



# **POLE CLASSIQUE**

## **Guidelines, Rules & Regulations**

# POLE CLASSIQUE

## ATHLETE REQUIREMENTS

### All athletes must meet the following criteria:

1. The 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. Competition is open to all athletes from any country.
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 understood 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 they (the judges) have been selected. **Failure to abide by this rule will result in disqualification.**
10. Only coaches who have membership in USPSF may attend pole testing and be backstage.

# DIVISIONS

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

## **International Competitive**

- Previously competed in any pro competitions
- Placed in a pole competition in any pro or amateur category or equivalent

## **International Amateur**

- Competed in an amateur competition but have never won

## **Age Categories**

- Senior Women (over 18 yrs)
- Senior Doubles (over 18 yrs)
- Masters 40+ Men (over 40 yrs)
- Masters 40+ Women (over 40 yrs)
- Master 50+ Men (over 50 yrs)
- Masters 50+ Women (over 50 yrs)

**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.
- There is no tolerance for 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.
- No nudity, G-strings, thongs, or pasties. Violation of this requirement will lead to immediate disqualification.
- No vulgar spoken, 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, videos, 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 promptly on time 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. See-through tops over pasties are forbidden also.
- 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 contestants show proper documents during the registration from a doctor with a 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.
- Knee pads are allowed but it must not be made of leather, patent leather, or vinyl.
- 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 are 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).

## 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, but a 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. Refer to important dates and deadlines.

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

- 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 music. USPSF cannot edit audio files nor adjust 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.

### **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

## POLES

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

## **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

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

Participants may not use a prop to complete a majority of their routine. For example, if you use a chair for your performance as a 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.

## **PHOTOGRAPHY AND 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 USPSF indefinitely.

# JUDGING

The maximum score a competitor can be awarded is 250 points total.

The Artistic criteria and Technical criteria scores will be added together. A maximum of 75 points can be deducted for penalties from the Execution criteria. The final score will be announced for placement.

## ARTISTIC SECTION

Artistic Section	Max Points
Originality of Musical Choice	10 Points
Presentation of Costume, Hair & Make-up	10 Points
Confidence	10 Points
The Choreography of the Entire Performance	10 Points
Interpretation	10 Points
Acrobatic Moves and Dance Performance	10 Points
Floor Work Choreography	10 Points
Use of Stage and Space	10 Points
Balanced Routine	10 Points
Flow	10 Points
<b>TOTAL POINTS</b>	<b>100 Points</b>

The goal of the Classique division of the 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.

The artistic criteria include the 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, dynamic movements, and equal use of the poles.

## TECHNICAL SECTION

Technical Section	Max Points
Originality	10 Points
Execution of Tricks, Combinations, and Movements	10 Points
Level of Transitions	10 Points
Musicality and Musical Execution of Elements	10 Points
Level of Execution and Difficulty of Strength Movements	10 Points
Level of Execution and Difficulty of Flexibility Movements	10 Points
Execution of Sensual Movement and Artistry	10 Points
Originality Bonus Trick	5 Points
<b>TOTAL POINTS</b>	<b>75 Points</b>

A high level of technique should be demonstrated throughout the performance. 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. This includes mastery of movement on and off the pole, versatility, transitions, combinations, and spins.

The athlete should demonstrate a high level of agility as well as mastery of momentum on static and spinning poles. The routine should reflect the tempo seamlessly and fluidly. Original and new movements will be particularly noted.

## EXECUTION SECTION

Execution Section	Deductions
Poor Execution and Incorrect Lines	-0.5 Points per time
Poor Transitions on Floor and Pole	-1 Point per time
Bad Angle of Move	-1 Point per time
Drying Hands on Costume, Body, Pole, or Floor	-2 Points per time
Fidgeting with Hair or Costume	-2 Points per time
A Slip or Loss of Balance	-2 Points per time
Provocative or Inappropriate Movement, Overtly Sexual Gesture	-5 Points per time
Not Using Both Poles Equally	-3 Points one time
Fewer than Two 30 Second Pole Passes	-3 Points one time
<b>TOTAL POINTS</b>	<b>75 Points minus Deductions</b>

A perfect execution will include a flawless technique of moves, spins, and climbs as well as clean transitions. Clean lines throughout the movement should also be displayed while demonstrating grace, fluid movement, and transitions. You are required to complete two 30 seconds (minimum) pole passes without touching the floor. There is not a height requirement for use of the pole.

Each athlete can get 75 points from execution. Each error is deducted from the starting amount. Whatever is left of the 75 points is the athlete's total execution score.

## HEAD JUDGE SECTION

Head Judge Section	Deductions
Incorrect Attire or Costume Malfunctions	-3 Points one time
No Logical Beginning or End of Performance	-1 Point one time
Uttering Vocals	-1 Point per time
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 of the Camera (for video submissions)	-1 Point one time

Failure to submit required documents, video, 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.