

The logo for the USPSF Virtual National Championships 2020 is a square with a white center and a decorative border. The border is blue with white bokeh lights at the top and red with white bokeh lights at the bottom. The text is centered in the white area.

**USPSF  
VIRTUAL  
NATIONAL  
CHAMPIONSHIPS  
2020**

**POLE  
CLASSIQUE**

US Pole Sports Federation

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**RULES AND REGULATIONS**

USPSF Pole Classique Tech Committee  
2020

# POLE CLASSIQUE

## ATHLETE REQUIREMENTS

### All athletes must meet the following criteria:

1. Minimum age of all athletes is 18 years old.
2. Athletes must have a valid ID document (Passport, ID card etc...) to show proof of age.
3. All competitors **MUST** know the rules and regulations of this competition and sign that they have read and understand all rules.
4. Athletes are responsible for printing out the Rules and Regulations. USPSF will not provide hard copies.
5. 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).
6. **ALL registration and video fees are non-refundable**, regardless of ANY medical issues or otherwise that may arise after the decision to apply has been made. Athletes will sign that they understand this rule regarding the fees.
7. Athletes may not train with or talk to judges about the competition after they (the judges) have been selected. **Failure to abide by this rule will result in disqualification.**
8. Only coaches who have membership in USPSF may attend pole testing and be backstage.
9. Competition is open to all athletes from any country.

## DIVISIONS - AMATEUR & ELITE

**These are not requirements but suggestions for you to accurately place yourself in a division.**

### **Women International Elite (Ages 18 – 39)**

- Pole dancing for 2+ years
- Previously competed in any pro competitions
- Placed in a pole competition in any pro or amateur category or equivalent

### **Men International Elite (Ages 18 – 39)**

- Pole dancing for 2+ years
- Previously competed in any pro competitions
- Placed in a pole competition in any pro or amateur category or equivalent

### **Masters International Elite (Ages 40+\*)**

- Pole dancing for 2+ years
- Previously competed in any pro competitions
- Placed in a pole competition in any pro or amateur category or equivalent

### **Women International Amateur (Ages 18 – 65+)**

- Pole dancing for 1+ years
- Competed in an amateur competition but have never won

### **Men International Amateur (Ages 18 – 65+)**

- Pole dancing for 1+ years
- Competed in an amateur competition but have never won

**The USPSF reserves the right to move competitors from a 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

Participants may not use another apparatus in their performance. (i.e. pole silks)

### Conduct:

- Athletes must engage in proper conduct, at all times while involved in the competition.
- No nudity, no G-strings or thongs. Violation of this requirement will lead to immediate disqualification.
- No vulgar spoken or body language, or defamation of other contestants is permitted, either on stage or backstage.
- Athletes may not be under the influence of drugs or alcohol at any time during the competition.
- Athletes agree to submit required documents, music, costumes and payment 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 in a timely manner 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 Facebook group page. Group page link will be provided once you are confirmed as a finalist.
- Failure to check email or the private Facebook group is not an excuse for missing deadlines or announcements.
- **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 is forbidden. However, it is allowed to remove parts of the costume as long as it is part of the creative storyline and does not reveal more skin than is otherwise permitted.
- Men are allowed to be bare-chested.
- Women are required to wear a bra top, pasties alone are forbidden.
- No nudity is allowed. If displayed, athletes will not be allowed to continue performing and will immediately be disqualified and banned from any further competitions.

- Allowed footwear: Heels, including platforms, along with other types of dance/sports shoes. Shoes with metal studs or other parts that could damage the poles are not allowed. Heels should be securely fastened to the foot and can be no higher than calf-height: no thigh-high boots are allowed.
- Grip gloves are not allowed unless during the registration contestants have shown proper documents from doctor with statement that he/she has hyperhidrosis. Fabric or leather gloves may be worn, but leather or patent gloves may not be used on the pole.
- Shorts must cover 50% of the competitor's bottom and tops must cover the breasts. No sticky pants/leggings (patent leather, vinyl, etc.) are allowed. String bikinis with transparency on the intimate parts are strictly forbidden.
- Costumes and jewelry that will damage the pole or create an unsafe performance are not permitted.
- Temporary tattoos/body paint: henna tattoos, body art, makeup is allowed
- Judges and organizers can disqualify a candidate or impose a point penalty if there is a violation of the dress code of the competition.

Please ask questions if you are not sure about your costume selection. You can email all costume questions to [athletechair@usapolesports.org](mailto:athletechair@usapolesports.org)

### **Music:**

- There is no radio edit requirement, but performers should consider how the language is being used and avoid the usage of slurs. The USPSF has the final say on whether music is appropriate, but the athlete can always email the athlete chair if there are questions.
- Contestants are responsible for the correct settings of the track. USPSF cannot edit audio files, adjust volume or background noise from file. Music can be a mixture of different songs and may contain lyrics.
- Original mixes or combination of several songs is allowed.

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

**Amateur:** between 3:00 minutes and 3:30 minutes MAXIMUM

**Elite:** between 3:30 minutes and 4:00 minutes MAXIMUM

### **Video Submission:**

Videos must be submitted through the portal by 11:59 EST on September 1. Any videos after that date will be disqualified and no refunds will be given.

#### Poles

If possible it would be preferred for athletes to use the correct set-up of two 12 foot poles that are approximately 9 feet apart with static on stage right and spin on stage left. However, with limited travel capabilities, we realize this may not be possible for everyone. Athletes will not be deducted if they do not have the correct set-up. However, they must use both a static and spin pole to get full points. Use of stage poles is allowed.

#### Lighting

Lighting changes are allowed but the athlete should be completely visible and well lit in order to be judged.

#### View

The entire athlete must be visible for the entire judged performance.

#### Additional Video Requirements

All videos must be from June 1-September 1 2020

Athletes are allowed to record as many times as they would like to get the run-through that is the best. However, you cannot edit or splice videos together. Submissions must be of one continuous video.

#### **Failure to Comply**

At the sole discretion of the head judge, a 3 point penalty may be incurred if the video requirements are not met. In addition, at the sole discretion of the head judge, the head judge may deem a video disqualified if failure to comply with video guidelines make it so the video is not able to be judged fairly. In this case the head judge may also make the decision to not have the video aired in the online competition stream.

#### **Judging:**

The artistic criteria and technical criteria scores will be added together and the deductions will come from that total. The final score will be announced for placement.

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

#### **Artistic Section:**

Capacity of expression, stage presence, fluidity of transitions, floor work, costume, music, and consistency of the choreography. The routine should be well balanced with flexibility tricks, strength tricks, spins and dynamic movements and an equal use of the poles. The goal of the classique division of US Pole Sports Federation is to showcase the sensual side of pole, with a focus on fluidity, graceful

strength, and flexibility. This is not a venue for raw sexuality, but rather the seductive beauty of movement and dance on and around the pole.

When creating your routine, it is encouraged that there is a balanced use of both pole and floor. You are required to complete two 30 second (Minimum) pole passes without touching the floor. There is not a height requirement for use of the pole.

### **Musicality:**

- Intensity and dynamic elements: alternation of intense and quiet moments in the music and in the dance.
- Costume should correspond to the performance and to the theme of the choreography.
- Movement and music have a cohesive relationship while expressions accurately reflect the music.

### **Props:**

All props are allowed as long as they do not pose a threat to the athlete and they otherwise comply with the other regulations of the competition.

Participant may not use a prop to complete a majority of their routine. For example, if you use a chair for your performance as prop it must be just that and not be used as the main performance apparatus. You will also have points deducted if the participant uses the chair for more than 30% of their routine. This is a pole competition and we expect you to use the poles as the main performance apparatus.

### **STRICTLY FORBIDDEN / ATHLETE SANCTIONS**

- Nudity, G-strings, thongs, and pasties.
- Expressing racist behaviors, obvious signs of intolerance or harmful expressions to the spirit of the competition, audience or the judges.
- Defamation, whether public, private, or online of fellow competitors, judges, the USPSF, or POSA will not be tolerated. This behavior is grounds for immediate disqualification and future sanctions by the USPSF.