialHoop\_3min30s.mp3**

In addition, competitors need to bring their music to the venue on the competition day on a USB stick as a backup.

### **Scoring and Distribution of Results**

Once the competition has finished, the results will be posted on the USPSF website.

Following the competition, athletes can receive feedback from the Head Judge and review the Difficulty Sheets. The Head Judge may permit review of the Art and

Execution sheets but the athlete cannot photograph them. Violations of this regulation will result in "disrespectful behavior toward the jury and the head judge."

After the competition, athletes can request feedback via email to [michelle@usapolesports.org](mailto:michelle@usapolesports.org) within one week (September 1, 2024). After this period, no further comments can be requested.

### **Awards Ceremonies**

The ceremonies will take place at the competition venue. All athletes in that competition must be present and on stage for the award ceremony.

### **Doping control**

Any doping is prohibited. Athletes can be tested for doping at any time and without prior notice under POSA regulations. Anyone found to be doping may be disqualified according to POSA Rules & Regulations & POSA Code of Points.

**Athletes must have a competition WHEA/POSA license and an authorized anti-doping contract.** More information can be found at <https://www.posaworld.org/anti-doping>.

### **Medical services**

Please see USPSF's Emergency Preparedness Plan regarding necessary medical services.



# The Jury

## Jury Composition

- 1 Head Judge fixed by draw
- 2 Difficulty Judges fixed by draw
- 3-5 Artistic Judges fixed by draw
- 3-5 Execution Judges fixed by draw

## Inquiries Procedure

Inquiries regarding the difficulty scores will be allowed if they are made verbally **immediately** after the publication of the score or no later than the completion of the following athlete's routine (4 minutes). For the last athlete of a rotation, this limit is one minute after the score is shown on the scoreboard.

The person designated to receive the verbal inquiry (who shall be introduced at the Competition Meeting) will note the time of receiving it and will start the procedure. Only accredited coaches present in the competition area will be able to submit an inquiry.

**Late verbal inquiries will be rejected.**

The inquiry will be confirmed in writing within 4 minutes after the verbal inquiry and will require a payment of **\$150** for the complaint. Should the inquiry not be confirmed in writing within 4 minutes, then the procedure will become obsolete.

Every inquiry will be examined immediately by the **Superior Jury** and a final decision, which may not be appealed, will be made at the end of the rotation or the end of all-around competitions. Should the inquiry prove correct and be accepted, this sum will be reimbursed.

## Tie Breaking Rule

See the POSA Code of Points in case of a tie at any position at the end of competitions.

# Event Information

## Competition Venue

### Edward B. Berger Performing Arts Center

1200 W Speedway Blvd, Tucson, AZ 85745

<http://www.bergercenter.com/>

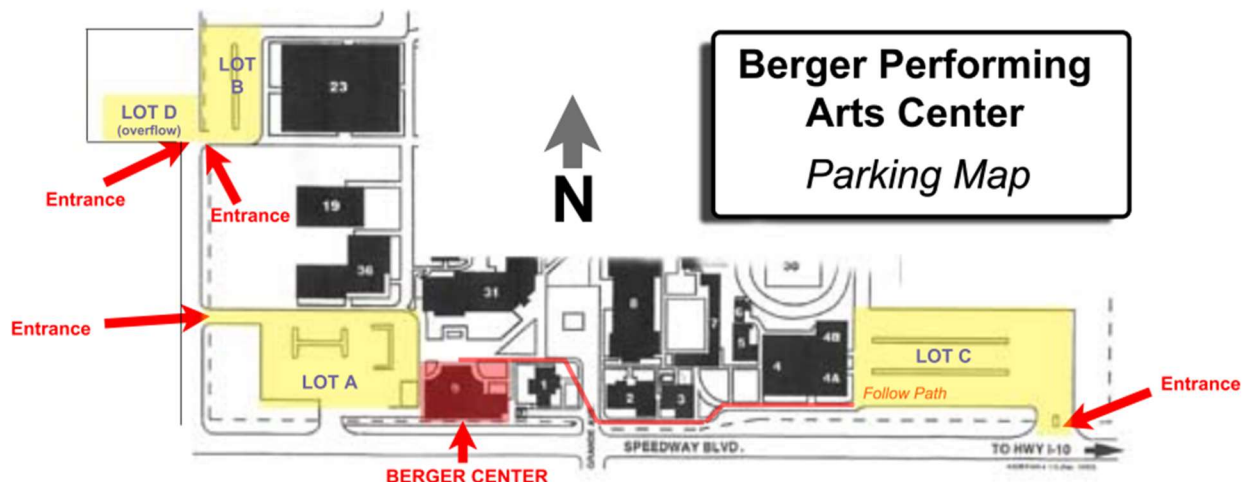
## Hotels in the Area

- [Hotel Congress](#)
- [The Leo Kent Hotel](#)
- [Country Inn & Suites](#)

There are also many other hotels in the vicinity.

## Transportation

The Berger Performing Arts Center is located on the Tucson campus of the Arizona State Schools for the Deaf and the Blind (ASDB), about a mile west of Interstate 10 on the north side of Speedway Blvd. The Berger Center is the largest building visible on the ASDB campus, located slightly west of Grande Avenue and close to Speedway Blvd. To get to the parking lot lettered A on the parking map, head to the west end and turn north on Yucca Street.



The Tucson International Airport is only a 20-minute drive from Berger Performing Arts Center. Six airlines fly nonstop to/from Tucson International Airport (TUS). Seven car rental companies have counters and cars in the Rental Car Center just outside the east exit of the main terminal. Taxi cab companies, [hotel and resort shuttles](#), Lyft, Uber, and Turo are available for ground transportation to/from the airport and around Tucson.

### **Tickets for Spectators**

Tickets for spectators can be purchased starting August 1 at <https://USPoleSportsFederation.as.me/>. Ticket prices and more information will be included at that time.

### **Local Training Studio**

All athletes participating in competitions who wish to train during Championship Weekend can train at these facilities. Please contact the studio for booking or studio rental. Additional aerial studios are in the area also and may be available upon request.

### **Vertica Fitness Tucson**

3957 E. Speedway Blvd. #201 and 202  
Tucson, AZ 85712

2 Classroom set-ups of 12-foot Lupit poles in a mix of stainless and brass.

<https://www.verticafitness.com/>

Phone: (520) 216-7651

### **Vertica Fitness Oro Valley**

1335 W Lambert Ln #115  
Oro Valley, AZ 85737

Classroom set up of 13-foot Lupit poles in a mix of stainless steel and brass.

Competition set up of 2 stainless steel poles 9 feet apart.

Aerial Silks and hoop rig points are available at 14 feet. Please bring your own apparatus.

[Orovalley@verticafitness.com](mailto:Orovalley@verticafitness.com)

Phone: 520-977-5963

## Deadlines Checklists

### Competitors:

- The deadline for all athlete's EARLY registration is on July 5, 2024
- The deadline for all athlete's registration is on July 20, 2024
- The deadline for the Difficulty Sheet, Concept Form, and Music is August 5, 2024. **Failure to submit will result in points deducted from the overall score.**
- Bring your music on a USB stick as a backup
- Bring your insurance

## **Emergency Preparedness Plan**

The following is our Emergency Preparedness Plan; which will be fully developed specific to our competition venue and published on the USPSF website the week of the competition weekend. Written copies will also be made available in the reception area.

### **Contacts**

This section will include:

- A list of contacts with their roles and responsibilities. This will include who is the point person who will receive and communicate emergency alerts and warnings to others.
- Process or point person for sharing information with relevant groups of people in their preferred language.
- Where each USPSF committee member will generally be located within the venue so that others can find should staff members need to be contacted.
- A floor plan of the competition venue and competition-specific areas.

### **Evacuations**

This section focuses on courses of action to evacuate the competition venue and area.

USPSF staff will discuss and determine with the competition venue representative:

- Where to safely move competitors and visitors through an evacuation route to designated assembly area(s). This may include alternative evacuation routes if the primary evacuation route is unusable.
- How to evacuate individuals with disabilities and others with access and functional needs.
- Designated shelter-in-place locations, including potential areas if competitors are outside of the competition area.
- Locations of fire extinguishers and smoke alarms within the competition venue. A map will be provided with the locations of fire extinguishers.

### **Communications and Warning**

This section includes communication and coordination during emergencies and disasters as well as communication of emergency protocols. USPSF staff will provide the following:

- News agencies for visiting competitors to learn about the weather, other local disasters, and emergencies.
- How the competition venue contacts police, fire, and emergency medical services.
- How the USPSF will communicate with competitors and audience members before, during, and after an emergency. Methods may include phone, email, text, app notifications, social media, or other communication methods.
- How the USPSF will communicate to competitors as the emergency impacts the competition schedule.

### **Health and Medical Emergencies**

This section describes the courses of action that the USPSF will implement to address medical emergencies. USPSF will coordinate these efforts with the appropriate emergency medical services, law enforcement, fire department, and other emergency representatives. USPSF will determine the following:

- Designated person(s) who will be providing initial first aid during an emergency. These person(s) will be easily identifiable with a uniform and will promptly share and report information and medical situations to the local health department.
- List of additional staff who have relevant training or experience, such as in first aid or CPR.
- With coordination from the competition venue, ensure emergency medical supplies (eg. First aid kits, AEDs) are located within the competition area. A map will be provided of these locations.