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# Guidelines, Rules & Regulations



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## Athlete Requirements

All athletes must meet the following conditions:

1. The minimum age of all athletes is 6 years old.
2. Athletes who are citizens of the United States and/or have permanent residency (at least one year) in the US are eligible to compete. Athletes with dual citizenship are only permitted to represent one country. All Athletes from outside the USA must compete in the International Open category. Athletes must present a valid identification document for their country (e.g. Passport, an ID card).
3. Minors must show a legal guardian's ID and a parent consent form for authorization.
4. Athletes must prove that they have valid health insurance during the competition dates.
5. Athletes should be healthy, fit, and not pregnant. The athlete may be asked to provide medical records at USPSF's request as proof of their health and level of fitness. All information will be kept private and confidential.
6. All competitors **MUST** have read and accepted the Rules and Regulations of this competition and sign that they have read and understood all rules.
7. Athletes must sign an anti-doping contract before the competition and participate in anti-doping testing under the WADA code.
8. Before and during the entire competition, competitors are not allowed to do any of the following: drink alcohol, take or use any substance that alters mind consciousness, take or use any forbidden stimulants such as steroids, etc. Any violation of these rules will immediately disqualify the competitor.
9. Registration is when you submit to be a part of a USPSF Competition. **ALL registration fees are non-refundable** regardless of ANY medical issues or other reasons that may arise after the decision to apply has been made. Athletes will sign that they understand this rule regarding the fees.
10. Athletes may not train with or talk to judges about the competition after the judges have been selected. Failure to abide by this rule will result in disqualification.



## **Divisions and Categories**

### **Competitions**

- Aerial Hammock (Sling) Sport
- Aerial Hammock (Sling) Art
- Aerial Hoop Sport
- Aerial Hoop Art
- Aerial Silks Sport
- Aerial Silks Art
- Flying Pole Art
- Pole Sport
- Pole Art

### **Divisions**

- Amateur
- Competitive
- Para Athlete

### **Age Categories (Men and Women)**

The athlete's year of birth determines age eligibility in the competitive year.

Example: An athlete born in 2010 will compete in Junior B ( $2026-2011=15$ ).

- Varsity (6-9 years)
- Junior A (10-14 years)
- Junior B (15-17 years)
- Junior A Doubles, Junior B Doubles, Double Junior Mix
- Varsity Trio, Junior A Trio, Junior B Trio
- Senior (over 18 years)
- Senior Men Mix (over 16 years)
- Masters 40+ (over 40 years)
- Masters 50+ (over 50 years)
- Senior Doubles, Senior Doubles Mix
- Trio Senior for Pole Sport Only
- Group Mix, 3-6 members (over 15 years) for Pole Art only

**Athletes competing in one of the aerial apparatuses (Hoop, Silks, and Hammock) in the Competitive or Amateur division must also compete in the same division in the other two, with no exceptions.**

**Flying Pole: Athletes who compete in the Pole Sport Amateur or Competitive category are required to compete in the same category using this apparatus.**



**The USPSF reserves the right to move competitors from the Amateur division to the Competitive division if that athlete is better qualified for that division. Athletes who previously competed in a Competitive division may not apply to the Amateur division.**

## **Rules and Regulations**

**Athletes must fully read their Competition's required documents.**

- All competitors must read the USPSF Rules and Regulations and POSA Rules and Regulations, Policy and Procedures for Safeguarding and Protecting Participants, and Code of Conduct documents.
- All competitors must read the Work Plan provided for each competition.
- Pole Sport athletes must fully read the POSA Pole Sport Code of Points.
- Pole Art athletes must fully read the POSA Pole Art Rules & Regulations.
- Aerial Hammock (Sling), Hoop, and Silk Sport athletes must fully read the POSA Aerial Hoop and Silk Code of Points.
- Aerial Hammock (Sling), Hoop, Silk, and Flying Pole Art athletes must fully read the USPSF Aerial Art Rules & Regulations.

### **Conduct:**

- Athletes must engage in proper conduct at all times while involved in the competition.
- No nudity, no G-strings or thongs, and no pasties are allowed. Violation of this requirement will lead to immediate disqualification.
- No explicit language is to be spoken on stage at any time.
- No bullying, disrespect, or defamation of any other contestant will be tolerated either on stage or backstage.
- Excessive touch or rubbing of intimate body parts is not permitted in this competition. This is a very subjective area, and the committee will be happy to review any concepts in which you may need to include this type of movement to express your theme.
- Athletes may not be under the influence of drugs or alcohol at any time during the competition.



- Athletes agree to submit required documents, music, videos, and payments on time. Failure to do so will result in points deducted from the overall score or disqualification.
- Athletes agree that all formal 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. Submit all inquiries to [athletechair@usapolesports.org](mailto:athletechair@usapolesports.org) (pole) or [aerialathletechair@usapolesports.org](mailto:aerialathletechair@usapolesports.org) (aerial).
- Group announcements will be made via email.
- Failure to check email is not an excuse for missing deadlines or announcements.
- Respect and follow rehearsal and performance times.
- All competitors must be present at the medal ceremony of their competition, regardless of placement.
- Athletes who display unprofessional behavior via social media will also be disqualified from competing with the USPSF.
- Defamation, whether public, private, or online of fellow competitors, judges, the USPSF, or the POSA World Federation will not be tolerated. This behavior is grounds for immediate disqualification and future sanctions by the USPSF.

## Themes

Olympic athletes represent a global community with various views, values, and lifestyles, and the Olympic Movement aims to promote respect for diversity by cultivating an understanding of these different views. The neutrality of sport and its separation from political, religious, or other forms of interference are important. Therefore, themes should not discriminate against people based on their gender, race, age, creed, religion, sexual orientation, physical or mental impairment, or political beliefs.

USPSF intends to adhere to the Olympic Charter's regulations for all its events, including in Pole and Aerial Art.

**If you are concerned that your routine could include any of these themes, please submit a Concept Form as part of registration, and be prepared to defend this concept with the USPSF Ethics Committee.** Examples include:



- Political views: Is this something we vote on? Does this cause big feelings during an election?
- Are you dressing up or acting like someone from a different culture?
- Can you think of someone whose feelings would be hurt by your concept?

If the USPSF Ethics Committee determines that your concept contains any of these themes, the committee will ask you to choose a new theme.

## Music

- Radio edits only. No explicit lyrics are allowed in music.
- Contestants are responsible for the correct settings of the music. USPSF cannot edit audio files or adjust the volume or background noise from the file.
- Music can be original mixes or combinations of several songs and may contain lyrics.
- Penalties may be incurred if the music requirements are not met.

## Props

**Props are allowed in Aerial Art and Pole Art.**

### Prohibited:

- Actual or realistic-looking weapons of any kind
- Liquids of any kind
- Glass
- Sand/ Glitter
- Sharp implements of any kind (knives, scissors, etc.)
- Fire
- Props may not leave a residue or mess onstage
- Props that can be used as a fully or partially weight-bearing apparatus (e.g., pole silks)

## Photography & Video

All athletes confirm by taking part in USPSF events that they waive all image rights and will not receive any compensation for photos and videos taken during the event.



All photo/video material will remain the property of the USPSF, and competitors explicitly agree that all footage and photos can be used by USPSF for promotional, advertising, and commercial purposes indefinitely.

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

## Judging

The competitor with the highest number of points will win 1st place, with 2nd and 3rd place awarded in descending order.

The USPSF reserves the right not to broadcast or share any routine if it appears the competitor is showing a health or safety concern or has violated any rules or regulations listed above.

***The decision of the judges is final.***

## Contact Info

Any questions, comments, and concerns on all required athlete submission materials/info must be sent to: [athletechair@usapolesports.org](mailto:athletechair@usapolesports.org) or [aerialathletechair@usapolesports.org](mailto:aerialathletechair@usapolesports.org)