



**AERIAL SILKS**



**AERIAL HOOP**

<https://uspsfcompetitions.com/>

## Guidelines, Rules & Regulations



This document may only be used for competitions endorsed by the US Pole Sports Federation and the Pole Sports and Arts World Federation. It is a criminal offense to reproduce or utilize the code without expressed permission of the US Pole Sports Federation.



## Introduction

The USPSF and POSA scoring system is broken down into three parts: the Artistic Section, the Technical Section, and the Execution Section. Athletes will be judged in these sections during their routines; therefore, the athlete who shows the highest levels of artistry, technicality, and execution will be awarded the most points as a final score. Within these sections, athletes will also be scored on appreciated elements and originality. This scoring system encourages and promotes a balance of highly artistic and technically sound athletes.

***Please see the rules and regulations for restrictions on music, hair, make-up, costumes, props, and grip aids. Note: Athletes will be penalized for not adhering to the USPSF rules and regulations along with the Ethical Code of Conduct. See penalties and sanctions for more details.***

## Athlete Requirements

**All athletes must meet the following conditions:**

1. Athletes must have a valid ID document for their country. (Passport, ID card, etc.) All Athletes that compete from outside of the USA will compete in the International Open category.
2. Minors will have to show a legal guardian's ID for authorization and a parent consent form.
3. US Athletes must prove that they have health insurance valid through the competition date.
4. All competitors **MUST** know the rules and regulations of this competition and sign that they have read and understood all rules. Athletes are responsible for printing out the Rules and Regulations. The USPSF will not provide hard copies.
5. All athletes must disclose if they have been previously disqualified from any competition.



6. All athletes must be present at the medal ceremony unless a medical emergency has occurred.
7. Before and during the entire competition, contestants are not allowed to do any of the following: drink alcohol, take or use any substance that alters mind consciousness, take/use any forbidden stimulants such as steroids, etc. Any violation of these rules will immediately disqualify the contestant.
8. **ALL registration and video 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.
9. 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

### Divisions

- Amateur
- Competitive
- Para Athlete

### Categories

The following categories (Amateurs & Competitive):

- Junior Varsity (6-9)
- Junior A (10-14)
- Junior B (15-17)
- Doubles Junior A (10-14)
- Doubles Junior B (15-17)
- Juniors Double Mix (10-17) \*
- Senior Individuals (18-39 age)
- Doubles Senior mixed (all mixed are allowed) (18+ age)
- Masters 40+ (40-49 age)
- Masters 50+ (50+ age)
- Group Mix 3-6 members (15+ age, male & Female)



\*In this category, the partners must necessarily be mixed: one must be Junior A (10-14) and the other Junior B (15-17).

## **SUGGESTED REQUIREMENTS**

### **Competitive Division**

A competitive athlete is defined as one who performs elements that have a value over 0.5 of the POSA Code of Points.

### **Amateur Division**

An amateur athlete is defined as one who performs elements that have a value up to 0.5 of the POSA Code of Points. Amateur athletes may perform a maximum of one element with a value higher than 0.5. However, athletes who break this rule will automatically and immediately be placed and evaluated in the Competitive category.

### **Doubles**

Athletes can participate in individual and doubles in the same competition.

**The USPSF reserves the right to move competitors from one category to another if that athlete is better qualified for that other category. Athletes that have previously competed at a higher level or division may not apply for a lower division with the USPSF.**

## **Rules and 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. 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 not 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, videos, and payments on time. Failure to do so will result in points deducted from the overall score or disqualification.
- Athletes agree that all private correspondence will be by email. Each athlete is responsible for checking his/her email promptly and for providing USPSF his/her correct email address. Submit all inquiries to [athletechair@usapolesports.org](mailto:athletechair@usapolesports.org)
- Group announcements will be made via email and the private WhatsApp group page. A group link will be provided once registration has closed and you are confirmed as a competitor. Failure to check email or the private WhatsApp group is not an excuse for missing deadlines or announcements.
- Athletes who display unprofessional behavior via social media will also be disqualified from competing with the USPSF.
- Violation of any of these is grounds for either disqualification or deduction of points.

## Dress Code

- Costumes and themed outfits are highly encouraged.
- Removal of clothing down to nudity, G-string or thong, and pasties is forbidden. If any nudity is displayed, athletes will not be allowed to continue performing and will immediately be disqualified and banned from any further USPSF competitions.
- Parts of the costume (not in the intimate areas), depending on the choreography, can be removed but should not be intentionally removed erotically. These items can be a coat, mask, jacket, skirt, etc as long as the athlete remains properly dressed. Removal of clothing must be submitted and approved by the USPSF through the Concept Form.
- Allowed footwear: barefoot, dancing/sport shoes (ballet, jazz, gymnastic), ballroom heel, character shoes, heels (no platforms).



- Gloves are not allowed unless contestants have shown proper documents from a doctor with a statement that, he/she has hyperhidrosis. The statement must be sent during registration.
- Costumes with transparency on the intimate parts are not permitted. Shorts must cover 75% of the competitor's bottom.
- Costumes and jewelry that will damage the aerial apparatus or create an unsafe performance are not permitted.
- Temporary tattoos/body paint, henna tattoos, body art, or makeup is allowed as long as it doesn't dirty other contestants, the stage or dressing area, and aerial equipment.

## Theme/Concept

Please send us the theme or concept of your intended routine at the time of application. Please feel free to send inspirational photos, videos, and/or a storyline of your theme/concept. This should be concise and a well-thought-out description of the character or story that you would like to portray on stage. Any changes to your theme must be approved by USPSF. See the important dates and deadline section.

The USPSF will only accept one theme/concept and any duplicates or similar concepts will need to be resubmitted. This is on a first-come, first-served basis.

## Music

- Any kind of music can be used by athletes.
- Radio edits only. No explicit lyrics are allowed in music unless approved by USPSF.
- 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 a mixture of different songs and may contain lyrics.
- Original mixes or combination of several songs is allowed.
- Music must be submitted in MP3 format only.



### **Length of the music for the competition:**

**Amateur:** between 3:00 min and 3:20 min MAXIMUM

**Competitive:** between 3:30 min and 4:00 min MAXIMUM

## **Hoop and Silk**

The podium (stage) will be at least 8 m x 8 m in size and no more than 10 m x 10 m.

The competition floor will be of wood or linoleum. If the competition is in a sports arena, the podium on which the competition takes place can be 80 to 100 cm high and closed off at the rear with a background.

The stage or seating may be elevated so spectators and judges have the best view. The judges must be seated in the center and front of the stage with an unobstructed view. Judges are not seated near the audience.

The span set is in the center of the stage and fixed at a height of 8 meters. The sling includes windlass (automatic or mechanic) suitable for periodic changes in the aerial apparatus. The area should be covered with a 2x2 meter mat or judo mat and not thinner than 20 cm. The distance from the mats to the edge of the stage (front, back, and both sides of the stage) will be a minimum of 3 meters. No foreign objects are allowed on the stage.

The aerial apparatus can be either provided by organizers, or athletes can compete using their aerial hoop or silk satisfying the requirements below.

- Silk: Consists of a strong fabric of middle elasticity from 1.5 to 2.8 meters wide and from 6 to 10 meters long. The lateral hemline of the fabric mustn't be cut.
- Hoop: Consists of stainless steel. The diameter of the hoop is from 80 to 110 cm, and the diameter of the hoop tube is from 23 to 30 mm. Taping of the hoop is mandatory.

## **Props**

Props are allowed, including human props. All props must be approved by USPSF through the Concept Form.



No weapons (real or fake), liquids, fire, sand, glitter, glass, or sharp objects are allowed to be used. No bodily harm or anything hazardous to the performers or staff can be performed on stage.

**Prohibited:**

- Actual 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

## 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 contestants 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 maximum score a competitor can be awarded is 240 points in total.

The Technical, Artistic, and Execution scores will be added together to get the total score. From the total score, the Head Judge applies deductions (if any), to get the final score. The final score will be announced for placement.

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

## ARTISTIC SECTION

A maximum of 100 points are awarded in the Artistic section. This section is to judge the





athlete's artistic presentation and interpretation. This is how the athlete expresses and presents his or herself to the judges and captivates them in their performance. The judges will assess the athlete's ability to convey emotion and expression through movement. They should be confident, engaging, and entertaining, in each element of their performance. The costume, music, and performance should be reflective of each other. The athlete should create an original performance and display a unique style. Props are allowed. The overall performance should flow seamlessly and effortlessly ensuring that highs and lows (shades) are demonstrated. This section is broken down into the following areas:

<b>Artistic Section</b>	<b>Max Points</b>
Musicality	10 Points
Overall Presentation	10 Points
Confidence	10 Points
Originality	10 Points
Facial Expression	10 Points
Aerial Work (Level of the Tricks and Transition)	10 Points
Floorwork	10 Points
Flow	10 Points
Balanced Routine	10 Points
Quality of Movement	10 Points
<b>TOTAL POINTS</b>	<b>100 Points</b>

### **MUSICALITY**

The ability of the athletes to follow the music they are using in the entire performance and to be in line with the music not only with the movements of their body but also with storytelling and interpretation.

### **OVERALL PRESENTATION**

The entirety of the athlete's presentation such as music choice, its use in the choreography, costume, and makeup choice, dance movements (floorwork), aerial movements, originality, and uniqueness of the entire performance.

### **CONFIDENCE**

Confidence refers to the athlete's level of confidence in his or her performance. To achieve the highest point allocation, the athlete should not show nerves, carry themselves with



confidence, be engaging, command the stage and the audience's attention, and make their performance look believable.

## **ORIGINALITY**

Athletes are scored for their ability to create original and unique routines: originality refers to the music choice, the way to interpret that music, the choice of movements both on the silks/hoop and on the floor, and the movement research.

## **FACIAL EXPRESSION**

The ability of the athletes to capture the judge's and audience's attention with their charisma and storytelling skills. The highest score will be awarded to those athletes who can communicate feelings and emotions through their faces while dancing their routines.

## **AERIAL WORK (LEVEL OF THE TRICKS AND TRANSITION)**

Athletes are scored for their ability to choose the highest possible level of execution of a trick, according to their aerial level. E.g., if an athlete chooses to perform a move, can he/she execute the move or try to find variations to make it more interesting and fresher? The second option is what judges are looking for to assign the highest score.

## **FLOORWORK**

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

## **FLOW**

Flow refers to the athlete's ability to create a seamless and effortless performance. To achieve the highest point allocation, the athlete should flow off the silks/hoop, from floor to silks/hoop, and from floor to standing or from standing to floor. The sequences, tricks, transitions, choreography, and/or gymnastics and acrobatic movements should flow seamlessly, smoothly, naturally, flawlessly, and gracefully. Movement in and out of tricks should continue to the next move faultlessly. The routine should not look disjointed in any way. An athlete should be marked down if they perform tricks and wait for applause.



## BALANCED ROUTINE

Balanced routine refers to the athlete's ability to create a performance that has equal elements. To achieve the highest LOE, the athlete(s) should create a balanced routine of tricks, transitions, choreography stage performance, and artistic content.

## QUALITY OF MOVEMENT

The way each athlete moves on stage: sometimes the way of moving is influenced by the athlete's background in dance or gymnastics. Therefore, every athlete can make very good work in movement research and find their personal and unique way to express themselves and this is what judges are called to award both on the aerial apparatus and on the floor.

## TECHNICAL SECTION

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

Technical Section	Max Points
Originality	10 Points
Execution of Tricks, Combinations, and Movements	10 Points
Level of Transitions	10 Points
Level of Execution and Difficulty of Flexibility Movements	10 Points
Level of Execution and Difficulty of Strength Movements	10 Points
Level of Execution and Difficulty of Dynamic Movements	10 Points
Originality Bonus Trick (Singles Only)	5 Points
Synchronization of Tricks and Combinations (Doubles Only)	5 Points
<b>TOTAL POINTS</b>	<b>65 Points</b>

## ORIGINALITY

Originality refers to the originality of the overall performance of the transitions, entrances, and exits out of tricks and combinations, original movement on and off the aerial apparatus and the originality of choreography, and the overall performance. To achieve the highest point allocation, the athlete should create original combinations of tricks, create new transitions in and out of tricks, and create new themes and choreography. Higher points



should not be awarded for just one or two unique tricks; the judges are looking for overall originality in all components of the routine.

## **TRICKS EXECUTION**

Execution of aerial tricks must have the following:

- Clean lines – The legs and arms should be in a correct position; toes should be pointed, and fingers and toes should not show tension and no flexed feet unless performing an aerial walk or if it is a choreography choice.
- Extension – Legs, arms, and torso should be fully lengthened. The shoulders and/or back should not be rounded and the head should be high showing no strain.
- Posture – Correct body alignment should be used on and off the hoop/silks.
- Body placement (Posture) – The body should be in the correct position for the trick and in relation to the aerial apparatus.

## **TRANSITIONS**

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

## **MAXIMUM LEVEL OF EXECUTION**

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

- Flexibility – Flexibility refers to the flexibility of the legs, back, and shoulders. To display the highest LOE (level of execution) to the judges, the athlete should perform tricks, combinations, and transitions with full extension and mobility, which are flowing and balanced within the routine.
- Strength – Strength refers to the strength of the arms, core, and legs. To display the highest LOE to the judges, the athlete should perform both upper-body and core strength tricks and combinations. For instance, holding and controlling a strength trick such as a Horizon for two (2) seconds or more will display a higher LOE.
- Dynamic Movements – Dynamic movement refers to the body in motion or the powerful control of momentum. To display the highest LOE to the judges, the athlete must demonstrate clear aerial phase and dynamism. E.g., dynamic movement can be drops, turnovers, slips, screws, and flips.



### **ORIGINALITY BONUS TRICK (SINGLES ONLY)**

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

### **SYNCHRONIZATION OF TRICKS AND COMBINATIONS (DOUBLES ONLY)**

Synchronization refers to the performance of a trick or combination simultaneously. To display the highest LOE to the judges, the athletes must be in unison in timing, execution, and range of movement (Max. 5).

### **EXECUTION SECTION**

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

<b>Execution Section</b>	<b>Deductions</b>
Poor Execution and Incorrect Lines	-0.5 Points per time
Poor Transitions (Floor and Aerial Apparatus)	-1 Point per time
Lack of Synchronicity (Doubles/Group Only)	-1 Point per time
Bad Angle of Move	-1 Point per time
A Slip or Loss of Balance	-2 Points per time
Drying Hands on Costume, Body, or Floor	-2 Points per time
Fidgeting with Hair or Costume	-2 Points per time
A Fall	-5 Points per time
Not Using All Potential of Aerial Apparatus	-3 Points one time
Using Less than 70% of the Silks	-3 Points one time
Excessive Lack of Synchronicity (Doubles/Group Only)	-5 Points one time
<b>TOTAL POINTS</b>	<b>75 Points minus Deductions</b>

### **HEAD JUDGE SECTION**

Failure to submit required documents, video, music, costumes, and payment on time may result in a penalty point deduction of 5 points per occurrence with a maximum of 20 points from the final score.



Head Judge Section	Deductions
Incorrect Attire or Costume Malfunctions	-10 Points maximum
Explicit Sexual Content	-5 Points maximum
Failing to Appear	-3 Point maximum
Music Over/Under Allowed Time	-1 to -5 Points one time
Video not on a Horizontal Video Setting (for video submissions)	-1 Point one time
Moving the Camera (for video submissions)	-1 Point one time

### **COSTUME MALFUNCTION**

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

### **EXPLICIT SEXUAL CONTENT**

A definition of explicit sexual content occurs when the athlete within the routine executes clear gestures of a sexual nature, for example: touching the genitals, twerking, etc.

### **FAILING TO APPEAR ON THE STAGE WITHIN 20 SECONDS**

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

### **DISQUALIFICATION BY HEAD JUDGE**

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

- 1) Intentionally removing intimate clothing.
- 2) For disrespectful behavior towards the judging panel and Head Judge.
- 3) For unacceptable choreographic content against religion, race, sex, politics, etc.
  - a) Walk over (getting onto the stage after one minute (60 seconds) from the announcement of the speaker).
- 4) Any other breach listed in the POSA and USPSF Rules & Regulations
- 5) Interrupting the performance for reasons other than extraordinary circumstance

### **EXTRAORDINARY CIRCUMSTANCES**

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

- a) Incorrect music is cued.



- b) Music problems due to the malfunction of the equipment.
- c) Disturbances caused by general equipment failure - lighting, stage, venue.
- d) The introduction of any foreign object into the performance area by an individual or means other than by the competitor.
- e) Extraordinary circumstances causing a walk-over out of the competitor's control.

It is the responsibility of the competitor to stop the routine immediately if an extraordinary circumstance as mentioned above arises. A protest after the completion of a routine will not be accepted.

Upon the decision of the Head Judge, the competitor may restart the routine after the problem has been corrected. Any scores previously given will be disregarded. Where situations not stated above may arise, they will be resolved by a review of the circumstances by the Head Judge.

## 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)