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Guidelines, Rules & Regulations



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Introduction

The USPSF and POSA scoring system is broken down into two parts: The Artistic Section, and the Execution Section. Athletes will be judged in both sections during their routines; therefore, the athlete who shows the highest levels of both artistry and execution will be awarded the most points as a final score. The final score is a combination of the artistic section, and the technical and execution section. In addition to those two sections athletes will also be scored on appreciated elements and originality. It is important that the athlete incorporate all sections into their routine to be awarded the most points. This scoring system encourages and promotes a balance of highly artistic and technically sound athletes.

Listed is a short summary of what judges will be looking for in an athlete's routine, as a whole. A detailed description of the scored sections is included in this document to enable athletes to organize a performance and earn the highest score.

- Theme/Concept
- Overall Choreography
- Originality
- Emotional and Artistic Expression
- Costume, Hair and Make-up
- Floor Work
- Perfection of Moves
- Lines and Flexibility
- Dynamic/Strength
- Musicality

Please see 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. Minimum age of all athletes is 10 years old in Elite. Varsity will be from 5-9.
2. Athletes must have a valid ID document for their country. (Passport, ID card etc...) All Athletes that will compete from outside of the USA will compete in the International Open category.
3. Minors will have to show a legal guardian's ID for authorization and parent consent form.
4. US Athletes must prove that they have health insurance valid through the competition date.
5. All competitors **MUST** know the rules and regulations of this competition and sign that they have read and understand all rules.
6. Athletes are responsible for printing out the Rules and Regulations. USPSF will not provide hard copies.
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 otherwise 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.



Theme/Concept

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

Divisions – Elite & Amateur (Suggested Requirements)

Women Elite (Ages 18 – 39)

- Pole dancing for 2+ years
- Previously competed in any elite competition
- Won a Pole Art competition in any semi-pro category or equivalent

Men Elite (Ages 18 – 39)

- Pole dancing for 2+ years
- Previously competed in any elite competitions
- Won a Pole Art competition in any semi-pro category or equivalent

Doubles Elite (Ages 10 - 65+)

- Pole dancing for 2+ years
- Pairs can be: man & woman, woman & woman, man & man
- Won a Pole Art competition in any semi-pro category or equivalent (either partner, as a pair or separate)



Masters Elite (Ages 40 +*)

- Pole dancing for 2+ years
- Previously competed in any elite competitions
- Won a Pole Art Competition in any semi-pro category or equivalent
- Depending on applications we may have both a men & women's category.

Juniors Elite (Ages 10-17)

- Pole dancing for 1+ years
- Must be accompanied by a legal guardian or parent

Women Amateur (Ages 18 – 65+)

- Pole dancing for 2+ years.
- New to competing or have competed in a competition but have never won

Men Amateur (Ages 18 – 65+)

- Pole dancing for 2+ years
- New to competing or have competed in a 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

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 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.



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- 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 point deducted from the overall score or disqualification. The point deduction will be based on USPSF Executive Committee vote and then relayed to athlete.
- 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
- 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.
- 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.

Poles:

- The poles will be between 12 and 14 feet in length and approximately 9 feet apart. From the view of the audience, the static pole will be on the left and the spin pole will be on the right. The poles will be one piece poles but may be either chrome, brass, or stainless steel.

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. However, it is allowed to remove parts of the costume such as a coat, mask, jacket, or skirt as long as the contestant remains properly dressed. Removal of clothing must be submitted and approved by the USPSF.
- Allowed footwear: barefoot, dancing/sport shoes (ballet, jazz, gymnastic), ballroom heel, character shoes, heels (no platforms).



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- Gloves are not allowed unless during the registration contestants have shown proper documents from doctor with statement that, he/she has hyperhidrosis.
- Costumes with transparency on the intimate parts are not permitted.
- No grip products will be allowed on the pole. Athletes may use products such as Dry Hands, Mighty Grip, and I-tac on the body only.
- Knee pads are allowed.
- 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 as long as it doesn't dirty other contestants, stage or dressing area and poles.
- No weapons, liquids, fire, sand, glitter, glass, or sharp objects are allowed to be used. No bodily harm or anything that is hazardous to the performers or staff can be performed on stage.

Music

- Radio edits only. No explicit lyrics allowed in music unless approved by USPSF.
- Contestants are responsible for the correct settings of the music. 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 2:50 min and 3:00 min MAXIMUM
 - **Elite:** between 3:30 min and 4:00 min MAXIMUM

Choreography:

The choreography should demonstrate a high level of creativity by producing or using original and innovative ideas to create their routine. Choreography should include the athlete's artistic expression and interpretation to convey emotion through movement. The performance should be engaging, entertaining and the athlete should appear confident along with a high level of stage presence in all aspects of their performance. The choreography should reflect the theme/concept and display a



unique style and original performance.

Props

All props must be approved by USPSF.

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

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

Fees

Registration is when you submit to be part of Pole Art America 2021

- \$150 per athlete per routine through July 15, 2021
- \$175 per athlete per routine through August 1.
- Registration closes August 1 at 11:59 PM Pacific Time.
- **Fees must be paid and are NON-REFUNDABLE. NO EXCEPTIONS!**



Judging

The maximum score a competitor can be awarded is 100 points total.

Competitors can also receive a maximum of 30 points for penalties.

The charts below explain each scoring section in detail.

Artistic Section	Max Points
Originality of Character and Stage Performance	10 Points
Choreography of the Entire Performance	10 Points
Emotional and Artistic Expression	10 Points
Costumes, Hair & Make-up	10 Points
Floor Work Choreography	10 Points
TOTAL POINTS	50 Points

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.

MUSICALITY

- Reaction of the public: interactions with the audience, applause, laughter, emotion
- Intensity and dynamic elements: alternation of intensive and quiet moments in the music and in the dance.
- Costume should correspond to the performance and to the theme of the choreography.
- "Erotic" or explicit movements are strictly forbidden. Sensual movements are authorized but without excess or abuse. It has to remain discreet and respectful, otherwise the participant will



be penalized in the scoring and potentially disqualified.

ORIGINALITY

The judges are looking for an original performance in the technical elements, the choreography, and in the artistic approach of the performance. The body language, costume, and direction have to clearly highlight, to both the audience and the judges, the story or theme of the routine.

New ideas concerning the theme, music, costumes and the dancing world in general will be particularly appreciated as well as the surprise generated by the audience. Feel free to express yourself and to let your personality shine on stage.

APPRECIATED ELEMENTS

- Routines in which participants will show a good balance between strength and flexibility.
- Clean tricks, transitions and poses as well as fluid movements.
- Original story-telling on stage, stage presence, and artistic expression.
- The choreography should be balanced between static pole and spinning pole as well as floor work.

Technical & Execution Section	Max Points
Mastery of Technique and Movement - Clean Start & Finish of Combinations, Spins & Elements	10 Points
Lines & Flexibility	10 Points
Strength & Dynamic Movement	10 Points
Choreography & Elements Performed off the Pole	10 Points
Musical Executions of Elements – Musicality	10 Points
TOTAL POINTS	50 Points

TECHNICAL & EXECUTION SECTION

A high level of technique should be clearly demonstrated throughout the performance. This includes mastery of movement on and off the pole, strength, flexibility, versatility, transitions, combinations, spins, and possess. The athlete should demonstrate a high level of agility as well as mastery of momentum on static and spinning pole. The overall technical score will take into consideration the level of difficulty of the movements as well as the variety and balance of both strength and flexibility



movement. The routine should reflect the tempo of the music in a seamless and fluid manner. Original and new movements will be particularly noted.

EXECUTION

A perfect execution will include: a flawless technique of moves, spins, and climbs, as well as clean transitions. Clean lines throughout movement should also be displayed, while demonstrating grace, fluid movement and transitions. The scoring will reflect the overall combination of dance, acrobatics, and originality.

Penalties	Max Points
Costume Malfunctions	-5 Points
Slips & Falls	-5 Points
Provocative or Inappropriate Movement	-5 Points
Unsafe Moves or Tricks Beyond Ability	-10 Points
Failure to Submit Required Documents and Information on Time	-5 Points
TOTAL POINTS	30 Points

Penalties will be given per infraction equal to 1 point. If you fall from the apparatus, the maximum five (5) points will be deducted.

STRICTLY FORBIDDEN / ATHLETE SANCTIONS

- Nudity, G-strings, thongs, and pasties.
- Inappropriate costumes.
- Exposing, touching, and/or caressing the private parts of the body, breasts and thighs.
- An especially erotic or vulgar expression, to make sexual references during the choreography.
- Expressing racist behaviors, obvious signs of intolerance or harmful expressions to the spirit of the competition, audience or the judges.
- Touching the truss in any form. Points will be deducted, or the athlete may be disqualified
- Any athlete found to be in possession of alcohol, or under the influence of any controlled substance will be immediately disqualified and removed from the premises. They athlete will also be sanctioned and possibly banned from future USPSF Competitions.
- Defamation, whether public, private or On-line of fellow competitors, judges, the USPSF, or the POSA World Federation will not be tolerated. This behavior is grounds for immediately disqualification and future sanctions by the USPSF.



The decision of the judges is final.

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

Contact Info

Any questions, comments, concerns, and all required athlete submission materials/info must be sent

to: **AthleteChair@usapolesports.org**