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USPSF is proud to present:

**2025 USPSF
National Championships
Workplan**

July 16-20, 2025

Tucson, Arizona

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Officials and Organizing Committee

President	Katrina Wyckoff	president@usapolesports.org
Vice President	Odette Tan	vp@usapolesports.org
Pole Athlete Chair	Sarah “Gogo” Samuelson	athletechair@usapolesports.org
Aerial Athlete Chair	Susan Stevens	aerialathletechair@usapolesports.org

Official USPSF Webpage: www.uspsfcompetitions.com

POSA Webpage: www.posaworld.org

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

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

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

Competition Information

Running Order and Schedule

USPSF will release the stage rehearsal and running order of the competition roughly two weeks after the deadline for athlete applications has closed. USPSF reserves the right to change the schedule based on registrations to ensure the best running of the competition.

Tuesday, July 16
Arrival Day for Aerial Athletes
Wednesday, July 16
Registration and Competition Meeting (mandatory for aerial competitors)
Stage Rehearsals for Aerial Athletes
Thursday, July 17
US Aerial Sport and Art National Championships
Arrival Day for Pole Athletes
Friday, July 18
Team USA Aerial Camp
Registration and Competition Meeting (mandatory for pole competitors)
Stage Rehearsals for Pole Athletes
Saturday, July 19
US Pole Sport and Art National Championships
Sunday, July 20
Team USA Pole Camp

Registration

Registration is when you submit to be a part of a USPSF Competition. All registration fees must be paid in full at the time of registration and are non-refundable regardless of ANY medical issues or other reasons that may arise after the decision to apply has been made. There are no exceptions.

Athletes must register on the website:

<https://USPoleSportsFederation.as.me/NationalChampionships2025>. To register, please select and reserve the only available time, April 16 at 11:59 p.m. (Pacific Time), the registration deadline.

Registration by April 1, 2025

\$150 per athlete in an Individual category

\$125 per athlete in a Doubles category

\$100 per athlete in a Trio / Group category

\$35 per human prop and coach

All athlete registration prices increase by \$25 from April 2 – April 16, 2025

Athletes registered to compete will also receive a pass to watch the competitions.

Please come and support the other athletes when possible.

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 the Concept form, Difficulty sheets, and Equipment Declaration form, can be downloaded at the link: <https://uspsfcompetitions.com/documents>

Doping Control

Any doping is prohibited. Athletes can be tested for doping at any time and without prior notice under POSA regulations. Doping controls will be carried out under the WADA 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 2025 anti-doping contract by April 17, 2025. More information can be found at

<https://uspsfcompetitions.com/antidoping> and <https://www.posaworld.org/anti-doping>.

Health Insurance

POSA Technical Regulations stipulate that all participating athletes must assume all costs concerning medical insurance (illness and accidents). Athletes entering the USPSF CHAMPIONSHIPS without valid medical insurance will be disqualified.

A copy of the athlete's current insurance card or proof of policy proving coverage for the competition date or dates must be provided to the USPSF when submitted with the competition items on July 1, 2025.

Communication

All formal correspondence, 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.

USPSF Competitors 2025 WhatsApp for general communication:



Concept Form

Art Concept Form Requirements: You **MUST** submit a Concept Form if your theme or concept includes:

- 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?
- Are you feeling unsure about where your piece fits and if it may be offensive to some?

Athletes will need to submit their Concept Form as part of registration. Please be prepared to defend this concept with the USPSF Ethics Committee.

Difficulty Sheet

For POLE SPORT and AERIAL SPORT Competitions ONLY: Athletes must submit their Difficulty Sheet by July 1, 2025, to <https://forms.gle/NZRuQDonQNpdrwSF6>.

We will only accept Difficulty Sheets in PDF format. Each file must contain the information listed below. The Head Judge may deduct points for Difficulty Sheets that are incorrectly named.

- 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**

After submitting the Difficulty Sheet, further submissions will not be accepted.

USPSF requires that any athlete who changes something in the declaration of the elements must bring 8 copies of their new Difficulty Sheets before the end of Stage Rehearsals. Otherwise, it will not be accepted. The closest printing service is at [The UPS Store](#).

Music and Video

We accept music in an MP3 format and videos (for ART) in an MP4 format only. All music and video used during the 2025 USPSF National Championships must be submitted online. Athletes must send their file by July 1, 2025, to <https://forms.gle/NZRuQDonQNpdrwSF6>.

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.

Rehearsal Information

Rehearsals are on Wednesday and Thursday, July 16-17, for aerial competitors and Friday, July 18 for pole 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 athletes wearing the Athlete ID card and only during the times reserved for their rehearsal.

Music might not be played over speakers during stage rehearsals, and the LED wall might not be operational. For athletes entering multiple competitions, music may be played to verify the correct music. Each athlete will have a maximum of 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.

One guardian/coach may be allowed backstage for junior competitors. 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 4 m tall, 45 mm stainless steel suspension-mounted [Apole](#)s. X-Pole 45mm stages will be available in the warm-up area.

Aerial equipment provided by USPSF. The aerial A-frame will be provided by [Apole](#). Please take into account that aerial hardware will take about 1 ft of height, and the mat is 8 inches thick. The mat's size is 6 ft x 6 ft.

- 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 and have submitted an Equipment Declaration form. Carabiners and swivels will be provided by the USPSF. Athletes are responsible for their equipment. The USPSF will not be responsible for the loss or misplacement of an athlete's 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 stage height is 25 feet.

Panel mats for dynamic landings may be allowed on stage. The athlete must seek approval from their Athlete Chair by July 1, 2025, and also sign an Equipment Declaration form for the mat. Athletes must bring their own mat and show that it has an anti-slip surface and does not have any holes or tears. Coaches may also bring mats, however, they must submit for approval and include which athletes will be using them. The mat must be placed on stage for the entire routine. USPSF will NOT be providing panel mats for dynamic landing use.

For Pole Art and Aerial Art, there will be a 16 ft wide by 9 ft tall LED screen that can be used to display pictures and videos to enhance your performance.

Scoring and Distribution of Results

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

Feedback on Difficulty sheets should be requested immediately following the award ceremony of the competition; however, the athlete may also request feedback via <https://forms.gle/x5PRZca8kNQDK36TA> within one week after the competition. After this time, no more feedback can be requested. Violations of this regulation will result in "disrespectful behavior toward the jury and the head judge."

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.

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**. 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 for USPSF Championship

Edward B. Berger Performing Arts Center

1200 W Speedway Blvd, Tucson, AZ 85745

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

Hotels in the Area

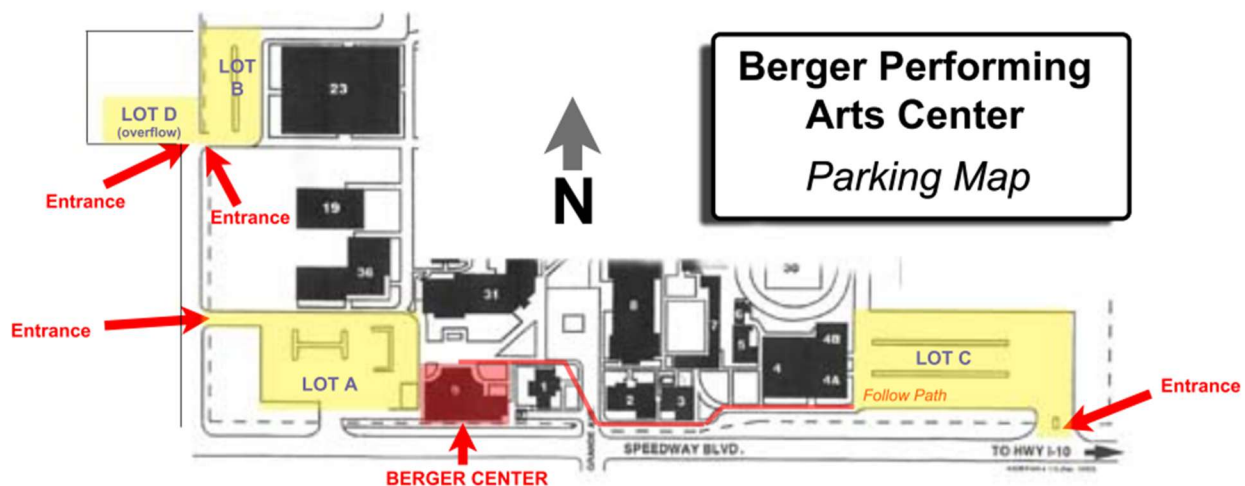
- [Graduate by Hilton Tucson](#)
- [El Amador Inn Downtown Tucson](#)
- [Tucson Marriott University Park](#)
- There are also many other hotels in the vicinity.

Food in the Area

- Tacos de la H (food truck) is across the street (W Speedway Blvd) from Berger
- [Barista del Barrio](#) is open until noon
- [Mariscos Chihuahua on Grande](#)
- Additional fast food restaurants can be found near N Grande Ave. at W St Marys Rd.

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 at <https://www.zeffy.com/ticketing/uspsf-national-championships--2025>.

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

Phone: 520-977-5963

Deadlines Checklist

Documents, including the Concept form, Difficulty sheets, and Equipment Declaration form, can be downloaded at the link: <https://uspsfcompetitions.com/documents>

Deadlines:

- The deadline for all athlete's EARLY registration is on April 1, 2025
- The deadline for all athlete's registration is on April 16, 2025
- Concept Forms for ART are due during registration.
- Courtesy pre-check (optional) of Difficulty Sheets for Pole and Aerial Sport are due by June 16, 2025, to <https://forms.gle/NX3Rg4aWGh8VPQGg7>
- The deadline for the Difficulty Sheet, Music / Video, Equipment Declaration form, and a copy of the athlete's health insurance is July 1, 2025, to <https://forms.gle/NZRuQDonQNpdrwSF6>
- Bring your music on a USB stick as a backup

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

If you need help, please contact us at athletechair@usapolesports.org or aerialathletechair@usapolesports.org **at least 24 hours before** submissions are due so we may help with any technical difficulties.

Team USA Camp at National Championships 2025

The United States Pole Sports Federation (USPSF) is hosting a Team USA Camp as part of the National Championships 2025 to support and empower USA athletes by providing them with the resources, coaching, and guidance they need to excel at the World Championships, ensuring they feel confident and prepared to represent Team USA at the highest level. This camp is being held immediately after the US National Championships to ensure athletes receive timely feedback and preparation for effective training.

Who Must Attend?

All athletes who qualify for Team USA and are planning on competing at Worlds, along with those wishing to be considered as alternates for the World Championships, are invited to participate in this exclusive training session.

Camp Dates, Times & Locations

Aerial Team USA Camp: July 18, 2025

Pole Team USA Camp: July 20, 2025

Time: 9 AM - 5 PM

Location: Vertica Fitness Oro Valley, 1335 W. Lambert Lane #115, Oro Valley, AZ 85737

What to Expect?

This camp is free of charge and proudly sponsored by Vertica Fitness and the USPSF. Athletes will have the unique opportunity to:

- Receive extensive feedback on their routines from certified judges
- Participate in focus groups to refine areas such as floorwork and acrobatics
- Get individualized coaching on improving artistic scores
- Address any difficulty deductions (for Sport athletes)
- Learn about nutrition, conditioning, injury prevention, and mindset training
- Discuss travel logistics and lodging for Worlds
- Plan Team USA events at the World Championships
- Bond with fellow Team USA members as they prepare for a once-in-a-lifetime experience!

Additional Information

There will be a 30-minute lunch break. Athletes should plan to have food delivered through Uber Eats, Door Dash, etc., or plan on bringing a lunch.

Athletes should bring: Water, snacks, layered clothing, pole/aerial attire, and any other items they need to run their routine (grips, etc.). Full props are not needed.

This is an incredible opportunity to strengthen our national team and prepare for the highest level of competition. We look forward to seeing our talented athletes come together and train for success on the world stage!

Registration

Register ahead at this link: <https://forms.gle/zRb8v5Y3j8S4TjS36>

Let's make this the strongest Team USA ever!

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.